

## عنوان مقاله:

Effect of participating in physical activities on the quality of life

## محل انتشار:

مجله علوم ورزشی و سلامت, دوره 1, شماره 1 (سال: 1400)

تعداد صفحات اصل مقاله: 10

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## خلاصه مقاله:

The aim of this study was the effect of participation in physical activities with quality of life in female students. The statistical population included all female students. The statistical population included all female students of Shiraz University. The research sample was determined randomly through Morgan table. The research instrument was two eternal activity with ۴ questions and quality of life with ۲۴ questions on a five-value scale questionnaires of Sharkl and including four lives: physical health, mental life, social communication life, environmental life and budget. Formal and artificial narrative questions were approved by experts. Confirmatory factor analysis was used to evaluate the validity of the structure. The software used was Lisrel and SPSS. The results showed that physical activity affected on mental health, physical health, environmental domain and social communication. Awareness of students' physical activity and recognizing the factors affecting it can be helpful in educational and executive planning to encourage their physical activity and timely intervention to improve it

## کلمات کلیدی:

Physical Activity, Quality of life, Female Students

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1355958>

