

A Survey Study on Management and Facilities among Fitness Centers of Rajasthan

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Abstract

The body achieves what its mind believes. Human being understands the value of physical fitness and desires to be physically fit. The purpose of this study was to compare the facilities and functions in four cities in Rajasthan: Jaipur, Bikaner, Sikar, and Jhunjhunu. An individual's fitness level can be judged by his working capacity. It depends upon the nature of the task the individual performs daily without getting undue fatigue. Among the various objectives of physical fitness is the most important and this can be developed only by good programming with good facilities in fitness centers. The results of such studies can provide useful information for health planners and fitness experts to suggest and frame strategies to counter weight deviations in the population.

Introduction

In India, industrialization and technological advancements are creeping up fast and affecting people's lifestyles. The resultant decreased physical activity is likely to cause its shadows on the physical characteristics of the population, noteworthy of which is gain in body weight. Overweight individuals are reported to run a high risk of contracting a number of diseases like diabetes, hypertension, coronary artery problems etc. And therefore attaches great significance to the studies which reveal weight trends in populations According to V. Jyothirmal and R. Shiv Ram Prasad (2014) During the 1990s, the Indian healthcare sector stretched at a compound annual rate of 16%. At present, the total value of the healthcare sector is more than \$34 billion. This translates to \$34 per capita or roughly 6% of the respective Gross Domestic Product.

The Average Cost of Gym Memberships

As per a recent survey by a famous fitness brand, an average of 60% of Indians are spending at least 4 hours every week on their fitness and physical health. For most people, their comfort in physical fitness is in the form of working out in gyms. The annual plan for gym membership costs around an average of Rs. 20,000 in respective metropolitan cities. For the ones who opt for monthly plans suits most quality gyms charge anywhere between Rs. 2,500 to Rs. 3,500 for basic weight training programs. The costs can be higher as an individual goes for advanced training such as cross fit, aerobics, cardio, Pilates, and rope workouts.

Average Annual Membership Gym Cost in Rajasthan

	Gym	Annual Membership (Indian Rupees)
1	Gold Gym	13237.00
2	Metro Flex	21000.00
3	Anytime Fitness	16320.00
4	Fintex Gym	12800.00
5	Fit-o-Clock	13000.00
6	Seven Core Fitness	9000.00

Levels of Services and Offerings

The costs of memberships can be altered by purchasing a higher level of membership of respective organizations such as Lifetime membership or Founders membership. These memberships might have high up-front cost value but it composites lower monthly rates than average membership value. Various large chain companies such as Gold's Gym, Snap Fitness, Fitness First, Anytime fitness etc. offer such valuable memberships. However it benefits and works out only for those who use such clubs Frequently And Are Ready To Hold Down The Membership For Years.

Objectives of the Study

To accomplish the purpose of the study, following objectives had been set:

This study is helpful to understand memberships and the monthly cost of fitness clubs and which kind of facilities provide to consumers.

Material and Methods

The researcher personally visited 40 Fitness Centers that were running in the four districts of Rajasthan (Jaipur, Sikar, Jhunjhunu, Bikaner) for the collection of relevant data. After a brief explanation about the purpose of the study, related questionnaire was handed over to every respondent the proprietor or manager of fitness centers individually. The doubts if any were clarified on the spot. The respondents were requested to fill out the questionnaire on the spot and the researcher collected the filled questionnaire back after their completion

Tools and Techniques

Since the study is observatory in nature and survey-based in which no correlational aspect is taken among different Fitness Centers, hence, results primarily dealt with the percentile method. In order to objectify the data the bar diagrams were used. The divergences of the response were computed by Chi-square analysis and ANOVA with the help of SPSS version -25.

