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Attitudes of Students about Physical Fitness at the University of Kufa

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Abstract: Physical fitness is vital for overall well-being, enabling individuals to perform daily tasks without excessive fatigue and contributing to quality of life. It varies among individuals and over time, encompassing both health-related and skill-related aspects. While traditionally linked to the absence of disease, true fitness involves a balance of physical, mental, and social factors. The decline in physical activity impacts students' fitness, influenced by factors like socioeconomic status and access to exercise spaces, highlighting the need for lifestyle changes to improve physical fitness and health. Objectives of the study are to know students attitudes about physical fitness and to find a relationship between students' attitudes and their demographic characteristics. Cross-Sectional study is worked to achieve the study objectives the study started from November 15th, 2023, to April 15th, 2024, The study was conducted at the University of Kufa in January 2024, Multiple locations within the university campus were selected for distributing the questionnaires and collecting data from the students, The sample consisted of 66 students from various academic levels and departments. A questionnaire consisting of three parts was used to collect data, first part included demographic information such as name, age, gender, marital status, educational level, and presence of chronic diseases, second part focused on students' attitudes towards physical activities, third part addressed students' attitudes towards physical fitness. The study concluded that university students generally have a positive attitude towards physical fitness, with many having a healthy BMI and being free from chronic diseases. A considerable number of students engage in physical activities like running and fitness exercises, showing a commitment to an active lifestyle. Marital status and chronic diseases are notable factors affecting their attitudes towards fitness, whereas age, gender, BMI, and educational stage are less influential. Additionally, students' self-perception of their fitness level is linked to their participation in activities such as running, and the frequency of these activities further shapes their attitudes towards maintaining physical fitness.

Keywords: Physical Fitness, Attitudes, Student

Introduction

Physical fitness is an ability to safely and effectively meet the ordinary and unusual demands of daily life safely and effectively without being overly fatigued. Simply it is the body‘s ability to function effectively and efficiently, and contributes the total quality of life. (Birhanu et al., 2019).

The totally fit person has a healthy and happy outlook towards life. Fitness is the young man‘s absolute necessity. It breeds self- reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony (Birhanu et al., 2019).

It is generally agreed that physical fitness is an important part of a child's normal growth and development; a generic definition regarding the precise nature of physical fitness has not been universally accepted. Through research and scholarly inquiry, it is clear that the multi- dimensional characteristics of physical fitness can be divided into two areas: health related physical fitness and skill related physical fitness (Birhanu et al., 2019).

Clarke and Clarke (1989) found that physical fitness is not a static factor and it varies from individual to individual and in the same person from time to time depending on factors. Physical fitness is probably the most popular and frequently used term in physical education. The most important objective of physical educators is to develop physical fitness. According to Nixon and cozens (1964), it was the desire to establish a scientific approach to the development of physical fitness which formed the basis of the first meeting of physical educators in 1885 when the profession of physical education originated (Birhanu et al., 2019).

The United States president‘s Council on physical fitness and sports defined the terms physical - fitness as the ability to carry out daily task with vigor and alertness, without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies‖ (Clarke, 1971). General fitness implies the ability of a person to live most effectively with his and her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated (Birhanu et al., 2019).

Physical fitness is one of the core preconditions of health. We cannot imagine a person to be healthy without being physically fit. Physical fitness, therefore needs to be appreciated in full measure. The common perception of physical fitness is the absence of ailment. If individual is not suffering from any perceptible disease, then he is considered physically fit. Is it true? Another significant issue is whether there is a universal condition of physical fitness which is uniformly applicable to all. It is not so. Physical fitness of young people is different from that of the aged. The physical fitness of a sports person is different from that of the persons working in army factory or a layman. In fact, physical fitness means different things to different people. In this lesson, let us discuss various aspects of physical fitness (Ncert, 2023). In earlier classes, physical fitness has been defined as the capacity of a person to carry out the daily activities without undue fatigue. Physical fitness is considered as a measure of the body’s ability to function efficiently and effectively during work and leisure activities. In order to remain physically fit and healthy, we need to engage ourselves in physical activities and take measures for physically fit (Ncert, 2023). Physical fitness is an important area of discussion as the number of childrens becoming obese. The normal physical activities, which were done in earlier times both at home and outside as part of day-to-day routine have reduced due to development of science and technology. The work that was done manually is now being carried out by machines. The use of automated equipment such as automatic machines, remotes, mobiles and changes in lifestyles affect health and physical fitness. It has become a matter of deep thinking for all of us (Ncert, 2023).

