

## Benefits Of Swimming On Daily Life Of A University Students: An Exploratory Study

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**Abstract:** *The objective of this study is to investigate / explore the effects of swimming on daily life of university students. A total number of 300 university students participated in this quantitative research, data was collected through close ended questionnaire of 20 items with proved reliability of .721 (Cronbach's Alpha). Research showed that majority of the students have positive effects of swimming on their lives in terms of better feel of physiological (Sig. .000) and psychological (Sig. .000) conditions, motivation towards success in their lives (Sig. .000), body flexibility (Sig. .000), socialization (Sig. .000), resting heart rate (Sig. .000), balance and posture maintenance (Sig. .000), good sleep (Sig. .000) and reaction time (Sig. .000). This study would be a good source of information for importance of swimming in daily life of all ages. Furthermore, this study should be done on larger population and in different age groups to generalize it.*

**Keywords:** *Swimming, Students, University, Sports, Life style.*

### 1 Introduction and Literature Review

#### 1.1 Origin of Swimming and Swimming Sports

The most punctual record of swimming can be followed back to 7,000 years back. Stone Age works of art unmistakably demonstrate that swimming was rehearsed around then moreover. Numerous memorable books from 2000 BC give composed records of swimming, which incorporate Gilgamesh, the Iliad, the Odyssey, the Bible and Beowulf. In<sup>1</sup> any case, the style of swimming rehearsed around then is as yet obscure. Evidently, the demonstration of swimming ended up prominent in the medieval times (Pihlajamäki, 2000). During this period, nations like US, England, France and Germany made records of setting up swimming clubs. In Germany, the primary swimming club was established in 1837, in Berlin. The principal indoor pool was worked in England, in 1862. Actually, the English are accepted to be the primary present day society to think about swimming as a game (Polley, 2002).

Swimming is an individual or group activity that requires the utilization of one's whole body to travel through water. The game happens in pools or untamed water (e.g., in an ocean or lake). Aggressive swimming is one of the most mainstream Olympic games, with changed separation occasions in butterfly, backstroke, breaststroke, free-form, and individual mixture (Wetzel, 2001). Swimming each stroke requires a lot of explicit systems; in rivalry, there are particular guidelines concerning the satisfactory structure for every individual stroke (Lynn, 2014). There are additionally guidelines on what kinds of bathing suits, tops, and adornments

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and damage tape that are permitted at rivalries. In spite of the fact that it is workable for aggressive swimmers to acquire a few wounds from the game, for example, tendinitis in the shoulders or knees, there are additionally various medical advantages related with the game (Saxon et al., 1999).

### **1.2 Swimming and Energy Utilization**

There is not at all like it during the blistering long stretches of summer, regardless of whether it's at the sea shore or in the pool. It's unwinding, the developments are smooth and musical, and it's an extraordinary exercise (Ungerleider, 2005). Swimming and other water exercises are something the whole family can share. With rising degrees of heftiness in youngsters just as grown-ups in the United States, family physical exercises and great job displaying might be one approach to stem the pestilence of latency and corpulence confronting our country (Smith, 2004). Swimming consumes loads of calories, somewhere in the range of 500-650 every hour relying upon how effectively you swim (you consume more floundering around than swimming neatly!) and how light you are (the more muscle versus fat you have, the more you coast and the less calories it takes to swim) (Cordain, 2012). Early and unique research on swimming and calorie consumption demonstrated that swimming, paying little mind to the stroke, consumed about 89% of the calories consumed during running and 97% of the calories consumed during cycling for a similar timeframe. Expressed another way, swimming consumes about 11% less calories than running however just 3% less calories than biking (McMahon et al., 2011).

### **1.3 Swimming as Exercises**

Truth be told, swimming offers something no other vigorous exercise does: the capacity to work the body without unforgiving impact to the skeletal framework. At the point when your body is submerged in water, it naturally goes to be lighter. At the point when submerged to the abdomen, your body will bear just 50 percent of its typical weight (Favazza, 1996). Swimming is considered as an extraordinary way to upgrade solid quality and muscle tone in contrasted and other oxygen consuming activities. For example, when running, a jogger takes a few laps around his/her track, that jogger is simply moving his/her body through the air (Bullman, 2005). At the end of the day, a swimmer is impelling himself/herself through water that is multiple times as thick as air. It implies that each stroke or kick of swimmers turns into an opposition work out. Also, obstruction activities are the extraordinary method to pick up muscle tone and quality. Likewise, swimming improves bone quality, especially in post-menopausal ladies (Andreoli et al., 2012). So as to advance the adaptability of your body past the normal capacity, you ought to likewise finish your pool exercise with a progression of delicate stretches. The help of the water will enable you to keep up positions identifying with precarious parity like quadriceps stretch for a significant stretch of time (Campbell, 2009).

