

Association of physical activity and satisfaction with life among DPT students of Azra Naheed Medical College, Lahore, Pakistan

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Objective: To determine the association of physical activity and satisfaction with life among Doctor of Physical Therapy (DPT) students of Azra Naheed Medical College, Lahore.

Methods: It was observational cross-sectional study and Non-probability convenient sampling technique was used. The sample size was 212 Doctor of Physical Therapy students. Physical activity (PA) was evaluated with the Godin Leisure Time Exercise Questionnaire and satisfaction with life (SWL) by the Satisfaction with Life Scale. Correlation analysis was utilized to see the relationship amongst PA and SWL.

Results: More participants were females (n=125, 59%) having age of 23 years (n=44, 20.8%). 55

(25.9%) participants were not engaged in any strenuous exercise, while 36 (17%) were engaged in moderate and 50 (23.6%) were engaged in mild exercise 7 times per week. 123 (58%) were engaged in regular activity associated with rapid heartbeat and sweating sometimes. 68 (32.1%) participants were satisfied with their life. Correlation of exercise times per week (physical activity) and satisfaction with life was $r=-0.051$.

Conclusion: It is concluded that there was negative linear relationship between regular physical activity and satisfaction with life. (Rawal Med J 201;42:518-521)

Key Words: Physical activity, exercise therapy, satisfaction, health-related quality of life.

INTRODUCTION

Performing physical activity (PA) cannot just ensure against the advancement of interminable sicknesses.¹ The most critical variables for perpetual sickness include hypertension, high cholesterol, insufficient foods grown from the ground, overweight, physical inertia and tobacco use.² The weight increases as physical movement levels diminish.³ The American Heart Association (AHA) encourages regular PA,⁴ which diminishes hazard for cardiovascular illnesses and diabetes.⁵ Physically mobile can keep up, and even improve, cognizance and mind capacity, and in addition lessen the danger of age-related neurological issue, for example, Alzheimer's illness.⁶⁻⁸

It has been recommended that 150 min or progressively a week of leisure-time physical activity (LTPA) can have significant medical advantages for a person.^{9,10} The advantages of general PA for physiological and mental wellbeing are all around reported.^{11,12} A fourth of youngsters are

currently overweight and physical wellness has declined.^{13,14} Physical activity involves development of body delivered by muscles leading to positive connection with personal wellness.^{15,16} In considering why heftiness has turned into a worldwide issue, the center has moved from eating routine alone to the harmony amongst eating regimen and PA.¹⁷ In spite of these advantages, a fast decrease in physical movement amid youth can be seen.¹⁸ The aim of this study was to determine the association of PA and satisfaction with life among Doctor of Physical Therapy (DPT) students of our institution.

METHODOLOGY

It was an observational cross-sectional study and participants were selected by using non-probability convenient sampling technique. The study sample size was taken as 212 out of 467 of total population. It was calculated by 'Raosoft' in which the margin of error was 5%, confidence level 95%, the response of population was 50% over the 467 of the population

size. The data were collected in Azra Naheed Medical College in six months from august 2015 to January 2016. The sample included students of 1st year to final year. The exclusion criteria were recent surgery, recent trauma, students not willing to be part of study. The data were recorded using Godin Leisure-Time Exercise Questionnaire for PA and Satisfaction with Life Scale (SWL) Questionnaire for satisfaction with life. Data were analyzed through SPSS version 21. P-value \leq 0.05 was taken as significant.

RESULTS

There were more females (n=125, 59%) having age of 23 years (n=44, 20.8%) (Table 1). Table 2 is showing mean value for exercise times per week, mean value for Sweating associated with regular activity and mean value Satisfaction with life. Majority of participants (n=55, 25.9%) were not engaged in any strenuous exercise 36 (17%) were engaged in moderate exercise while 50 (23.6%) were engaged in mild exercise 7 times per week (Table 3).

Table 1. Gender and Age of participants.

Variable	Construct	Number (%)
Gender	Male	87(41%)
	Female	125(59%)
Age	18	4(1.9%)
	19	20(9.4%)
	20	42(19.8%)
	21	39(18.4%)
	22	41(19.3%)
	23	44(20.8%)
	24	19(9%)
	25	2(0.9%)
	28	1(0.5%)

Table 2. Mean exercise times per week, mean value for Sweating associated with regular activity and mean value Satisfaction with life.

	Mean±SD
Exercise Times Per Week	5.884±5.884
Sweating associated with regular activity	1.99±.649
Satisfaction with life	3.23±1.599

Table 3. Intensity of Exercise (Times/Week).