Now a days we find increased marketing of packaged food and diet for physical fitness. Many such health products now are advertised on TV and radio, and in newspapers, booklets and magazine (Ncert, 2023).

It is important for all of us to understand that physical fitness cannot be achieved without doing physical exercise regularly. We should not resort to any shortcut that (Ncert, 2023).

Diet and physical activity directly affect the health status of adults and children (Strong et al., 2005). Due to the fact that the largest part of the world’s population is physically inactive, physical inactivity is considered to be a public health problem, as opposed to an individual problem. According to the report of the World HealthOrganization, physical inactivity is a risk factor, along with smoking, obesity, and hypertension (metic, 2011). Stress, obesity, and movement disorders such as hypokinesia are the most common causes of premature death, along with chronic non-communicable diseases from which neither children nor young people are immune (Mandarin, 2001). Economically stable countries (about 60–70% of them) do not achieve even the minimum level of physical activity recommended by the World Health Organization in order to maintain health and energy balance (Bouchard & Despres, 1995).

Based on the abovementioned facts, the negative consequences of physical activity decline are also reflected in the student population, where the reduction of physical activity could also lead to decreased physical fitness. Health-related physical fitness is also influ- enced by many other factors, such as body weight and socioeconomic status. For example, the physical activity level of individuals of low socioeconomic status likely suffers due to their living areas providing less access to parks (Schipperijn et al., 2017(and neighborhood walkability (Sallis et al., 2018) Additionally, their health is also negatively affected by the cost of healthy food compared to that of junk food (Franck et al.,2013).Bodyweight disorder is very common in students and it can be traced back to being overweight in childhood and adolescence (Kohn & Golden, 2001) Nevertheless, one of the most common negative external factors that influenced the exercise of physical activity in the students’ population is the lack of free time due to the schedule at the faculty, obligations in social and family life(Kohn & Golden, 2001).

According to (Caia, J., et al.,2016) low strength was peculiar to 61% of students and 28% had below-average strength. (Kubieva et al.,2019) concluded that students have problems with body mass index and strength, regardless of their physical activity level. Likewise, low cardiorespiratory fitness is also an important predictor and could be prevented only with lifestyle modifications.

(Debar et al., 2011) such as increasing physical activity and promoting dietary change (Andersen et al., 2006) have already noticed the evident decline of physical activity when enrolling a university and according to several authors (Crumb et al., 2009).

Already one-third of high school students are insufficiently active after transitioning to university life. This was confirmed by the study that investigated physical activity patterns among American, Asians, Africans and Hispanic university students. The authors have found that 46.7% of them didn't engage in physical activity and 16.7% were physically inactive (Suminski et al., 2002) Several studies have also noted a weak physically active lifestyle and it is on the rise among university students (Debark et al., 2005).

Physical fitness (PF) is considered as a key factor for physical and mental health (Ortega et al., 2008), and PF is of great importance for the health of college students. It has been reported that better PF may related to a better state of mental-health and health-related quality of life (Lema-Gomez et al., 2021).

