



Leisure Activity Duration Among Tribal Paramedical Female and Male College Students of Tripura, A North-Eastern State of India: A Cross sectional Study

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Abstract

The purpose of the current study was to determine how long tribal male and female paramedical college students in Tripura spent relaxing. The outcome captures the social perspective of both male and female college students. According to the report, men students have four to five hours more of free time than their female peers. The majority of female students only considered 30 to 1 hour to be free time. The primary cause discovered is that female students have greater family duties than male pupils.

Key words: Leisure activity duration, male, female, tribal, college students, paramedical

Introduction

Leisure time is always considered a unique period students spend during their college life, other than their learning period. Without leisure, a person cannot continue with the same type of activity and feels bored. For students also, this time is their own time to spend, without being controlled by the educational institutions' rules or control by their parents. This is their time to spend whatever they want to do, wherever they want to go, or whomever they want to speak to talk to. Overall leisure time is a time to spend either constructing or destroying. Students adore engaging in cultural events during their free time. Students like doing sports, watching TV, listening to music, and other pastimes in their free time. Students are under more and more pressure, which prevents them from focusing on their interests and goals. From the perspective of the students' physical and mental health, leisure time is crucial. This time reduces stress and promotes a student's general development, which sharpens their focus for daily tasks and academic work.

The effect of extracurricular activities on college students' academic performance has been the subject of numerous research undertaken to date in a variety of countries (Erinjeri & Lobo, 2023; Turkson et al., 2021; Leung & Lee, 2012). According to these experts, students' academic performance is enhanced by leisure activities of all kinds at all educational levels. More emphasis has been placed on the context and effects of leisure activities than on the many kinds of leisure activities themselves. By varying their leisure pursuits, students can uncover their latent talents as well as their areas of interest. Determining the cultural influence on a student's life and activities is often made easier by the variety.

Several research works on leisure pursuits have been carried out on secondary school students in Spain (Álvarez Muñoz & Hernández Prados, 2023), French teenagers (Lieury et al., 2014), junior high school students in Ghana (Turkson et al., 2021), and numerous other student populations. Based on the information gathered from the literature study, no studies have been conducted regarding the length of time that male and female tribal paramedical college students in Tripura spend engaging in leisure activities. The present research team attempted to investigate in detail the length of time that both male and female tribal college students have shown interest in and are now participating in a variety of recreational activities. This study will also emphasize the influence of culture on the subjects being studied.

Material and methods

This cross-sectional study recruited male and female college students, aged 19 to 21, who were selected from tribal groups. It was conducted at paramedical institutes throughout West Tripura between November 2023 and December 2023. The exclusion criteria were as follows: smoking, heavy drinking, having at least one obese parent, a family history of diabetes mellitus, using medicine for a condition longer than three months, and/or having genetic health problems. Every participant provided their informed permission. To determine height (cm) and weight (kg) and calculate their Body Mass Index (BMI), an anthropometric measuring device and a weighing machine are utilized. The lengths of leisure activities could be observed thanks to the use of in-person interviews. A total of 95 female and 89 male tribal students participated in the study.

Results

A total of 95 female and 89 male tribal students responded in the study. The baseline characteristics of the students are given in

