

Study of Knowledge, Attitude and Practice of Saudi Women towards Physical Activity, 2017

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ABSTRACT

Background: Physical activity is an effective component of health and prevention of disease. Increasing the general health knowledge about physical activity could prevent obesity and chronic diseases.

Objectives: Study the knowledge, attitude and practice (KAP) of Saudi women regarding physical activity in Kingdom of Saudi Arabia (KSA). **Methods:** This was a community based survey study conducted among 800 Saudi adult females chosen randomly using a multistage random technique during the period from January to April 2017. The study included subjects were asked to fill up a predesigned questionnaire including questions about socio-demographics and assessing the KAP about physical activity.

Results: Most of females (64%) had poor knowledge while 36% had good awareness about the physical activity. About 72.2% had poor practice pattern but 22.8% had good practice pattern of physical activity. The attitude toward physical activity was good in the majority of subjects (75.1%) and poor in (24.9%) of them. The overall general KAP of included females regarding physical activity was poor in 62% and good in 38%.

Conclusion: The overall general KAP was low among the studied groups thus, there is a dispensable need for providing a good and safe environment for women for practicing routine physical activity. Also, more efforts should be carried out to increase the KAP of females toward physical activity through educational campaigns in internet, TV and health care facilities.

Keywords: KAP, Physical Activity, Women, KSA.

INTRODUCTION

Physical activity is essential for maintenance of health and prevention of diseases as about 5 of noninfectious diseases were strictly related to physical activity^(1, 2). Also, it is important for enhancing the metabolic process and a key factor of contributing in energy expenditure in youth thus improving the fitness, bone and cardiovascular health⁽³⁻⁵⁾. However, physical inactivity significantly has negative impact on the health and well-being of subjects thus increasing the prevalence of chronic diseases^(6, 7).

During the last 30 years, there was a turnover in the lifestyle in the Kingdom of Saudi Arabia as the standard of living has raised and there were modernization and mechanization in all aspects of life. Also, the hot and dry climate in KSA made people tend to use cars rather than walking or using bicycles. The way of food consumption has shown major transformations as there is a rise in adoption to consuming carbonated water, sugar-sweetened beverages and high calorie foods^(8, 9).

Many studies showed that the Saudi population don't practice physical activity either in a sufficient duration or adequate frequency and this could be attributed to ignorance, not having time, lack of facilities and lack of motivation⁽¹⁰⁻¹⁴⁾. Also, there is a lack in the studies considering physical inactivity in KSA and its complications⁽¹⁴⁾. This study aimed to study the KAP of Saudi women regarding physical activity in KSA.

METHODS

Study design and population

A community bases survey study conducted in Saudi Arabia during the period from January to April 2017. The study population was a randomized 800 Saudi adult females selected by multi-stage randomization system from the thirteen governorates of Saudi Arabia. Inclusion criteria were Adult Saudi females aged from 18-50 years old. Non-Saudi females, age less than 18 and incomplete data were excluded from the study.

Study tools

A self-administrated questionnaire that was pre-designed and evaluated by the supervisors of the research then was translated into Arabic and distributed among included females. All subjects were interviewed for half an hour separately for filling the questionnaire. This questionnaire consists of 4 parts including demographics of females, questions about knowledge, attitude and practice. The answers were based on yes or no where Yes takes 1 and No takes 0.

Ethical consideration

A permission was taken from the Faculty of Medicine, King Fahd University and a written approval was taken from all participants included in the present study. The information of each subject were

kept private and confident and data were analyzed by the study research workers.

Statistical analysis

The statistical analysis was conducted using Statistical Package for Social Sciences (SPSS), version 24 (Chicago, IL). Descriptive analysis of the data was based on frequency and percent. Chi square was used to compare the studied variables. Statistical significance was p. value less than 0.05.

RESULTS

Socio-Demographic Characteristics of females:

The characteristics of the included subjects showed that the mean age was 32.3 years old ranging from 19-50 years old. Most of participants were employed (65.1%) and had a college degree (57.1%) (Table. 1).

Table (1): Characteristics of respondent females (n=800)

Characteristics	N=800	
	Mean ±SD	Range
Age	32.3±3.7	19-50
Employment	Frequency	Percent (%)
Employed	521	65.1
Jobless	279	34.9
Education		
College	457	57.1
Primary-Secondary	189	23.6
Illiterate	154	19.3

Knowledge of included subjects:

The knowledge of females regarding physical activity showed that most of the enrolled subjects had good knowledge about the general benefits of physical activity (51.6%) but when coming to its relation to specific diseases, most of subjects gave incorrect answers and/or have little information about the meaning of physical activity (Table 2).