There were studies also found that increased PF may have important support to the academic performance (Bezold et al., 2014) and lower performance in health-related PF was associated with poorer sleep quality among college students (Chang &Chen, 2015)Although numerous studies have confirmed the impor- tance of PF to college students, the PF situation of college students is still worrying. In recent years, with the con- tinuously increase of the prevalence for obesity and sed- entary lifestyle, PF has gradually become a great concern in the health of Chinese college students. According to Chinese National Physical Health Standards for Students (Revised, 2014), the PF for college students were evaluated based on seven aspects: body shape, physical func- tion, speed, flexibility, bounce, strength and endurance (Ndahimana & Kim, 2017).

The data from the Chinese nationwide student PF sur- veillance programme showed that the body mass index (BMI) and prevalence of obesity has been increasing in the Chinese college students, meanwhile the lung capac- ity is decreasing year by year, and the speed, endurance and bounce of college students are also on the decline. Therefore, it is urgent to explore the affecting factors and promote the PF of college students (Ndahimana & Kim, 2017).

The lack of adequate physical activity (PA) is one of the most dominant factors for the PF decline of college students (Ndahimana & Kim, 2017)

PA is defined as any physical movement of skeletal muscle that consumes energy (Ndahimana & Kim, 2017)Thenew WHO 2020 guidelines on PA recommend an average of 60 min/ day of moderate-to-vigorous intensity aerobic PA across the week provides health benefits among children and adolescents (Bull et al., 2020)Additionally, in terms of normative data, it appears that healthy adults can take anywhere between approximately 4,000 and 18,000 steps/day, and that 10,000 steps/day is a reasonable target for healthy adults (Tudor-Locke et al., 2011)In 2016, China released the National Fitness Program, which recommends daily 30–60 min moderate PA. How- ever, only roughly one-thirds (34%) of the Chinese college students achieved the PA recommendation (Zhang et al.2021) A study among Chinese college students have found that a significant relationship between PA and PF, those students who lack PA have a 1.25 times higher risk of obesity than those who actively participate in PA (Wang, 2019).

Higher SES are more likely than those with lower SES to participate in PA, and more specifically in sport (Steenihuis et al., 2009) ,(Pan et al., 2009) and (Federico et al.2012).

A qualitative study of adults in the Netherlands, USA and Republic of Korea found that some barriers to PA and sport participation were consistently reported across all three countries. Along with time pressure, cost was articulated consistently throughout as a barrier to PA participation (Lim et al., 2011).

In addition to individual and household SES, there is evidence that neighbourhood SES is also related to PA participation. There is evidence that higher SES neighbourhoods have significantly more PA facilities than lower SES neighbourhoods, thus pro- viding more opportunities to be physically active (Estabrooks et al., 2003).

Furthermore, low SES neighbourhoods were found to have significantly fewer free-for-use facilities than high SES neighbourhoods (Estabrooks et al., 2003). There are also differences amongst participation levels and trends according to different geographical regions (Bauman et al., 2012), (Brown et al.,2013) and (Craikr et al., 2011) is not uncommon for studies to report PA dif- ferences according to residence in metropolitan or regional/rural locations (Brown et al., 2013) and (Craike et al., 2011)

There are also reports of variations of PA levels within state capital cities (Bauman et al., 2012) and between different regional communities (Brown et al., 2013).

Many studies that do report PA according to different geographical regions, use very broad definitions, for ex- ample northern and southern regions of a country (Federico et al., 2012) While specific measures of location or remoteness exist, these have rarely been used in research in this area. ARIA+ is a geographical measure of remoteness for Australia (Department of Health and Aged Care ,2001) A study that adopted this measure of remoteness investigated PA levels amongst adolescents (Dollman et al., 2012). Both males and females living in major cities reported significantly lower moderate and vigorous PA (MVPA) minutes than males and females living in any other type of region. Participation in sport, however, did not differ across regional classificationt (Doll-man et al., 2012).

Importance of The Study

Not only can a physically active lifestyle reduce mortality and prevent many chronic diseases such as hypertension, diabetes, stroke, and cancer, it can pro¬mote healthy cognitive and psycho¬ social function. Physical inactivity should be recognized and treated like other modifiable risk factors(James McKinney et al .,2016).