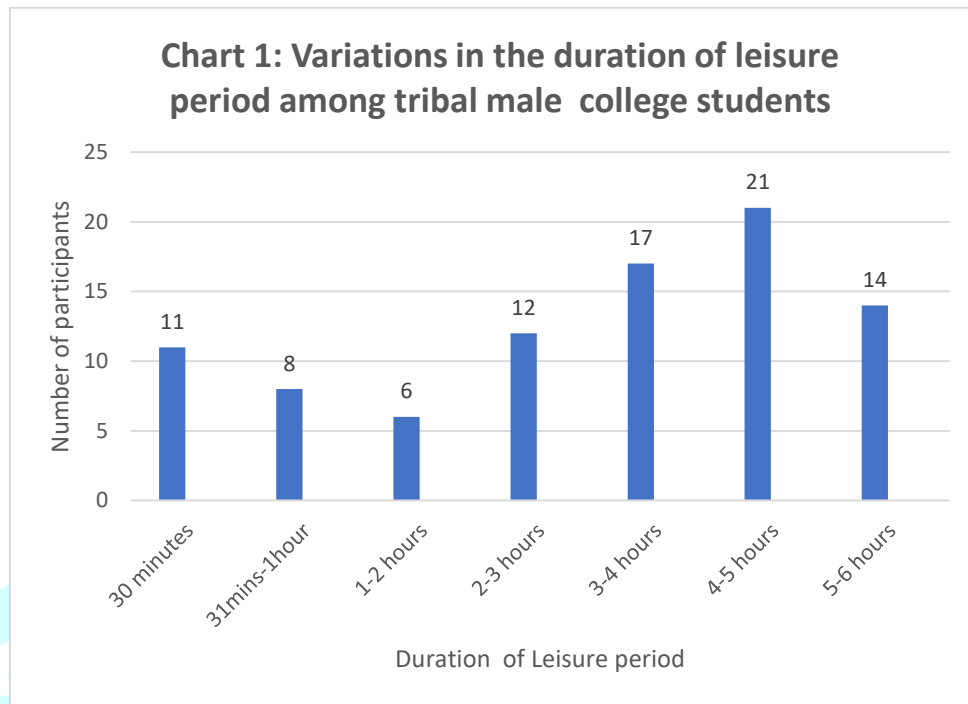
Table 1.

Table 1. Baseline health parameters of the subjects under study

Parameters	Value of tribal male (mean and SD) n=89	Value of tribal female (mean and SD) N=95
Age (years)	19.6 ± 1.33	19.4 ± 1.43
Height (cm.)	155.2 ± 6.62	153.2 ± 7.82
Weight (Kg.)	52.3 ± 9.24	51.4 ± 8.83
BMI (Kg./m ²)	22.1 ± 3.25	21.7 ± 4.45

Table 1 clearly shows that the average baseline health parameters of the tribal male and female college students under study possess close value.

The variations of leisure time duration of tribal male paramedical college students are shown in **Chart 1**.



It is clear from **chart 1** that most of the participants i.e., 21 male students out of 89, enjoy their leisure period for 4-5 hours/day, which constitutes 24% of the total tribal male participants. A total of 11 male students enjoys 30 minutes/day of leisure time which is 12% of the total. Total 6 students (7%) spend their leisure period for 31mins to 1 hour/day. A total of 12 students i.e., 13% of the whole participated males have 2-3 hours of leisure period/day in hand. 19% of the male participants, i.e., 17 students spend 3-4 hours of leisure time per day. 5-6 hours/day leisure period is reported to be enjoyed by 14 students i.e., 16% of the whole participated male sample.