### **1.4 Swimming as Exercise**

Swimming is one of the most perceived calories burners around. It is incredible for you to keep the solid weight. Nonetheless, it is somewhat hard to decide the quantity of calories you consume when swimming since this relies upon your physical state and the swimming force (Haskell, et al 2007). There is a standard that: every ten minutes of extraordinary swimming, you should consume 150. So as to improve the calories consumed, you can use interim preparing. You can swim fifty yards, at that point rest, swim 100 yards, at that point rest, and continue onward. Do until you could swim around 300 yards If you fear this number, defeat your dread and take an attempt. Swimming may be simpler than your musings (Mace, 2011). Keep separated the advantages of swimming upon quads, triceps, and pectorals; it additionally keeps the most significant piece of the human body solid – the heart. As swimming is an oxygen consuming activity, it serves to reinforce your heart, helping it in increasing, yet making it progressively compelling in siphoning, prompting better blood stream all through your entire

body (Riewald, 2007) Research additionally calls attention to that swimming, as a vigorous exercise, could crush the body's provocative reaction which is a noteworthy connection in the chain prompting coronary illness. Aside from being a perseverance sport, swimming can diminish the pulse, reinforce your heart and improve your oxygen consuming limit (Nualnim et al., 2012).

### **1.5 Swimming for Body Fat Reduction**

Indeed, being solid is increasingly about having the correct proportion of cholesterol in the body than simply having low measures of the stuff in the blood. Especially, it is beneficial for you to have lower levels of terrible cholesterol called "LDL", and have more elevated levels of good cholesterol named "HDL" ( Ray, et al., 2014). Entire body molding is the following one in solid advantages of swimming. Swimming can condition swimmers' upper just as lower body since they are utilizing all the principle muscle gatherings. The best strokes for all-over body conditioning are the free-form, breaststroke and backstrokes (Weil, 2004). Swimming is likewise an incredible game that could alleviate specific sorts of hurts. That is on the grounds that swimming is typically recommended to patients who experience back issues and torment. Moreover, swimming backstroke is a so incredible exercise to fortify and relax up the back (Willems et al., 2014). Then again, swimming is helpful for those individuals who are experiencing joint pain because of the delicate obstruction and backing of the water.

### **1.6 Swimming as Meditative Exercise**

Since swimming is additionally a thoughtful exercise that control your breathing; consequently, it could improve your mind capacities by means of a procedure known as hippocampus neurogenesis, in which your cerebrum will supplant lost cells come about by pressure (McEwen, 2006). Swimming expects you to contact with water that make you cool and improve your state of mind to be free from tiredness and sorrow. When all is said in done, water-based exercises are useful for fibromyalgia sufferers as cool water encourages them calm nervousness and facilitates their torment normally. Moreover, water-based activities likewise help improve pregnant ladies wellbeing and help them vanquish gloom (Harrison et al., 2018). In addition, swimming just as other water exercises are something that your family could impart to one another. With rising degrees of stoutness in kids and grown-ups in the cutting edge society, physical exercises just as great job demonstrating may be one way to stem the pestilence of latency and heftiness in the present world (Williams et al., 2011).

This research focused on the benefits of swimming rather than having the negativity about swimming so the objectives of this research was to know effects of swimming on students daily life, to know that how swimming improve our health, to know the techniques of getting good freshness.

## **2 Research Methodology**

The nature of the study was quantitative in which data was collected through questionnaire (Close ended) having 22 items, quality of which was categorized on 5-point Likert Type Scale. The population was University students and sample was collected from 300 (n=300) male and female students of University of the Punjab, Lahore using simple random sampling technique. Validity of data collection tool was checked through expert opinion and reliability was measured using Cronbach's Alpha with value .721. SPSS version 21 was used for data analysis in which independent t-test was used for response against data collection tool in two genders, ANOVA was used to check response in different age groups and Chi-Square analysis was done for individual item analysis.

## **3 Results and Data Analysis**

**Table 3.1: Independent sample t-test of responses according to gender**

Gender	N	Mean	Std. Deviation	F	Sig.
Male	153	2.8493	.23984	5.628	.329
Female	147	2.0984	.87328		

Where  $\alpha = .05$

Table 3.1 shows that there is no significant difference (Sig. .329 When  $\alpha = .05$ ) among the opinion of male and female of sample population regarding benefits of swimming on daily life of University Students.