Extensive evidence shows an inverse relationship between physi¬ cal activity and mortality and the development of chronic disease: the greater the amount of physical activ¬ ity, the greater the benefits. As well, evidence confirms there is a graded dose-response relationship. Even patients with established disease or cardiovascular risk factors can reduce their risk of premature mortality by becoming physically active. The rec¬ ommended weekly 150 minutes of moderate¬intensity aerobic activity has been shown to prevent and pos¬ itively moderate disease. The ben¬ efits of physical activity cannot be overstated, and encouraging physical activity should remain an important health care policy objective (James McKinney et al .2016).

In this narrative review, we focus on physical activity (PA), exercise, and fitness as modifiable brain resilience factors that promote neural processes of self-regulation, thereby acting as a buffer against mental health problems during this period of vulnerability (Sund et al.2011), (Zink et al .2019)and (Hoare E.et al., 2014).

In addition to preventing a range of non-communicable diseases (NCDs), such as cardiovascular disease and type 2 diabetes (Grasdalsmoen et al. 2019). several studies have demonstrated the positive effects of physical exercise on mental health problems, especially depression (Kvam et al. 2016) and (Gordon et al. 2018).

It improves your quality of lifeby boosting your self-esteem, confidence, social skills, creativity and productivity (: WHO, 2022).

Regular physical activity and exercise have also been found to result in lower vulnerability to psychological stressors during periods of increased workload and cognitive performance under pressure among these patient groups (Norris et al., 1992)and(Stults-Kolehmainen & Sinha,2014).

Consequently, past studies including meta-analytic studies and review on the relationships between physical activity, exercise, mental health, and well-being have investigated the effects of physical activity and exercise on a broad range of variables including depression, anxiety, mood/affect, stress, body image/body dissatisfaction, and quality of life (Scully et al., 1998) (Biddle et al., 2000) (Paluska and Schwenk, 2000).

Physical activity is especially important during adolescence and young adulthood. During this stage of development, higher cortical functions, the so-called executive functions, which are located in the prefrontal cortex show rapid development (Lebel et al., Citation2008) and (Lenroot & Giedd, Citation2006). A growing number of studies have supported the idea that physical activity boosts these executive functions (Li et al., Citation2017) and (Verburgh et al., Citation2013) (Xue et al., Citation2019). Furthermore, physical activity might also have a positive effect on attention and processing speed. These are two basic neurocognitive functions that act as prerequisite for executive functions to emerge. Furthermore, neurocognitive functions are an important prerequisite for successful learning (Brown & Blanton, 2002) and (Diamond, 2013).

Statement of problem

Attitudes of students about physical fitness at the University of kufa.

Objectives

1. To know students attitudes about physical fitness.
2. Finding a relationship between students' attitudes and their demographic data.

Definition of terms

Physical fitness: refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. Being efficient means doing daily activities with the least effort possible. A fit person is able to perform schoolwork, meet home responsibilities, and still have enough energy to enjoy sport and other leisure activities. A fit person can respond effectively to normal life situations, such as raking leaves at home, stocking shelves at a part-time job, and marching in the band at school. A fit person can also respond to emergency situations (Ncert, 2023)

Methodology

Design of the Study:

In this study, a description designs the cross-Sectional study is worked to achieve the study objectives the study started from November 15th, 2023, to April 15th 2024

Administrative Agreements:

1. Necessary approvals were obtained from the relevant administrative authorities at the University of Kufa to conduct the study.
2. Personal consent was obtained from the students before using their data in the study, ensuring privacy and research ethics.

Setting of the Study:

1. The study was conducted at the University of Kufa in January 2024.
2. Multiple locations within the university campus were selected for distributing the questionnaires and collecting data from the students.

The Sample of Study:

1. Convenience sample that uses for obtaining insights and observations about a targeted population group
2. The sample consisted of 66 students from various academic levels and departments.

