

# Association of Physical Activity and Satisfaction with Life Among DPT Students

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## ABSTRACT

**Background:** The purpose of study was to determine the association of physical activity and satisfaction with life among Doctor of physiotherapy students (DPT) students of Azra Naheed Medical College, Lahore.

**Aim:** To determine the association of physical activity and Satisfaction with life among Doctor of physiotherapy (DPT) students.

**Methods:** An Observational (Analytical cross sectional) study on physical activity among DPT Students was conducted at Azra Naheed Medical College, Lahore from August 2016 to October 2016. Total 212 doctor of physical therapy students were participated. Physical activity was evaluated with the Godin Leisure Time Exercise Questionnaire, and satisfaction with life was evaluated by the satisfaction with life scale.

**Results:** Out of 212 participants 125(59%) were females. Majority of the participants having age of 23 years 44(20.8%). Out of 212, 55(25.9%) participants were not engaged in any strenuous exercise. While participants 36(17%) were engaged in moderate exercise 7 times per week. Furthermore participants 50(23.6%) were engaged in mild exercise 7 times per week. Participants 23(58%) were engaged in regular activity associated with rapid heartbeat and sweating sometimes. More participants 68(32.1%) were satisfied with their life.

**Conclusion:** Correlation of exercise times per week (physical activity) and satisfaction with life was ( $r=-0.051, n=212$ ), so it is concluded that there was negative linear relationship between regular physical activity and satisfaction with life.

**Keywords:** Physical activity (PA), Satisfaction with life (SWL), Exercise times per week (ETPW), Quality of life (QOL), Doctor of Physiotherapy (DPT)

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## INTRODUCTION

Performing physical activity (PA) can't just ensure against the advancement of interminable sicknesses, additionally enhance one's personal satisfaction. Quality of life (QOL) indicates to how people subjectively see the constructive and contrary parts of their lives and includes both mental and physical components that by and large impact a person's perspective of general fulfillment with life.

Physical movement is connected with a scope of medical advantages, and its nonattendance can effectively affect wellbeing and prosperity. 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 physical activity. Physical activity and exercise in youth and puberty is likewise essential to accomplish and keep up proper bone quality, and it adds to typical skeletal improvement. In spite of these

medical advantages, a fast decrease in physical movement amid youth can be seen.

## MATERIALS AND METHODS

An Observational (Analytical cross sectional) study on physical activity among DPT Students was conducted at Azra Naheed Medical College, Lahore from August 2016 to October 2016. Total 212 doctor of physical therapy students were participated. Physical activity was evaluated with the Godin Leisure Time Exercise Questionnaire, and satisfaction with life was evaluated by the satisfaction with life scale.

**Data Analysis:** Statistical software (SPSS) v. 22 was used to manage and analysis of the data.

## RESULT

Table 1: Distribution of participants regarding gender

	Frequency	Percent
Male	87	41.0
Female	125	59.0
Total	212	100.0

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Table 2: Age of the participants

Age	Frequency	Valid Percent
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	9.0
25	2	.9
28	1	.5

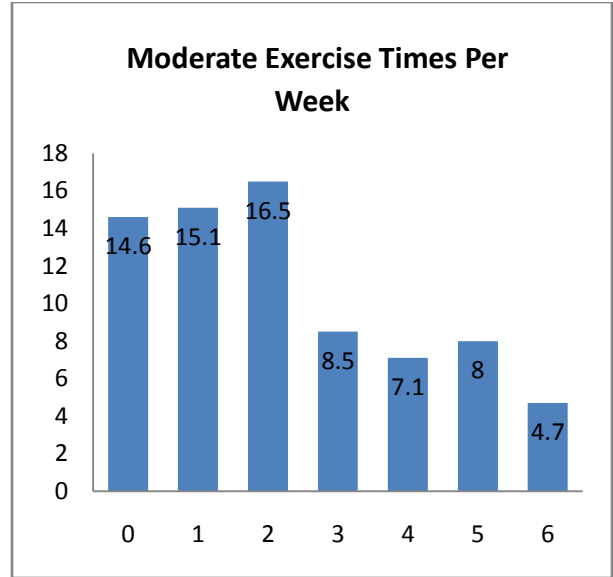
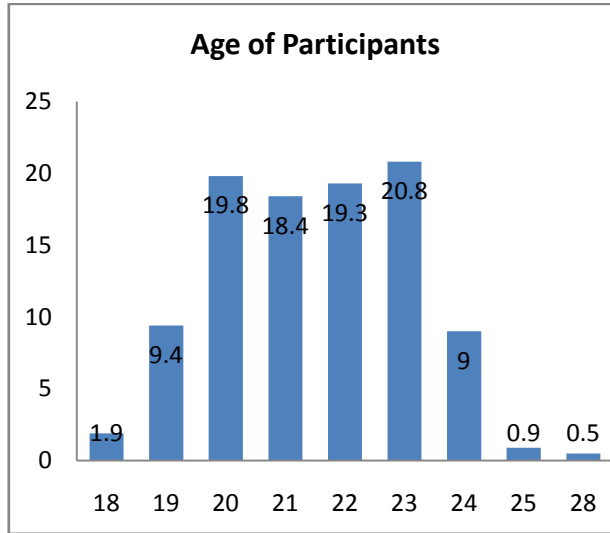