**Table 3.2 ANOVA Test on different Age Groups**

Mean	Sum of Squares	Df	Mean Square	F	Sig.
Between groups	48.221	2	.237	2.682	.163
Within groups	22.989	297	.272		
Total	71.210	299			

Where  $\alpha = .05$

Table 3.2 shows that there is no significant difference (Sig. .163 When  $\alpha = .05$ ) among the opinion of the different age groups of sample population regarding benefits of swimming on daily life of University Students.

**Table 3.2 Chi-Square Analysis of different statements of data collection tool regarding benefits of swimming on daily life of University Students**

#	Statements	Observed Frequency Values					$\chi^2$	p
		SA	A	N	DA	SD		
1	Do you think swimming make you fresh for whole day?	45	173	36	37	9	2.783	.000
2	Do you think swimming make you active in daily activities?	65	180	12	29	14	3.301	.000
3	Do you think doing swimming practices allow you to eat well?	70	194	28	8	0	2.785	.000
4	Do you think swimming improves your flexibility?	86	188	17	9	0	2.748	.000
5	Do you think Daily swimming builds up your endurance?	131	146	17	2	4	3.464	.000
6	Do you think Does swimming is about fun and playful way which make you joyful whole day?	126	136	26	8	4	2.855	.000
7	Do you think Swimming improve ability to control and maintain healthy weight?	111	146	20	15	8	2.721	.000
8	Do you think Swimming is a way to be Socialize with other people?	115	155	22	8	2	2.040	.000
9	Do you think Swimming helps you to develop a positive attitude?	89	174	17	12	8	3.449	.000
10	Do you think Swimming reduce your exhaustion?	103	144	33	12	8	2.440	.000
11	Do you think Swimming relax your mind from daily routine tension?	100	135	39	20	6	2.030	.000

12	Do you think Swimming is a best way to decrease your aggression?	97	128	51	12	12	1.780	.000
13	Do you think Swimming increase your muscular/muscles strength?	100	158	18	12	12	2.929	.000
14	Do you think After swimming you are able to do daily work in better way?	90	113	160	20	7	2.176	.000
15	Do you think swimming improve your balance and posture?	90	157	22	25	6	2.649	.000
16	Do you think Swimming improve your coordination?	89	151	34	22	4	2.396	.000
17	Do you think Swimming Alleviate your stress?	82	162	22	24	10	2.688	.000
18	Do you think Swimming keeps your resting heart rate down?	110	130	31	19	10	2.070	.000
19	Do you think swimming helps you to sleep well?	114	132	12	18	24	2.244	.000
20	Do you think Swimming improves your reaction time?	93	157	38	8	4	2.804	.000
21	Do you think Swimming have psychological benefits to renew mental energy?	107	157	16	14	4	3.155	.000
22	Do you think Swimming make you fit in all aspects?	128	147	13	8	2	3.343	.000

Where  $\alpha = .05$ , **Abbreviations:** SA =Strongly agree, A =Agree, N= Neutral, D= Disagree, SD, Strongly disagree,  $\chi^2$ = Chi square value, p = Significance value

Table 3.2 reveals that;

- The result about statement “Do you think swimming make you fresh for whole day?” Chi-square test was done to view the opinion of respondents as 45 (15%) were strongly agree (SA), 173 (58%) were agree (A), 36 (12%) were neutral (N), Disagree 36 (12%) were Disagree, 9 (3%) were strongly disagree (SD) about the statement “Do you think swimming make you fresh for whole day?” Chi-square value was 2.783 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming makes people fresh for whole day.
- The result about statement “Do you think swimming make you active in daily activities?” Chi-square test was done to view the opinion of respondents as 65 (22%) were strongly agree (SA), 180 (60%) were agree (A), 12 (4%) were neutral (N), Disagree 29 (9%) were Disagree, 14 (5%) were strongly disagree (SD) about the statement “Do you think swimming make you active in daily activities?” Chi-square value was 2.783 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming make active in daily activities.
- The result about statement “Do you think doing swimming practices allow you to eat well?” Chi-square test was done to view the opinion of respondents as 70 (23%) were strongly agree (SA), 194 (65%) were agree (A), 28 (9%) were neutral (N), Disagree 8 (3%) were Disagree, 0 (0%) were strongly disagree (SD) about the statement “Do you think swimming make you active in daily activities?” Chi-square value was 2.785 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that doing swimming practices allow you to eat well.