The Study Instrument:

1. A questionnaire consisting of three parts was used to collect data.
2. The first part included demographic information such as name, age, gender, marital status, educational level, and presence of chronic diseases.
3. The second part focused on students' trends towards physical activities.
4. The third part addressed students' attitudes towards physical fitness.

Reliability of the study instrument:

Reliability is concerned with the consistency and dependability of a research instrument to measure a variable of interest. Determination of reliability of the scales is based on the internal consistency reliability (Alpha Cronbach technique) and stability (test retest) as shown in table 1.

Table 1. Reliability (Internal Consistency and Stability) Coefficient of the Studied scale.

Reliability Coefficients		Standard Lower Bound	Actual Values	Assessment
Students' Attitude	Internal Consistency Cronbach Alpha	0.7	0.73	Accepted
	Stability Test-Retest	0.8	0.82	Accepted

The calculated results of the questionnaire show that the studied scale (Students' Attitude) isreliable to study the phenomenon on the same population at any time in the future (Creswell, 2014).

Statistical Analysis:

Data of studied sample were entered and analyzed using the statistical package for social sciences (SPSS) version 25. Analysis included the two types of statistics:

Descriptive statistics: presented as mean, standard deviation, frequencies and percentages. All continuous variables were tested for statistical normal distribution using bar charts and normal distribution curve.

Inferential Statistics: Statistical tests were applied according to the distribution and type of variables. Chi-square test used to compare frequencies of categorized variables. Level of significance of ≤ 0.05 was considered as significant difference or correlation.

Result

Table 2. Statistical distribution of students by their demographic data.

Items	Sub-groups	Study group (Total =66)	
		Frequency	Percentage
Age / Years	16-20	20	30.3
	21-25	43	65.2
	30-35	3	4.5
Gender	Male	13	19.7
	Female	53	80.3
Marital Status	Married	13	19.7

	Unmarried	57	80.3
BMI	Underweight	5	7.6
	Normal	52	78.8
	Obese	9	13.6
Stage	First	1	1.5
	Second	12	18.2
	Third	5	7.6
	Fourth	48	72.7
Chronic Disease	Yes	9	13.6
	No	57	86.4

Table 2. Show statistical distribution of students by their socio-demographic data, it explains that the highest percentage of the students' subgroup are: students with ages between (21-25) years old (65.2 %), female students (80.3 %), those who are in the fourth stage (72.7 %), those who are unmarried (80.3 %); those with normal BMI (78.8 %) ; and finally those with no chronic disease (86.4%).

Table 3. Statistical distribution of students' according to their trends toward physical activities.

Items	Sub-groups	Study group (Total =66)	
		Frequency	Percentage
Running	Yes	18	27.3
	No	48	72.7
Physical Fitness Exercises	Yes	22	33.3
	No	44	66.7
Other Sports	Yes	29	43.9
	No	37	56.1
Weekly physical activities	1	7	10.6
	2	21	31.8
	3	18	27.3
	4	20	30.3

Table 3. Show statistical distribution of students' according to their trends toward physical activities, it explains that (27.3%) of students exhibited directions towards running, (33.3%) of them have trends to do physical fitness exercises, (56.1%) of them have desire to play other types of sports, and finally (31.8%) of the students practice physical activities twice daily.

Table 4. Assessment and mean of scores of students' attitudes towards physical fitness.

