DIE INVLOED VAN FISIEKE AKTIWITEIT EN LEEFSTYL OP KORONÊRE GESONDHEID

Hendrina J. GROVÉ & Cilas J. WILDERS
Skool vir Biokinetika, Rekreasie en Sportwetenskap, Noordwes-Universiteit, Potchefstroom,
Republiek van Suid-Afrika

ABSTRACT

Physical activity and lifestyle choices may have a significant impact on the individual’s health status. The health status of the employee has a direct impact on his/her productivity, thus influencing the success of any business. The aim of this study was to determine the influence that physical activity and lifestyle choices has on the coronary health status of employees at an electricity supply company in South Africa. One hundred and seventy nine (N=179) volunteers took part in the study. The physical activity index of the participants was determined by the use of Sharkey and Gaskell’s (2007) Physical Activity Index questionnaire (PAI). The lifestyle index was determined by the use of Bellocc & Brebrow’s (1972) Lifestyle Index questionnaire (LI) and the coronary risk index was determined by the use of Björström and Alexiou’s (1978) Coronary Index questionnaire (CRI). The respondents’ ages varied between 25 and 65 years ($\bar{x}$ = 46.1 ± 9.5). Analysis of the data identified age, gender, exercise and stress to be the four major contributors to coronary heart disease. The majority of employees were unaware of their cholesterol, systolic and diastolic blood pressure status. The relationship between the level of physical activity participation and lifestyle choices with the development of coronary heart disease was determined by the use of the Tuckey Post Hoc test. This information can be helpful with the planning of wellness programs. These wellness programs aim to improve the employees’ coronary health status by motivating them to increase their level of physical activity and make better choices in terms of lifestyle behaviors.

Key words: Physical activity; Lifestyle; Coronary risk factors; Wellness; Corporate sector.

INLEIDING

In die korporatiewe sektor het die hedendaagse tegnologie hoofsaaklik bygedra tot die sedentêre leefstyl van werkers en die gevolglike verhoging in hipokinetiese siektes (AI-Asi, 2003:431). Die tegnologiesie era het bygedra dat werkers vir lang tye voor rekenaars en agter lessenaars deurbring. Selfs in hul vrye tyd verkeer die meeste individue passief voor die televisie (Straughan, 2005:276). Sodanige onaktiwiteit is teenstrydig met die fisiologiese funksionering van die liggaam wat ontwerp is om fisiek aktief te wees, aldus Robbins et al. (2005:54).

Fisieke onaktiwiteit word deur die literatuur geïdentificeer as ‘n baie belangrike bydraende faktor tot kardiovaskulêre siektes (Robbins et al., 2005:254, Daubenmier et al., 2007:57). Kroniese leefstylsiekttes soos obesiteit, hipertensie, noninsulineafhanklike diabetes mellitus en