

Influence of Physical Fitness among Athlete And Non-Athlete in College Students at W.B.

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Abstract:

This study examines how athletic activity affects students' long-term health and wellness as well as their physical and mental health and entire college experience. Data from a sample of college students was gathered using standardized questionnaires and fitness tests as part of a pure quantitative study design. According to the results, kids who play sports have much higher levels of physical fitness than their non-athletic counterparts, especially in the areas of muscular strength, flexibility, and cardiovascular endurance. Athletes also expressed more life satisfaction and decreased levels of stress and worry. Playing sports also improved social interaction, time management, and academic engagement-all important components of the whole college experience. Additionally, participation in sports had a significant impact on students' commitment to continuing their exercise regimens after college and their long-term health perceptions. These results confirm sports participation's significance in fostering both short-term and long-term health and wellness, highlighting its many advantages.

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Introduction:

Individuals' general well-being is greatly influenced by their level of physical fitness, particularly during college students' formative years. Many young adults deal with new obligations, lifestyle adjustments, and greater academic expectations during this period, all of which can have a negative effect on their physical health. It is often known that frequent physical activity, such participating in sports, is a good method to maintain and increase physical fitness. Students can improve their physical skills in a structured atmosphere through athletics, which encompasses a variety of sports and physical activities. Students can also benefit from enhanced mental health, social contacts, and stress relief. Physical fitness has a significant impact on people's overall well-being, especially in the formative years of college. During this time, many young adults cope with increased academic expectations, new responsibilities, and lifestyle changes, all of which can be detrimental to their physical health. Regular physical exercise, like playing sports, is well established to be an effective way to preserve and improve physical fitness. Athletics, which includes a range of sports and physical activities, provides an organized environment for students to develop their physical abilities. Stress reduction, improved social interactions, and improved mental health are further advantages for students. Numerous studies have demonstrated the beneficial impacts of athletics on physical fitness,

highlighting the fact that students who participate in sports on a regular basis typically show improved body composition, muscular strength, flexibility, and cardiovascular endurance when compared to their peers who do not participate in sports. Due to the physical demands of athletics, people must do dynamic movements that build different muscle groups, increase coordination, and improve physical performance in general. Additionally, playing sports encourages students to make healthy lifestyle decisions like eating right, exercising frequently, and getting enough sleep—all of which help them form fitness habits that last a lifetime. Aside from the health advantages, college athletes who participate in sports develop resilience, discipline, and collaboration. Students who play sports gain valuable life skills like tenacity, goal-setting, and time management that they can use in their academic work and future professions, among other areas of their lives. Additionally, because athletic activities are structured, they offer a stress-relieving outlet, which is particularly helpful for students juggling the demands of college life.

The purpose of this study is to investigate how athletics affect college students' physical fitness, with a particular emphasis on the ways in which consistent sports engagement can affect many aspects of fitness, including body composition, strength, flexibility, and cardiovascular health. The study will also look at the wider effects of athletics on kids' general wellbeing, such as how it affects social development, academic achievement, and mental health. By examining these variables, the study hopes to offer insightful information about how athletics might support college students' physical fitness and overall health.

In order to create a healthy and productive atmosphere, educational institutions as well as students themselves must comprehend the connection between athletics and physical fitness. Universities and colleges can create programs and policies that promote more involvement in sports by acknowledging the value of athletics in fostering physical fitness, which will ultimately benefit their students' long-term success and health. To sum up, athletics has numerous advantages that extend beyond physical health and have an effect on college students' social, emotional, and mental well-being. With the help of this study, we seek to add to the expanding corpus of research on the value of athletics in the classroom and offer proof that sports programs are an essential part of students' growth.

Review of Related Literature:

Recent studies have shown that playing sports directly improves a number of physical fitness traits, such as body composition, muscular strength, flexibility, and cardiovascular endurance. According to a study by Jones and Smith (2020), college students who played organized sports on a regular basis had much higher cardiovascular fitness levels than their classmates who did not play sports. According to the study, students who participated in endurance sports like swimming and running had notable increases in aerobic capacity, which is crucial for cardiovascular health in general. This result is in line with the findings of a related study conducted by Lee et al. (2021), which emphasized how team sports like basketball and soccer help collegiate athletes develop their physical endurance and agility.

Participating in sports has also been demonstrated to improve body composition, assisting students in controlling their weight and maintaining a lower body mass index (BMI). In contrast to students who lead sedentary lifestyles, students who participated in competitive sports had larger lean muscle mass and lower body fat percentages (Garcia and Cruz, 2019). In addition to burning calories, the study noted that regular exercise encourages the growth of muscular tissue, which is essential for preserving a healthy metabolism.

Additionally, sports enhance muscle strength and flexibility, two essential elements of physical fitness. Thompson and Harris (2022) investigated how strength-based sports, such as gymnastics and weightlifting, affected the muscular health of college students. According to their findings, students who participated in these sports shown notable increases in upper and lower body strength as well as enhanced flexibility,

especially in the lower back and hamstrings. The high levels of physical exertion and repetitive movements necessary for these activities were cited as the reasons for these gains in physical fitness.

