

Patterns of Physical Activity and Time use among Adolescents in Telangana, India

Adolescence is a unique transitional stage of physical and psychological development and a critical window of opportunity for enhancing health outcomes in adulthood. Yet, the evidence of such dynamics in low- and middle-income countries is nascent. This is a significant gap as preferences and behaviours adopted in adolescence influence lifelong physical activity habits and health outcomes later in life.

By using a mixed-method approach that integrates 24h recall time-use data with energy expenditure estimates from adolescent boys and girls and qualitative interviews with adolescents and their parents, this study sheds light into the rural livelihood of more than 400 adolescents in rural Telangana (India).

The paper is part of a GCRF study on food security and health among adolescents in India and Nepal.



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Key findings

- The study provides unprecedented insights into the livelihoods of adolescents combining data from traditional surveys and accelerometers.
- We reported physical activity and time use in 6 macro-activities: education activities, economic activities, domestic work, leisure activities, traveling & commuting, and well being activities.
- Energy expenditure and time use is highest for education related activities followed by leisure in both adolescent boys and girls.
- Social and cultural norms allow boys, especially in late adolescence (17-19 yrs) to spend more time and energy in activities outside home than girls. Girls spend more time and energy at home doing domestic work.
- Economic work pursued by boys is slightly more energy-intensive than the domestic work pursued by girls.

Where?

Khammam and Mahbubnagar districts in the State of Telangana in India. The field survey was conducted in 2019 and 2020.

Project partners/funders

- University of Reading (UoR), UK
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