No.	Items	MS	SD	Assessment
1	Participating in physical activities reduces stress?	4.33	0.85	High
2	In some forms, are physical activities an excellent treatment for stress, disorders and anxiety?	4.17	0.74	High
3	Sport helps remove anxiety and emotional stress?	3.94	0.97	High

4	The individual develops special physical skills that lead to relaxation and de-stress?	4.15	0.73	High
5	Exercise helps the individual to acquire Everything about good health?	4.08	0.88	High
6	Sport is good for the human body?	4.58	0.63	High
7	Exercise is important in improving the individual's sense and acting wisely, as well as in the health of the individual?	3.94	0.89	High
8	Regular sports make a person feel better	4.33	0.66	High
9	Exercising actively and regularly is important for the health of the body?	4.30	0.72	High
10	Exercising with people of the same age is very important?	3.56	0.70	Moderate
11	Sharing others in the performance of exercise brings fun?	4.17	0.69	High
12	Participation in recreation is satisfactory and moral, even for a short time?	3.35	0.92	Moderate
13	Exercising helps in good body shape?	4.58	0.58	High
	Overall attitudes	4.11	0.77	High

MS : Mean of Scores ; Low : MS = 1-2.33; Moderate : MS = 2.34-3.66; high : MS ≥ 3.67

Table 4. Shows results about the assessment and mean of scores of students' attitudes towards physical fitness. According to this table, results exhibited (high) level of attitudes towards physical fitness for most items, except items numbered (10,12) which showed (moderate) attitudes towards physical fitness. The table also referred that the overall assessment of students' attitudes towards physical fitness was (high), with means of scores of (4.11).

This assessment is based on the statistical scoring system, in which the item is classified as (low) if the mean of scores between (1-2.33); it is considered (moderate) if the mean of scores between (2.34-3.66); while it is considered, (high) if the mean of scores is equal or more than (3.67).

Table 5. Descriptive statistics of student's subgroups according to their attitude assessment toward physical fitness.

Scales		**Student Subgroups**		
		Low	**Moderate**	**High**
Attitude Scale Assessment	Frequency	1	8	57
	Percentage	1.5	12.1	86.4

Table 5. Showed the descriptive statistics of student's subgroups according to their attitude assessment toward physical fitness.

They reveal that only (1.5%) of the students have (low) level of attitude; while (12.1 %) of them have (moderate) level of attitude; finally (86.4 %) of them have (high) level of attitude toward physical fitness.

Table 6. Association between the overall assessment of students' attitude toward physical fitness and their demographic data.

Demographic data	Chi Square	df	P value	Sig.
Age / Years	2.98	4	0.56	NS
Gender	0.39	2	0.82	NS
Marital Status	37.68	4	0.000	HS
BMI	4.18	4	0.38	NS
Stage	8.73	6	0.18	NS
Chronic Disease	6.43	2	0.02	S

df= degree of freedom; NS : Non-significant at P value >0.05 ; S : Significant at P value <0.05; HS : High Significant at P
value <0.01

Concerning table 6. It shows the association between the overall assessment of students' attitude toward physical fitness and their demographic data, it shows that there is a significant association (P<0.05) between the overall assessment of students' attitude toward physical fitness and each of : marital status and chronic disease.

Table 7. Association between the overall assessment of students' trends about physical activities and their demographic data.

Demographic data	Chi Square	df	P value	Sig.
Running	5.85	2	0.05	S
Physical Fitness Exercises	2.37	2	0.30	NS
Other Sports	4.61	2	0.09	NS
Weekly physical activities	6.97	6	0.32	NS

df= degree of freedom; NS : Non-significant at P value >0.05 ; S : Significant at P value <0.05

Concerning table 7. It shows the association between the overall assessment of students' attitude toward physical fitness their trends about physical activities and their demographic data, it shows that there is a significant association (P<0.05) between the overall assessment of st students' attitude toward physical fitness and their direction toward running.

Discussion

Statistical distribution of students by their demographic data

The attitudes is evaluated for students participants about physical fitness between (18_35) years through the use of an instrument that is created through an intensive review of relevant literature and studies.

statistical distribution of students by their socio- demographic data, it explains that the highest percentage of the students' subgroup are : students with ages between (21-25) years old (65.2 %), female students (80.3 %), those who are in the fourth stage (72.7 %), those who are unmarried (80.3 %) ; those with normal BMI (78.8 %) ; and finally those with no chronic disease (86.4%), (Table 2).