Variable	Construct	Number (%)
Strenuous Exercise Times Per Week	0	55(25.9%)
	1	32(15.1%)
	2	32(15.1%)
	3	23(10.8%)
	4	21(9.9%)
	5	15(7.1%)
	6	4(1.9%)
	7	17(8.0%)
	10	1(0.5%)
	12	2(0.9%)
	20	2(0.9%)
	22	1(0.5%)
	25	1(0.5%)
	85	3(1.4%)
	90	3(1.4%)
Moderate Exercise Times Per Week	0	31(14.6%)
	1	32(15.1%)
	2	35(16.5%)
	3	18(8.5%)
	4	15(7.1%)
	5	17(8.0%)
	6	10(4.7%)
	7	36(17.0%)
	10	7(3.3%)
	14	1(0.5%)
	15	1(0.5%)
	30	2(0.9%)
	50	1(0.5%)
	75	1(0.5%)
	80	5(2.4%)
Mild Exercise Times Per Week	0	44(20.8%)
	1	22(10.4%)
	2	23(10.8%)
	3	16(7.5%)
	4	18(8.5%)
	5	15(7.1%)
	6	7(3.3%)
	7	50(23.6%)
	10	3(1.4%)
	15	4(1.9%)
	20	1(0.5%)
	30	1(0.5%)
	50	2(0.9%)
	70	1(0.5%)
	72	3(1.4%)
75	1(0.5%)	
76	1(0.5%)	
0	44(20.8%)	

Table 4. Sweating associated with regular activity and Satisfaction with life.

Variable	Construct	Number (%)
“Sweating associated with regular activity”	Often	46(21.7%)
	Sometimes	123(58.0%)
	Never/ Rarely	43(20.3%)
	Total	212(100.0%)
“Satisfaction with life”	Extremely satisfied (31-35)	20(9.4%)
	Satisfied (26-30)	68(32.1%)
	Slightly satisfied (21-25)	54(25.5%)
	Neutral (20)	13(6.1%)
	Slightly dissatisfied (15-19)	33(15.6%)
	Dissatisfied (10-14)	18(8.5%)
	Extremely dissatisfied (5-9)	6(2.8%)

Table 5. Correlations among Exercise Times/Week, Sweating associated with regular activity and Satisfaction with life.

		Exercise Times Per Week	Sweating associated with regular activity	Satisfaction with life
Exercise Times Per Week	Pearson Correlation	1	-.057	-.051
	Sig. (2-tailed)		.405	.456
	N	212	212	212
Sweating associated with regular activity	Pearson Correlation	-.057	1	.067
	Sig. (2-tailed)	.405		.331
	N	212	212	212
Satisfaction with life	Pearson Correlation	-.051	.067	1
	Sig. (2-tailed)	.456	.331	
	N	212	212	212

Majority (n=123, 58%) were engaged in regular activity associated with rapid heartbeat and sweating sometimes whereas (n=68,32.1%) were satisfied with their life (Table 4). The Correlation between exercise times per week and satisfaction with life was $r=-0.051$. A strong negative linear relationship and the Correlation between Sweating associated with regular activity and satisfaction with life was ($r=-0.067$, $n=212$) and a week positive linear relationship were found (Table 5).

DISCUSSION

It has been recommended that engagement in physical movement can be a vital contributory component in the psychological wellness of college students.¹⁹ Moreira et al examined the connections between metabolic danger elements and physical movement and physical wellness in a specimen of

Azorean young people.⁷ Marshall et al analyzed anxiety and wellbeing related personal satisfaction among third year Pharm-D) students. Anxiety and wellbeing related personal satisfaction were resolved utilizing Perceived Stress and wellbeing related personal satisfaction review instruments.²⁰

Current study does not support the previous studies because our results showed that there is no positive relationship between mild to moderate type of exercise and satisfaction with life. This study needs some other factors and variables to check the relationship on psychological wellness and mental health. This study showed the positive relationship of regular activity that cause heart beats rapidly and satisfaction with life.

It is a common concept that engaging in a regular activity or performing regular strenuous, moderate or mild exercise in the leisure time has a positive effect on the level of life satisfaction. So, the results of this study are compatible to the previous concepts in literature.

The positives of this study are no such research on this topic in Pakistan. Secondly previous studies are done on the college or university students and there is no study on doctor of physiotherapy students. This study is limited to only one factor and one variable, and subjects belonged only to doctor of physiotherapy students of one institution. Thus, in order to get more information, it is recommended that study should be expanded to other population and some other factors should be involved.

CONCLUSION

There was correlation of exercise times per week and satisfaction with life. There was negative linear relationship between regular physical activity and satisfaction with life.

Authors contribution:

Conception and design: Fahad Tanveer
 Collection and assembly of data: Fahad Tanveer
 Analysis and interpretation of the data: Ashfaq Ahmad
 Drafting of the article: Adnan Qamar
 Critical revision of the article for important intellectual content: Ashfaq Ahmad
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