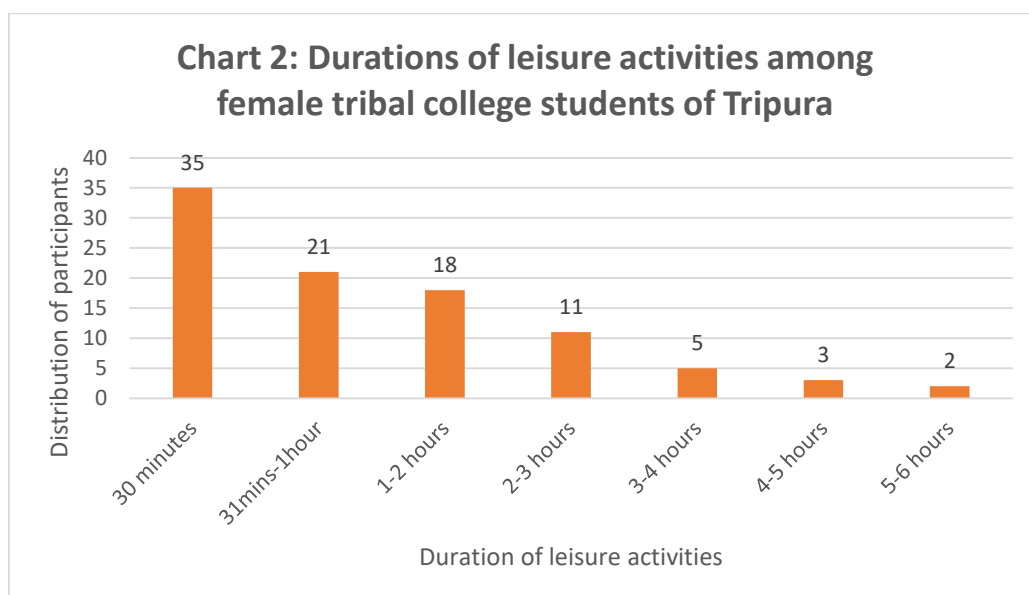


Chart 2 clearly shows the duration of leisure time enjoyed by the female tribal college students of paramedical courses. Only 30 minutes per day of leisure period is enjoyed by maximum number of female tribal participants i.e., 35 persons (37% of the total participated female sample). A total of 21 female students were found to spend leisure time within 1 hour/day, which is 22% of the whole participated population surveyed. Eighteen students i.e., 19% of the female students spent daily 1-2 hours of leisure period. Only 12% i.e., 11 students get the chance to spend 2-3 hours of leisure time per day. Three to four hours of leisure period is enjoyed per day by 5% of female students only. Three and two students spend their leisure time for 4-5 hours/day and 5-6 hours/day respectively.

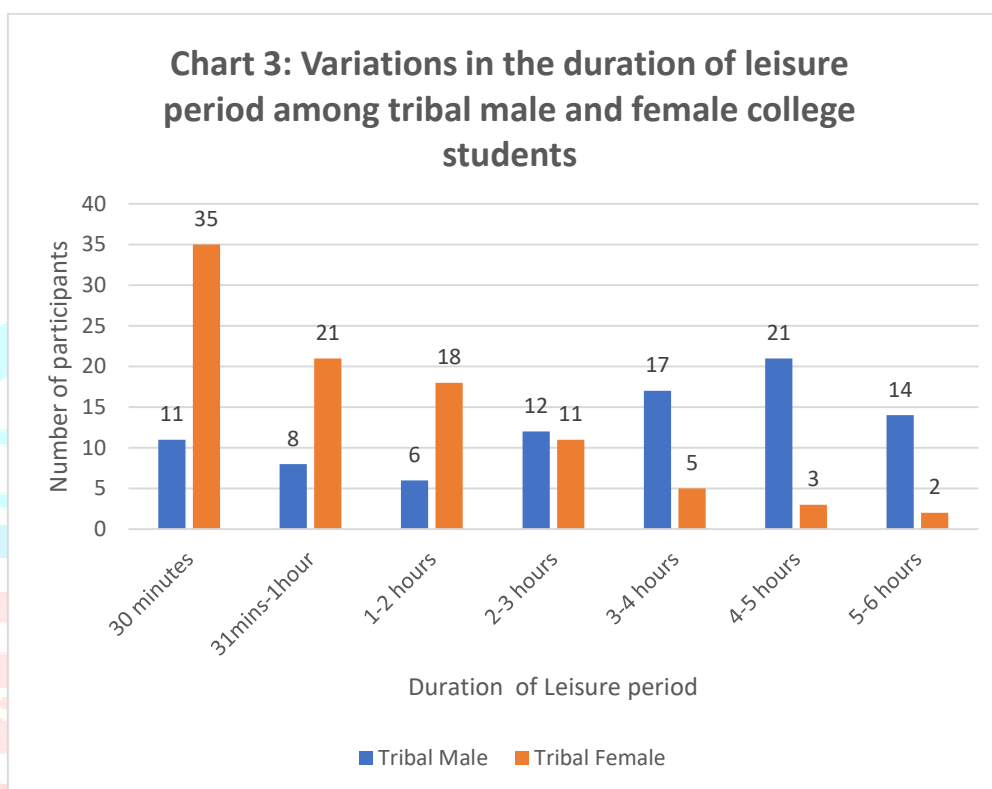


Chart 3 shows the comparison of leisure duration per day spent by the male and the female college going tribal paramedical students of Tripura. The result shows that 35 female students have managed to get a leisure period of 30 minutes whereas 21 male counterparts have managed to get 4-5 hours of leisure duration per day.