- The result about statement “Do you think swimming improves your flexibility?” Chi-square test was done to view the opinion of respondents as 86 (29%) were strongly agree (SA), 188 (62%) were agree (A), 17 (6%) were neutral (N), Disagree 9 (3%) were Disagree, 0 (0%) were strongly disagree (SD) about the statement “Do you think swimming improves your flexibility?” Chi-square value was 2.748 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming improves people flexibility.
- The result about statement “Do you think swimming builds up your endurance?” Chi-square test was done to view the opinion of respondents as 131 (43%) were strongly agree (SA), 146 (49%) were agree (A), 17 (6%) were neutral (N), Disagree 2(1%) were Disagree, 4 (1%) were strongly disagree (SD) about the statement “Do you think swimming make you fresh for whole day?” Chi-square value was 3.464 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming builds the endurance.
- The result about statement “Do you think swimming is about fun and playful way which make you joyful whole day?” Chi-square test was done to view the opinion of respondents as 126 (42%) were strongly agree (SA), 136 (45%) were agree (A), 26 (9%) were neutral (N), Disagree 8 (3%) were Disagree, 4 (1%) were strongly disagree (SD) about the statement “Do you think swimming is about fun and playful way which make you joyful whole day?” Chi-square value was 2.855 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming is about fun and joyful way which make you joyful whole day.
- The result about statement “Do you think swimming improve ability to control and maintain healthy weight?” Chi-square test was done to view the opinion of respondents as 111 (37%) were strongly agree (SA), 146 (48%) were agree (A), 20 (7%) were neutral (N), Disagree 15 (5%) were Disagree, 8 (3%) were strongly disagree (SD) about the statement “Do you think swimming improve ability to control and maintain healthy weight?” Chi-square value was 2.721 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming improve ability to control and maintain healthy weight.
- The result about statement “Do you think swimming is a way to be Socialize with other people?” Chi-square test was done to view the opinion of respondents as 115 (38%) were strongly agree (SA), 155 (51%) were agree (A), 22 (7%) were neutral (N), Disagree 8 (3%) were Disagree, 2 (1%) were strongly disagree (SD) about the statement “Do you think swimming is a way to be Socialize with other people?” Chi-square value was 2.721 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming is away to be socialize with other people.
- The result about statement “Do you think swimming helps you to develop a positive attitude?” Chi-square test was done to view the opinion of respondents as 89 (30%) were strongly agree (SA), 174 (58%) were agree (A), 17 (6%) were neutral (N), Disagree 12 (4%) were Disagree, 8 (2%) were strongly disagree (SD) about the statement “Do you think swimming helps you to develop a positive attitude?” Chi-square value was 3.449 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming helps to people develop a positive attitude.

- The result about statement “Do you think swimming reduce your exhaustion?” Chi-square test was done to view the opinion of respondents as 103 (34%) were strongly agree (SA), 114 (48%) were agree (A), 33 (11%) were neutral (N), Disagree 12 (4%) were Disagree, 8 (3%) were strongly disagree (SD) about the statement “Do you think swimming reduce your exhaustion?” Chi-square value was 2.440 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming reduce people exhaustion.
- The result about statement “Do you think swimming relax your mind from daily routine tensions?” Chi-square test was done to view the opinion of respondents as 100 (34%) were strongly agree (SA), 135 (48%) were agree (A), 39 (11%) were neutral (N), Disagree 20 (4%) were Disagree, 6 (3%) were strongly disagree (SD) about the statement “Do you think swimming relax your mind from daily routine tensions?” Chi-square value was 2.030 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming relax people your mind from daily routine tension.
- The result about statement “Do you think swimming is a best way to decrease your aggression?” Chi-square test was done to view the opinion of respondents as 97 (32%) were strongly agree (SA), 128 (43%) were agree (A), 51 (17%) were neutral (N), Disagree 12 (4%) were Disagree, 12 (4%) were strongly disagree (SD) about the statement “Do you think swimming is a best way to decrease your aggression?” Chi-square value was 1.780 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming is a best way to decrease people aggression.
- The result about statement “Do you think swimming increase your muscular strength?” Chi-square test was done to view the opinion of respondents as 100 (33%) were strongly agree (SA), 158 (53%) were agree (A), 18 (6%) were neutral (N), Disagree 12 (4%) were Disagree, 12 (4%) were strongly disagree (SD) about the statement “Do you think swimming increase your muscular strength?” Chi-square value was 2.929 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming increase people muscular strength.
- The result about statement “Do you think after swimming you are able to do daily work in better way?” Chi-square test was done to view the opinion of respondents as 90 (23%) were strongly agree (SA), 113 (29%) were agree (A), 160 (41%) were neutral (N), Disagree 12 (5%) were Disagree, 12 (2%) were strongly disagree (SD) about the statement “Do you think after swimming you are able to do daily work in better way?” Chi-square value was 2.176 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that after swimming people are able to do daily work in better way.
- The result about statement “Do you think swimming improve your balance and posture?” Chi-square test was done to view the opinion of respondents as 90 (30%) were strongly agree (SA), 157 (53%) were agree (A), 22 (7%) were neutral (N), Disagree 25 (8%) were Disagree, 6 (2%) were strongly disagree (SD) about the statement “Do you think swimming improve your balance and posture?” Chi-square value was 2.649 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming improve people balance and posture.
- The result about statement “Do you think swimming improve your coordination?” Chi-square test was done to view the opinion of respondents as 89 (30%) were strongly

