



## ***FACTORS INFLUENCING THE PHYSICAL INACTIVITY AMONG THE HIGH SCHOOL STUDENTS IN THE DISTRICT OF JAFFNA, SRI LANKA***

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Regular physical activity remains an important behavior for preventing Non Communicable Diseases (NCDs). The period of adolescence represents the transition from childhood to adulthood and lifetime habits such as regular physical activity are normally begun at this time. But unfortunately research indicates that physical activity rates decline consistently during the adolescent years. This study was aimed to assess Sri Lanka adolescents' physical activity level and their perceived barriers to physical activity. Random sampling method was used to select the five schools from Valikamam division in Jaffna district followed by convenient sampling method to select 182 adolescent's student between 16-18 years. Current physical activity level and perceived barriers to physical activity were assessed in the sample. Physical activity level was estimated by IPAQ short versions (International Physical Activity Questionnaire) where participants responded to the instrument with 21 items representing 07 barriers to physical activity using a Likert Type scale. Sum scores were computed. The main barriers to perform the physical activity were lack of time (85.2%, n=155), social influence (78.6%, n=143), lack of will power (73.3%, n=134) and fear to injury (59.3%, n=108). Physical inactivity had a significant relationship with lack of time ( $p=0.021$ ) and social influence ( $p=0.041$ ) whereas it had no significant relationship ( $p>0.05$ ) with other factors such as lack of will power, lack of energy, fear to injury, lack of skill and lack of resources. There is a need for future research, which needs to be carried out with larger sample group to develop national standardized instrument. It will be helpful for accurately identify perceived barriers and then recommend changes to enhance physical activity among adolescents.

**Keywords:** *Physical inactivity, Perceived barriers, Adolescents*