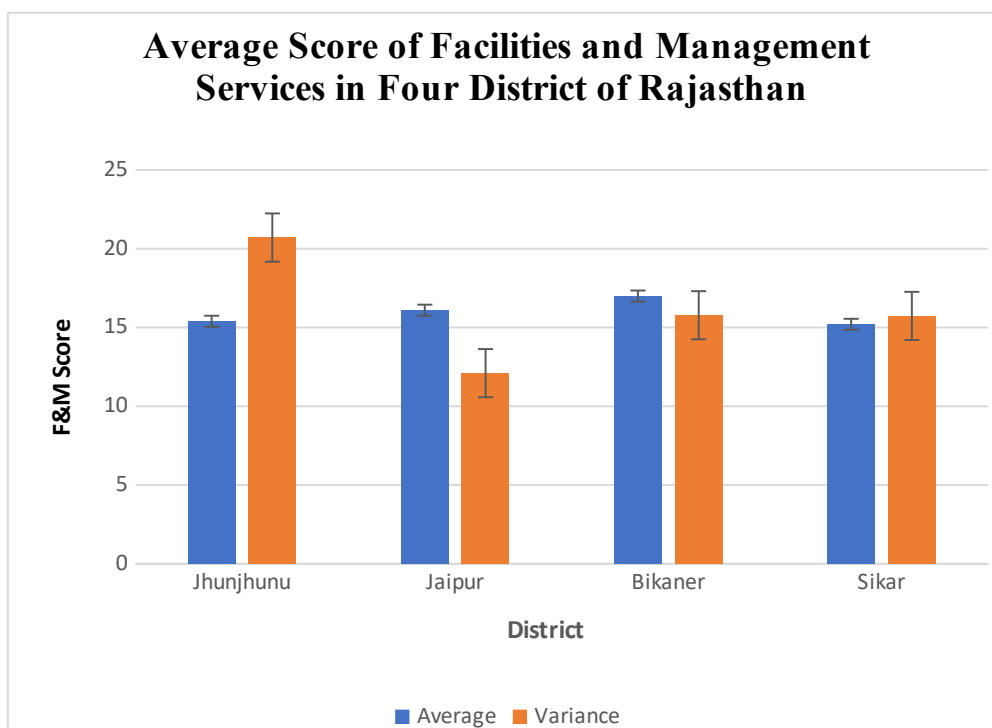
Results of the Study

The statistical analysis of the data on facilities and management among 4 districts (Jaipur, Jhunjhunu, Bikaner, and Sikar) are studied in this chapter. The data pertaining to the various aspects of facilities and management part such as providing machines, the cardio exercise machine counterpart of management for user applicability of equipment other aspects of like hygiene policies, and the fitness aspects were analyzed by One Way Analysis of Variance (ANOVA) in order to determine the variance. When the differences were not found statistically significant, Post Hoc Test was not needed to be applied to find

out the significant difference among the group means. The F ratio was obtained and tested for significance at 0.05 level. All the computations of the results were carried out by Statistical Package of Social Sciences (SPSS). The results are revealed in the form of tables and graphs and the actual significant difference among the groups was explained following pertinent tables and graphs. At the end of all the results, the discussions supported by earlier research findings were given. Then the discussions on hypotheses were presented. The findings pertaining to facilities and management are presented in the following tables.

	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Jhunjhunu	10	15.4000	4.55095	1.43914	5.00	21.00
Jaipur	10	16.1000	3.47851	1.10000	11.00	22.00
Bikaner	10	17.0000	3.97213	1.25610	12.00	22.00
Sikar	10	15.2000	3.96653	1.25433	5.00	19.00
Total	40	15.9250	3.91832	.61954	5.00	22.00

$$F_{\text{CRIT}} 0.05(3,36) = 2.866266$$



Conclusions

On the basis of the findings of the study following conclusions were drawn:

The fitness centre users are free from all restrictions regarding use and duration, in other words, fitness centers are user-friendly. A researcher found that users are using the fitness centers of their own will and that encouraged the users for fitness centers.

The majority of Fitness centers do not have trained or qualified staff, almost 50% of the respondents agreed that they have qualified personnel in their fitness centers. Whereas there are staff for the training

but there is no equal number of male and female trainers in the fitness centers. In addition, it is not necessary that there are female staff for female trainees, probably this can be the reason for less number of female trainees as compared to male trainees.

Recommendations

The majority of the Fitness Centers are being run by private organizations/people with the motive of en-cashing the interests of the public to keep them fit into a business a venue as being done in developed countries. Though the affluent can afford middle-class people and other general public may find it difficult to spend money for the maintenance of their health. Hence, it is suggested that the government should come forward to start health and Fitness Centers for the benefit of the general public or enforce suitable measures to regulate the health and Fitness Centers for the benefit of the public.

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