Table 5: Mild Exercise times per week”

	Frequency	Valid Percent
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	.5
30	1	.5
50	2	.9
70	1	.5
72	3	1.4
75	1	.5
76	1	.5

Table 3 Strenuous exercise times per week”

	Frequency	Valid Percent
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	.5
12	2	.9
20	2	.9
22	1	.5
25	1	.5
85	3	1.4
90	3	1.4

Table 4 “Moderate exercise times per week”

	Frequency	Valid Percent
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

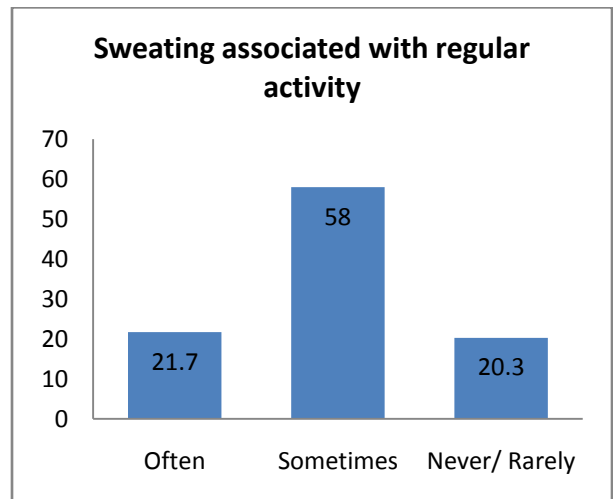


Table 6: Sweating associated with regular activity

	Frequency	Valid Percent
Often	46	21.7
Sometimes	123	58.0
Never/ Rarely	43	20.3

Table 7: Satisfaction with life

	Frequency	Valid Percent
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

Descriptive Statistics

	Mean	Std. Deviation	N
Exercise Times Per Week	5.884	5.884	212
Sweating associated with regular activity	1.99	.649	212
Satisfaction with life	3.23	1.599	212

Correlations

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

Mean value for exercise times per week (M=5.884), Std. Deviation (SD=5.884), (n=212)

Mean value for Sweating associated with regular activity (M=1.99), Std. Deviation (SD=.649), (n=212)

Mean value Satisfaction with life (M=3.23), Std. Deviation (SD=1.599), (n=212)

## DISCUSSION

The current study examined the association of physical activity and satisfaction with life among doctor of physical therapy students of Azra Naheed medical college. The maximum number of participants was females 125(59%). More participants having age of 23 years 44(20.8%)

In current study out of 212 participants 55(25.9%) were not engaged in any strenuous exercise, 36(17%) participants were engaged in moderate exercise 7 times per week and 50(23.6%) participants were engaged in mild exercise 7 times per week. Out of total 212, 123(58%) participants were engaged in regular activity associated with rapid heartbeat and sweating sometimes. Out of total 212, 68(32.1%) participants were satisfied with their life. Exercise times per week. Mean±SD was found 5.884±5.884. Mean ± SD of Sweating associated with regular activity was found 1.99±0.649. Mean±SD of Satisfaction with life was found 3.23±1.599. Correlation of exercise times per week with itself (r=1, n=212). Correlation of satisfaction with life with itself (r=1, n=212). Correlation of Sweating associated with regular activity with itself (r=1, n=212). Correlation of exercise times per week and satisfaction with life (r=-0.051, n=212). A strong negative linear relationship. Correlation of Sweating associated with regular activity and satisfaction with life (r=-0.067, n=212). A weak positive linear relationship

## CONCLUSION

Correlation of exercise times per week (physical activity) and satisfaction with life was (r=-0.051, n=212), so it is concluded that there was negative linear relationship between regular physical activity and satisfaction with life.

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