Table (2): Characteristics of respondent females (n=800)

	No	Yes	Don't Know
1. Physical activity has benefits?	287(35.9%)	413 (51.6%)	100 (12.5%)
2. Physical activity could protect from disease?	480 (60%)	200(25%)	120(15%)
3. Physical activity could prevent osteoporosis?	260 (32.5%)	207 (25.9%)	333 (41.6%)
4. Physical activity could prevent heart disease?	232(29%)	281(35.1%)	287(35.9%)
5. Physical activity could prevent chronic diseases as diabetes mellitus and hypertension?	160 (20%)	340 (42.5%)	300 (37.5%)
6. Physical activity could prevent psychological stress and keep good mood?	212 (26.5%)	398 (49.75%)	190 (23.75%)

4- Level of awareness

The majority of subjects had inadequate awareness regarding physical activity (64%) and only 33% of females had good knowledge (Table. 3).

Table (3): Respondents’ awareness about physical activity

Level of knowledge	Frequency	Percent (%)
Poor	512	64
Good	288	36
Total	800	100,0

Attitude of included subjects:

The attitude of subjects was shown in Table. 4.

4. The majority of subjects had positive attitude toward physical activity as 61.2% were interested in exercising in the future. 70.2% thought that everybody need exercise, 78.9% and 87.6% respectively thought that activity improves self-confidence and decreases depression.

Table (4): Attitude of respondents toward physical activity (n=800)

	Yes	No
1.Are you interested in exercising in the future?	490 (61.2%)	310 (38.8%)
2.Do you think everybody need to exercise?	562 (70.2%)	238 (29.8%)
3.Physical activity improves your confidence?	631 (78.9%)	169 (21.1%)
4.Physical activity decreases depression?	701 (87.6%)	99 (12.4%)

Assessing attitude level:

The majority of subjects had good attitude (75.1%) while 24.9% had poor attitude toward physical activity as shown in table 5.

Table (5): Respondents’ attitude toward physical activity

Level of attitude	Frequency	Percent (%)
Poor	199	24.9
Good	601	75.1
Total	800	100,0

Practice pattern of included subjects:

As for the practice pattern most of subjects revealed that they have no regular physical exercise (73.6%), 86.6% don’t practice physical exercise for

1hr/ day, 87.65 don’t often go for walking and 61.1% don’t often go to gym for exercise (Table 6).

Table (6): Practice pattern of respondents toward physical activity (n=800)

	Yes	No
1. Do you practice regular physical exercise?	211 (26.4%)	693 (73.6%)
2. Do you practice physical exercise for 1hr/ per day?	107 (13.4%)	238 (86.6%)
3. Do you often go for walking?	99 (12.4%)	701 (87.6%)
4.Do you often go to physical activity facilities for exercise?	311 (38.9%)	489 (61.1%)

Level of practice pattern:

The majority of subjects had poor practice pattern (77.2%) while 22.8% had good practice pattern of physical activity (Table. 7).

Table (7): Respondents’ practice pattern of included subjects

Level of practice	Frequency	Percent (%)
Poor	618	77.2
Good	182	22.8
Total	800	100,0

Level of overall KAP of included subjects:

The overall general KAP of included subjects showed that 62% of subjects had poor KAP results and only 38% had favorable KAP results (Table. 8).

Table (8): Respondents’ KAP of physical activity

KAP level	Frequency	Percent (%)
Poor	496	62
Good	304	38
Total	800	100,0

DISCUSSION AND CONCLUSION

Physical activity is an effective component of health and prevention of disease. Increasing the general health knowledge about physical activity could prevent obesity and chronic diseases⁽¹⁵⁾. This study aimed at assessing the KAP of a randomized sample of Saudi adult females toward physical activity due to the lack of studies that concern the physical activity importance and complications in KSA. Most of females had a poor knowledge (64%) and practice score (72.2%) however, they have a good and favorable attitude (75.1%) toward physical activity. Also, 62% of subjects had a poor KAP results indicating that there is a high prevalence of physical inactivity among the studied subjects. Also,

other studies conducted in KSA reported a high level of physical inactivity^(2, 16). Certainly, the transformation in lifestyle of Saudi population was responsible for high prevalence of physical inactivity and chronic diseases^(17, 18). Also, the physical activity was relatively low and this could be attributed to lack of knowledge and practice pattern among children, youth and adult Saudi subjects⁽¹⁹⁻²¹⁾. This study had some limitations such as the period of study was short, anthropometric measures were not included in the questionnaire and limitations of transportations in rural areas. Also, calculation of the level of KAP was based on a self-reported questionnaire.

In conclusion, the overall general KAP was low among studied groups thus, there is a dispensable need for providing a good and safe environment for women for practicing routine physical activity. Also, more efforts should be given for increasing the KAP of females toward physical activity through educational campaigns in internet, TV and health care facilities.

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