

عنوان مقاله:

Lifestyle, Quality of Life and Physical Activity Barriers among Female Students of Kerman University of Medical Sciences, Iran

محل انتشار:

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خلاصه مقاله:

Background: Physical activity level among women is unsatisfactory worldwide due to the increasing use of computer games, internet and some social barriers. This study aimed to investigate the lifestyle, quality of life and physical activity barriers among female students of Kerman University of Medical Sciences, Iran. Methods: According to Morgan's table, ۳۷۴ students were selected as research sample in ۲۰۱۷. They were provided with three questionnaires including ۶۸ items (۵-point Likert scale) to assess their physical activity barrier, quality of life and lifestyle (LSQ). Data were analyzed through SPSS ۲۰ and using One-Sample t-test, ANOVA, Tukey and Spearman tests. Results: All students were aware of the positive effects of physical activity on the quality of life, but their average level of participation in physical activity per week was lower than the average rate. There was a significant relationship between physical activity and quality of life ($p < ۰.۰۰۵$). Personal issues, development of internet and technology, advertisements, social issues, lack of facilities for physical activity, as well as financial and economic issues were respectively the most important barriers of participation in physical activities among studied students. Conclusions: Elimination of physical activity barriers and designing health education programs in order to promote regular physical activity and increase physical self-esteem of participants are recommended. Providing more facilities and safe environments would have positive effects in improving health and quality of lifestyle in female students.

کلمات کلیدی:

physical activity, Barriers, Quality of Life, Lifestyle, Female students, university

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