agree (SA), 151 (51%) were agree (A), 34 (11%) were neutral (N), Disagree 22 (7%) were Disagree, 4 (1%) were strongly disagree (SD) about the statement “Do you think swimming improve your coordination?” Chi-square value was 2.396 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming improve your coordination.

- The result about statement “Do you think swimming alleviate your stress?” Chi-square test was done to view the opinion of respondents as 82 (27%) were strongly agree (SA), 162 (54%) were agree (A), 22 (7%) were neutral (N), Disagree 24 (8%) were Disagree, 10 (4%) were strongly disagree (SD) about the statement “Do you think swimming alleviate your stress?” Chi-square value was 2.688 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming alleviate people stress.
- The result about statement “Do you think swimming keeps your resting heart rate down?” Chi-square test was done to view the opinion of respondents as 110 (37%) were strongly agree (SA), 130 (44%) were agree (A), 31 (10%) were neutral (N), Disagree 19 (6%) were Disagree, 10 (3%) were strongly disagree (SD) about the statement “Do you think swimming alleviate your stress?” Chi-square value was 2.07 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming keeps your resting heart rate down.
- The result about statement “Do you think swimming helps you to sleep well?” Chi-square test was done to view the opinion of respondents as 114 (38%) were strongly agree (SA), 132 (44%) were agree (A), 12 (4%) were neutral (N), Disagree 18 (6%) were Disagree, 24 (8%) were strongly disagree (SD) about the statement “Do you think swimming helps you to sleep well?” Chi-square value was 2.244 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming helps you to sleep well.
- The result about statement “Do you think swimming improves your reaction time?” Chi-square test was done to view the opinion of respondents as 93 (31%) were strongly agree (SA), 157 (52%) were agree (A), 38 (13%) were neutral (N), Disagree 8 (3%) were Disagree, 4 (1%) were strongly disagree (SD) about the statement “Do you think swimming improves your reaction time?” Chi-square value was 2.804 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming improves your reaction time.
- The result about statement “Do you think swimming have psychological benefits to renew mental energy?” Chi-square test was done to view the opinion of respondents as 107 (36%) were strongly agree (SA), 157 (53%) were agree (A), 16 (5%) were neutral (N), Disagree 14 (4%) were Disagree, 4 (1%) were strongly disagree (SD) about the statement “Do you think swimming improves your reaction time?” Chi-square value was 3.155 and results revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming have psychological benefits to renew mental energy.
- The result about statement “Do you think swimming make you fit in all aspects?” Chi-square test was done to view the opinion of respondents as 128 (43%) were strongly agree (SA), 147 (49%) were agree (A), 13 (4%) were neutral (N), Disagree 8 (3%) were Disagree, 2 (1%) were strongly disagree (SD) about the statement “Do you think swimming make you fit in all aspects?” Chi-square value was 3.434 and results



revealed that there is significant difference (Sig. = .000) among opinion of respondents regarding above statement. Overall results showed that swimming make you fit in all aspects.

#### **4 Conclusions**

Research showed that the significant relationship of the sports participation. During this study majority of the students have positive effects of swimming participation on their lives. In this study majority of the students have opinion that swimming participation may overcome the management barrier in daily activities and they feel betterment physiological and psychological condition when they participate in swimming. Majority of students have opinion that swimming participation motivated them toward success. Swimming have bit by bit turned into an essential piece of understudy life. As onlookers or through direct support, swimming can affect understudies from numerous points of view. Physical instructors and game specialists would concur that athletic investment brings various physiological, mental, instructive and social advantages to the members.

#### **5 Recommendations**

Following are some meaningful recommendations and suggestion based on current study;

- This study should be done on larger population to generalize it.
- This study should be done on national and university players.
- This study should be done on professional swimming players.
- This study will help to students about the knowledge of swimming as leisure activity.
- Swimming have many positive views so students should adapt this habit for betterment of general health.

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