The study showed that the highest percentage of the students' subgroup are: students with ages between (21-25) years old, This study contradicts with (Al-Otaibi et al., 2013), which was conducted at King Faisal University in the Kingdom of Saudi Arabia and included 386 samples, which reported that the largest percentage of participants were 20 years old.

Concerning the gender the study shows that more than half of students participants are female (80.3%) and male percentage (19.7%) when compared with the original sample, This result contradicts with (Hutchins et al., 2010), where the percentage of males was the largest, reaching (60.49%) and the

percentage of females was (39.51%). The results of the study also show that the majority of participating students are from the fourth stage in college, and this contradicts with (Hutchins et al., 2010), as the results of their study show that the largest percentage of participants are postgraduate students, as their percentage reached (37.96%) of the total number of participants who Their number reached 324 participants.

As for marital status, the results of the study reported that the percentage of unmarried students was the highest, reaching (80.3%), while the percentage of married students for both genders was (19.7%), and these results are consistent with (Al-Otaibi et al., 2013), which reported that the percentage of married students was much lower compared to unmarried students, as the percentage of married male students was only (4.5%) and married female students (only 28.1%).

Regarding the body mass index, the results showed that the percentage of students with a normal body mass index was the highest, reaching (78.8%). This is consistent with (Osmani, A., & Perić, D. B. 2023). They reported that most students (70%) had normal body weight, but about 20% were overweight.

Finally, the results of the study showed a significant superiority in the percentage of students who do not suffer from chronic diseases (86.4%) over those who suffer from chronic diseases (13.6%), as this result is close to what was stated in (Lee, 2020), where they reported that among the participants Of the 191 students, 40 students reported chronic diseases and 151 students denied any long-term health problems.

Statistical distribution of students' according to their trends toward physical activities

These findings provide insight into college students' attitudes and behaviours related to physical fitness.

Show statistical distribution of students' according to their trends toward physical activities, it explains that (27.3%) of students exhibited directions towards running, (33.3%) of them have trends to do physical fitness exercises, (56.1%) of them have desire to play other types of sports, and finally (31.8%) of the students practice physical activities twice daily, (Table 3.2).

A notable proportion of students (27.3%) exhibit a preference for running. This suggests that running is a popular physical activity choice among the student populations, However, a recent systematic review by (Brown et al. 2024) identified barriers to physical activity, including time constraints. Some students may find it challenging to allocate time for regular running sessions.

Approximately one-third of students (33.3%) actively engage in physical fitness exercises. These exercises likely encompass strength training, flexibility, and overall fitness improvement. This is consistent with (Irwin et al. 2021) reported that university students who prfioritize physical fitness tend to participate in structured exercise programs.

The majority of students (56.1%) expressed their desire to practice different sports other than running and fitness exercises. This diverse interest indicates openness to exploring different physical activities and is consistent with what (López-Valenciano et al. 2020) emphasized the importance of maintaining a variety of physical activities for overall well-being.

A significant proportion of students (31.8%) practice physical activities twice daily. This level of commitment reflects a strong dedication to maintaining an active lifestyle. However, (O'Brien et al. 2022) observed that excessive stationary time may offset the benefits of regular physical activity, potentially affecting fitness levels.

Assessment and mean of scores of students' attitudes towards physical fitness

This study aims to shed light on these attitudes and provide evidence-based insight's, The study utilized a statistical scoring system to assess students' attitudes towards physical fitness. (Table 4) summarises the results:

Most items exhibited a moderate level of attitudes towards physical fitness.

However, items numbered 10 and 12 deviated slightly, showing moderate attitudes

Overall, the assessment of students' attitudes towards physical fitness was high, with a mean score of

4.11,

(Brown et al., 2024) conducted a systematic review using the TDF and COM-B model. They identified 56 barriers and facilitators relevant to students' physical activity. Notably, domains such as environmental context and resources, social influences, and goals were of greatest relative importance,These align with our study's results.

