



STATUS OF PARTICIPATION IN PHYSICAL ACTIVITY AMONG DAY HIGH SCHOOL STUDENTS IN KAMPALA, UGANDA

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Abstract

The study examined the status of participation in physical activity (PA) by 13-18 years old high school students attending day schools in Kampala District and the influence of age and gender on participation in PA. This cross-sectional analytical study involved male and female students (n=500) aged 13-18 years from selected day high schools who answered the International Physical Activity Questionnaire-Short Form (IPAQ-SF) which was used to measure and categorise PA into three levels; inactive, minimally active and HEPA-active. Descriptive statistics of frequency distributions, and percentages were computed for the demographic factors and participation in PA. Chi-Square analysis was used to determine the relationship between age and gender and participation in PA. Statistical analyses were conducted using SPSS Version 20. A p-value of less than 0.05 was considered as significant. Overall, 110 (22%) students were categorised as inactive, 231(46.2%) were minimally active and 159 (31.8%) were HEPA-active. A chi-square analysis showed that age ($\chi^2=21.437$, $p=0.018$) and gender ($\chi^2=32.590$, $p<0.001$) were significantly related to participation in PA. It was concluded that majority of the students aged 13-18 years were participating in minimal PA and that gender had an influence on participation in PA.

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