Discussion

This study, which compares two distinct groups of college students from Tripura, a small state on the periphery of northeastern India, to a select few other northeastern states in India, is the first of its type. Tripura has a history of low socioeconomic and health development. We conducted a cross-sectional study in a small township to examine the duration of leisure activity status among semi-urbanized college students from two distinct sex groups and to evaluate the overall influence on health. The semi-urban study region was chosen to meet the requirements and comparable environmental circumstances of the two study subjects' communities. The area of this cross-sectional study, undergraduate colleges, was chosen on purpose due to the higher concentration of the two groups of ethnolinguistically and socio-culturally varied subjects in a common setting, but with comparable educational backgrounds (social customs, food habits, professional opportunities, health services, use of traditional medicines, education, cultural differences, etc.).

There appears to be a significant gender variation in the measures of many variables, according to data gathered on the anthropometric features of two distinct sex groups of pupils (Table 1). Numerous researchers have already documented these differences in anthropometric traits between two distinct sex groups of various ethnic backgrounds (Rush et al., 2009). The body mass index value in this study is within the normal range and is quite similar to the value of subjects in a study by Sarma et al. (2022) that was done in the west region of Tripura. The WHO states that a person's typical BMI falls between 18.50 to 24.99 (WHO, 2008). In light of the outcome, the students' BMI was normal.

The appearance of Chart 1 clearly shows that most of the male students have more duration of leisure period than their female counterparts. Most of the male participants reported to enjoy the leisure duration for 4-5 hours/day. At the same time only three female students were managed to spend that time of period in leisure. This observation reflects the social scenario of the tribal community of Tripura. Most of the female college students are vested with the familial responsibilities which they have to fulfil after college. These include cooking, marketing of daily households, washing clothes, feeding young siblings, taking care of the dependants etc. As reported by female students during interview, most of them manage to get hardly 30 minutes to 1 hour as leisure which they spent mostly in chatting with friends and family members (Sengupta et al. 2023; Sen et al. 2024). These participants love to spend their leisure duration in group activities like dancing, chatting in group etc. Chart 2 shows a sharp decline which indicates the busy schedule of the female tribal paramedical students. In most of tribal family, women possess a prime authority in the family and take the responsibilities of running a family. Due to various social stigma, tribal peoples do not mingle much with their non-tribal counterparts and love to run their daily life in private. In college also tribal students are found to talking to each other in their mother tongue which is diverse from others. Male students are mostly found to stay aloof from their family duties and enjoy their life at their own pace. Like female tribal students, male tribal students also don't bother about what happening in the family. They live a happy go lucky style of living, less bothered about the family members when compared with their counterparts. As reported by some male students, most of the family responsibilities are vested upon the female members of the family, so they have ample time to spend as leisure time. Chart 3 compares between the leisure duration of male and female tribal paramedical college students. The chart shows that more hours are enjoyed by the male students but less hours are enjoyed by the female counterparts mainly due to more family responsibilities on the shoulder of the female students which they have to carry and complete after returning back from college.

Conclusion

The present study aimed to find out the duration of leisure period among tribal male and female paramedical college students of Tripura. The result reflects the social standpoint of college students of both genders. As found in the study, male students enjoy more hours (4-5 hours) of leisure period than their female counterparts. Maximum female students found only 30 minutes to 1 hour as leisure duration. Main reason found is the more household responsibilities on the female students than male students.

Limitations

The study samples are limited in terms of age, educational attainment, and social standing. The results may serve as a gauge for the homogeneity of the samples. Future research should include samples from a range of

age groups to provide a fair comparison with non-tribal counterparts. The study's exclusive emphasis was the western region of Tripura. There may have been further regions listed.

Funding

Nil

Acknowledgment

The authors acknowledge the cordial participation of the students, faculties, and supportive staff during the course of the study.

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