Association between the overall assessment of students' attitude toward physical fitness and their demographic data.

In this section, we delve into the demographic associations related to students' attitudes towards physical fitness. By examining factors such as age, gender, social status, body mass index (BMI), educational stage, and chronic diseases, we aim to uncover patterns that influence students' perceptions of physical fitness (table 6).

The results of the study showed the following data and correlations:

Age: There was no statistically significant correlation (P = 0.56), indicating that age does not significantly Influence students' attitudes. towards physical fitness in this sample.

Gender: There was no statistically significant correlation (P = 0.82), suggesting that gender does not play a significant role in determining. students' attitudes towards physical fitness.

Material status: A highly significant correlation was found (P < 0.01), meaning that students' so material status has a significant impact on their. Attitude towards physical fitness.

Body Mass Index (BMI): There was no statistically significant correlation (P = 0.38), Indicating that BMI does not directly affect. Students' attitudes towards physical fitness.

Educational stage: There was no statistically significant correlation (P = 0.18), suggesting that students' educational stage does not. Significantly affect their attitudes towards physical fitness.

Chronic diseases: A significant correlation was found (P = 0.02), indicating that the presence of chronic diseases among students can. Affect their attitude towards physical fitness

Social status and chronic diseases emerge as critical factors. Future interventions should consider these nuances to promote positive attitudes and encourage active lifestyles. (Acampado & Valenzuela 2018). Contradicted this. They explored the relationship between physical activity, body composition, and exercise attitudes among college students. Their results indicated that body composition e.g., body fat percentage significantly influenced exercise attitudes.

Association between the overall assessment of students' trends about physical activities and their demographic data

This study reported the association between the overall assessment of students' attitude toward physical fitness and their trends about physical activities and their demographic data. (Table 7).

The results reveal a significant association (P<0.05) between students' overall assessment of physical fitness and their inclination toward running.

This suggests that students who perceive themselves as physically fit are more likely to engage in running activities, this is consistent with (Mazzetti et al., 2020), Where they reported that students who perceive themselves as physically fit as reflected in their overall assessment of physical fitness are more likely to engage in activities like running.

The data also indicate that students participating in other sports exhibit varying trends. Additionally, the frequency of weekly physical activities plays a role in shaping students' attitudes.

Conclusion

1. The study concludes that students, exhibit a positive attitude towards physical fitness, with most

maintaining a normal BMI and being free from chronic diseases.

2. The study findings that a significant portion of university students are committed to various physical activities, with preferences for running and fitness exercises, indicating a positive trend in maintaining an active lifestyle despite potential time constraints.
3. Material status and chronic diseases significantly influence university students' attitudes towards physical fitness, while age, gender, BMI, and educational stage do not.
4. Self-perception of physical fitness correlates with their participation in running, with weekly activity frequency further influencing their attitudes toward physical fitness.

Recommendation

Depending on previous conclusions the study can recommend that:

1. Universities should create fitness programs that cater to the interests and schedules of students, particularly focusing on running and fitness exercises which have shown high engagement through Develop Targeted Fitness Programs.
2. Given the positive attitude towards physical fitness, universities should ensure these opportunities are accessible to all students, regardless of social status or chronic health conditions.
3. Institutions in the universities could implement initiatives that encourage students to maintain regular physical activity, such as flexible gym hours or extracurricular sports clubs that Encourage Regular Physical Activity.
4. Work on strategies to overcome barriers to physical activity, such as time constraints, by integrating physical activities into the daily routines of students.
5. Taking into account students who suffer from chronic diseases, as they are a minority, and supporting them through Provide specialized support and tailored fitness programs to encourage their participation in physical activities.
6. Leverage the overall positive attitudes towards physical fitness by creating campaigns and posts that highlight the benefits of an active lifestyle and how it can be easily incorporated into student life.

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