

means whereby those with Secondary school level of education were slightly higher at 57.5 min, 46.88 for Middle -college level and 51.66 for those with university level. The average time spent travelling in motor vehicles was higher highest among participants with university education level 70.63 min per week, those with Secondary level followed at a mean of 63.63 min per week and those with middle-college education settling at a mean of 55.0 min per week. This implies that participants with Secondary level education topped in achieving the recommendations on the amount of physical activity requirements (Table 4).

Table 4: Type of Employment and Physical Activity.

Participant's Nature of employment	Average Time taken on each of the days of vigorous PA in minutes per week	Average Time spent doing moderate PA in minutes per week	Average Time spent walking as part of work in minutes	Average Time spent travelling in motor vehicles per week
Employed (N=16)	Mean	90.94	123.75	55.94
	S. D	85.112	97.971	60.394
Own Business (N=13)	Mean	85.77	88.85	80.69
	S. D	100.038	119.306	71.177
Casual/ Farm labourer (N=3)	Mean	95.00	110.00	45.00
	S. D	43.332	113.578	13.229
Sample Size	32			

Type of occupation has been associated with excessive sitting among full time office workers and unorganized routines among non- fulltime office holders. Amount of time spent in physical activity vary across different occupations. Average time (in minutes) spent in vigorous physical activities (PA) within a week was computed in means across three types of employment. Results in Table 4 show that adults under casual /farm labourers recorded the highest (95 min) average time spent in vigorous physical activity followed by those who were employed (90.4 min) while those who owed business spent the lowest time (85.77 min). Employed adults spent the highest average time (123.75 min) in moderate physical activity compared to casual labourers (110.0 min) and those owning business spent the last time (88.85 min). Business owners spent the lowest (34.23 min) time walking as part of work while those employed and the casual labourers recorded higher close averages (64.06 and 63.33 min) respectively. Highest average time spent travelling in motor vehicles was recorded by adults who owned businesses (80.69 min) followed by those in employment (55.94 min) with those offering casual labour recorded the lowest (45.00 min). To test if there was a relationship between nature of work and job-related physical activities, a Paired sample t-test was carried out. The results are shown in Table 5.

Table 5: Paired Samples Test on nature of job and different aspects of physical activities.

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Participant's Nature of job/work - Time taken on each of the days of vigorous PA in minutes	-87.625	86.666	15.320	-118.871	-56.379	-5.719	31	.000
Pair 2	Participant's Nature of job/work - Time spent doing moderate PA in minutes	-106.688	106.230	18.779	-144.987	-68.388	-5.681	31	.000
Pair 3	Participant's Nature of job/work - Time spent walking as part of work in minutes	-50.281	47.764	8.444	-67.502	-33.061	-5.955	31	.000
Pair 4	Participant's Nature of job/work - Time spent traveling in motor vehicle in minutes	-63.375	59.856	10.581	-84.955	-41.795	-5.989	31	.000

*Significant at $p < 0.05$ ($df=31$)

Paired sample t-test in **Table 5** reveal statistical significance difference between nature of job and average time spent in various aspects of physical activity. Results indicate that the highest average time (106.688 min) was doing moderate physical activity with a statistical significance difference at $t(31) = -5.681, p=0.000$ followed by time (87.625 min) spent in vigorous physical activity with a statistical significance difference at $t(31) = -5.719, p=0.000$, average time spent (63.375 min) travelling in motor vehicles with a statistical significance difference at $t(31) = -5.989, p=0.000$ and the lowest average time (50.281 min) spent in walking as part of work with a statistical significance difference at $t(31) = -5.955, p=0.000$. This implied that although all had significance differences the mean reveals that despite the nature of participants job moderate physical activity was evident.

DISCUSSIONS

Findings of this study established amount of time spent by adults of age 40 to 50 years in job-related physical activity the interrelatedness with selected demographic factors (gender, level of education and nature of job) of the study cohort.

Gender and Job-related physical activity

It was evident from the results that all study participants spent a considerable amount of time in job-related physical activity. Both genders attained the recommended 75 min of vigorous physical activity per week at 92.06 min among male and 86.00 min for female. The recommended time per week for moderate physical activity is 150 min and only male participants nearly achieved the parameter at 133.53 min. This in agreement with studies by (Michishita et al, 2017). (Puciato, 2019) showed that generally men spent more time in different forms of work-related physical activities. In addition, the findings showed a statistical significance difference between male and female $t(31) = 5.685; p=0.000$.

Level of education and time spent job-related physical activity

All participants spent surmountable time in job-related physical activity irrespective of their education levels. However, study participants with secondary level recorded the highest amount of time spent in both vigorous and moderate physical activity at 123.75 and 147.50 min respectively. Participants who had attained University education spent the least amount of time both vigorous 61.25 and 80.00 in moderate physical activity agreeing with the study by (Gemna, 2020). on office workers being associated spending more sedentary time in offices. It was clear that the higher levels of education did not influence time spent in job-related physical activity similar with (Scholes & Bann, 2018) whose study findings revealed that education is not a determinant of exercise participated in.

Type of employment and job-related physical activity

The study findings revealed that participants who run their own businesses recorded the highest average time spent in vigorous physical activity per week at 100.03 min although none attained the recommended 150 min in moderate physical activity concurring with (Casey et al, 2018).

CONCLUSIONS

The current concludes that adults aged 40 to 50 years indeed spend in job-related physical activities. It was evident that gender and nature of employment influence amount of time spent in a week in moderate to vigorous physical activities and less time spent walking as part of work across the selected demographic factors of the study participants. There is need to reemphasize benefits of job-related physical activity in alleviating life-threatening conditions emanating from sedentary behavior at work place. It is recommended that adults aged 40 to 50 years to identify strategies that would help in achieving the 150 min of physical activity per week. The study depended on participants recalling time spent in the parameters of the IPAQ thus recommending further study using physical activity monitors.

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