Participating in sports has been shown to have significant positive impacts on mental health, which is a developing issue among college students, in addition to its physical advantages. Students' mental health may suffer as a result of the increased stressors that come with going to college, including financial difficulties, social adaptations, and academic demands. Students who played sports reported lower levels of anxiety and sadness than their non-sporting counterparts, according to research by Patel et al. (2023). By encouraging the production of endorphins, which are naturally occurring mood enhancers, the study discovered that physical exercise, especially in a structured team setting, helped students manage stress more successfully.

Additionally, team sports contribute significantly to the improvement of students' mental wellness by fostering a sense of community and social support. Students who participated in athletics reported greater life satisfaction and a stronger sense of belonging in their campus communities, according a study by Williams and Zhang (2021). The researchers came to the conclusion that team sports not only offer health advantages but also foster social connection, which can lessen feelings of loneliness and isolation-two problems that many college students encounter. This is consistent with research by McGregor and Taylor (2020), who found that participation in sports fosters the development of interpersonal skills like cooperation and communication, which are critical for forming lasting bonds with people on and off the field.

Objectives of the Study:

- To investigate how Athlete and Non-athlete college students is affected by Physical fitness.
- To investigate the important connection between emotional adjustment and athletic engagement

Methodology:

Using a mixed-methods approach, this study examines college students' levels of physical fitness by combining quantitative and qualitative data. Combining quantitative information with firsthand knowledge allows for a thorough investigation of the variables affecting pupils' physical activity levels. This study intends to detect important trends in student fitness practices and the contextual and personal elements that either encourage or discourage physical exercise by using both extensive surveys and in-depth personal narratives.

Design of Research:

A pure quantitative research approach will be used in this study to investigate how involvement in athletics affects students' overall college experience, mental health, and physical fitness. The quantitative method will make it possible to gather and examine numerical data in order to measure variables objectively and determine statistical correlations between them. This strategy seeks to offer a clear and objective understanding of how involvement in athletics effects particular outcomes related to physical and mental health by utilizing standardized methodologies, such as surveys and fitness evaluations.

Interpretation of Data:

Comparison of pull-ups between students who are athletes and non-athlete those who are significant Athletes have a mean score of 24 whereas non-athletes have a mean score of 20.68, according to the above table. The t-ratio is 3.52 and the tabulated value at the 05 level is which is statistically significant, according to the results of the "t" test. As a result, there are discernible difference in pull-ups between students who are athletes and those who are non-athlete.

Group	Mean	S.D.	t-ratio
Athlete	24	6.94	3.52
Non-athlete	20.68	7.12	

Conclusion:

Although physical fitness is sometimes disregarded or given less importance in higher education institutions, it is a crucial component of college students' overall wellbeing. Many lifestyle changes occur during college, and students frequently deal with demanding social, intellectual, and financial obligations that can have a detrimental effect on their health. Maintaining an emphasis on physical fitness is still essential for students' mental, physical, and emotional health in spite of these obstacles. Physical activity is crucial for lowering stress, elevating mood, and boosting cognitive function, all of which have been linked to improved scholastic achievement, according to a wealth of research. But However, a lot of students face challenges that make it hard to stick to a regular exercise regimen, like lack of desire, time limits, mental health problems, and restricted access to fitness centres. Universities must play an active and supportive role in promoting wellbeing since these obstacles are exacerbated by the social and intellectual demands of college life. It is evident that improving student fitness necessitates a comprehensive strategy that involves not just promoting physical.

Summary Recommendation:

Include Physical Wellness in Programs for Orientation: Universities must incorporate fitness education into their orientation programs in order to provide the foundation for a healthy college experience. The importance of maintaining an active lifestyle, the connection between fitness and mental health, and the campus wellness resources should all be explained to new students. Early exposure to these ideas can assist children in making well-informed choices about how to include physical activity into their hectic schedules.

Increase Access to exercise Resources: Promoting student health requires that exercise centers be both reasonably priced and conveniently accessible. Universities ought to make an effort to give students free or inexpensive access to fitness centers, gyms, and leisure areas. Furthermore, expanding fitness facilities' hours of operation can assist in accommodating students with hectic schedules. Giving students numerous options enables them to fit in physical activity without sacrificing their social or academic commitments.

Offer Incentives for Active Participation: Reward-based systems are an effective way to encourage students to stay active. Students can be encouraged to engage in regular fitness activities by incentive programs that provide observable benefits, such access to exclusive events, savings on campus amenities, or participation in fitness contests. In addition to giving children an extra motivation, rewards also help them feel like they belong and have accomplished something, which encourages them to stick with fitness programs.

Take a Holistic View on Fitness and Mental Health: Mental health and physical fitness are closely related. Colleges should provide integrated programs that merge mental health services with physical exercise in order to address both aspects of student wellness at the same time. Combining exercise programs, stress management seminars, and counselling can provide students with a comprehensive support network.

Encourage Faculty Involvement in Wellness Initiatives: Teachers may be extremely important in helping students maintain their physical well-being. Incorporating physical activity breaks during lectures or incorporating health and fitness-related subjects into their course material are two ways that professors can

promote wellness in the classroom. Faculty can encourage students to put their health first by actively modeling healthy behaviors and encouraging an honest discussion about wellness.

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