



Physical activity and quality of life

Kailyn Marer
University of Central Florida, Sociology Department



Introduction

Does physical activity help increase the quality of life? This question is what this project is about.

This research project could give examples on what physical activity can do for young adults or college students to help them with issues pertaining their quality of life. (Fig 1, Fig 2)

The research from this project can give an idea on how physical activity can help with sleep, social relations, and mental issues.

Methods and Materials

Methods that was used in this research project was a survey, this method was used because it was an inexpensive way to gather lots of data.

Hypothesis 1: Does physical activity help with sleep?
The research shows that it does help the respondents to sleep better at night and that it was a positive correlation between the two variables.

Hypothesis 2: Does physical activity help with social relationships?
The research does show that those who participate in physical activity do have a higher chance of being social than those who do not participate.

Hypothesis 3: Does physical activity help with mental issues?
This research that was collected shows that yes there is a high chance that physical activity does help with mental issues.

Previous Literature

In their finding among different age groups, moderate physical activity showed positive results toward global sleep score (Feifei Wang, Szilva Boros, 2019). In this projects findings they were a positive correlation between sleep and physical activity.

College students with a chance to do physical activity are shown to have improved connections with other people their age (Vankim, Nelson, 2013). This project the variables were found positive between social and physical activity.

Many studies found that a 30-minute aerobic exercise can alleviate negative and increase a positive mood (Ligeza, Maciejczyk, Wyczesany, Junghofer, 2022). This project as also found these variables positive between mental issues such as mood to physical activity.

Results

Results for hypothesis 1: When asked if the respondents sleep was bettered due to physical activity about 82% of the respondents chose often/always and the rare/never was 18% (Table 1)

Hypothesis 2: 27 respondents agreed that physical activity did help them become more social, 19 respondents said it did not and a mix of 14 respondents that said somewhat. (Table 2)

Hypothesis 3: 93.2% says yes that physical activity helped create an enjoyable state of mind. (Table 3)

Physical activity and outlook on life

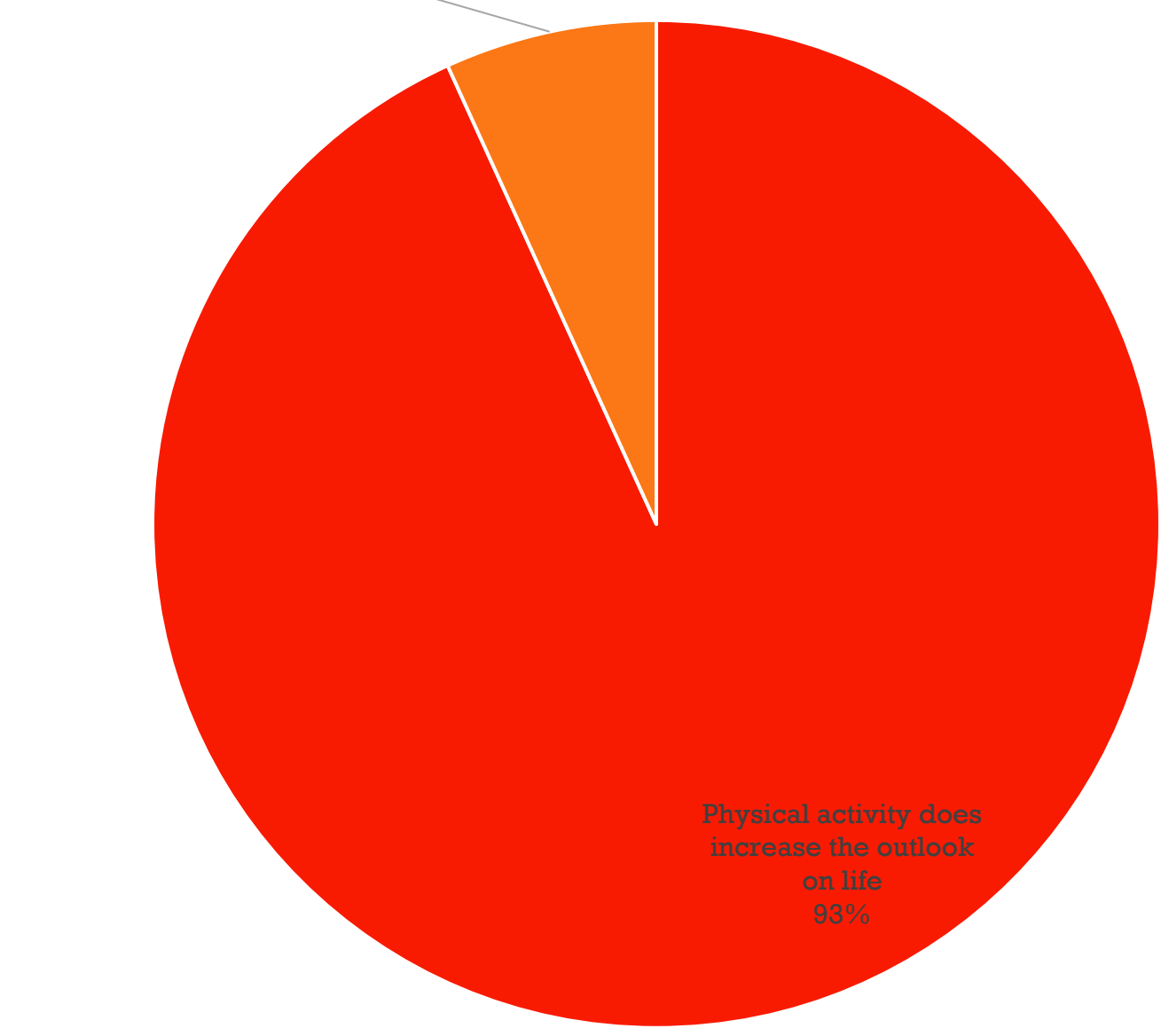


Chart 3. Outlook on life.

Discussion

Both research findings have discussed that physical activity is linked to numerous good things for the quality of life such as

- Sleep
- Social relations
- Mental issues (ex. Anxiety, depression.)

Further research should be conducted to understand other ages such as older adults.

Conclusions

A relationship was found between physical activity and quality of life. Physical activity can help with sleep in young adults and college students with the positive correlation

Physical activity can also help with social connections such as friendship and had a moderate positive correlation.

Physical activity also helps with mental health such as a better outlook on life and reliving negative emotions.

These finding are not new, but they add to the ever-growing thought that participating in physical activity can have a significant positive correlation to someone's quality of life.



Figure 1. Physical activity



Figure 2. Physical activity

Physical activity and sleep

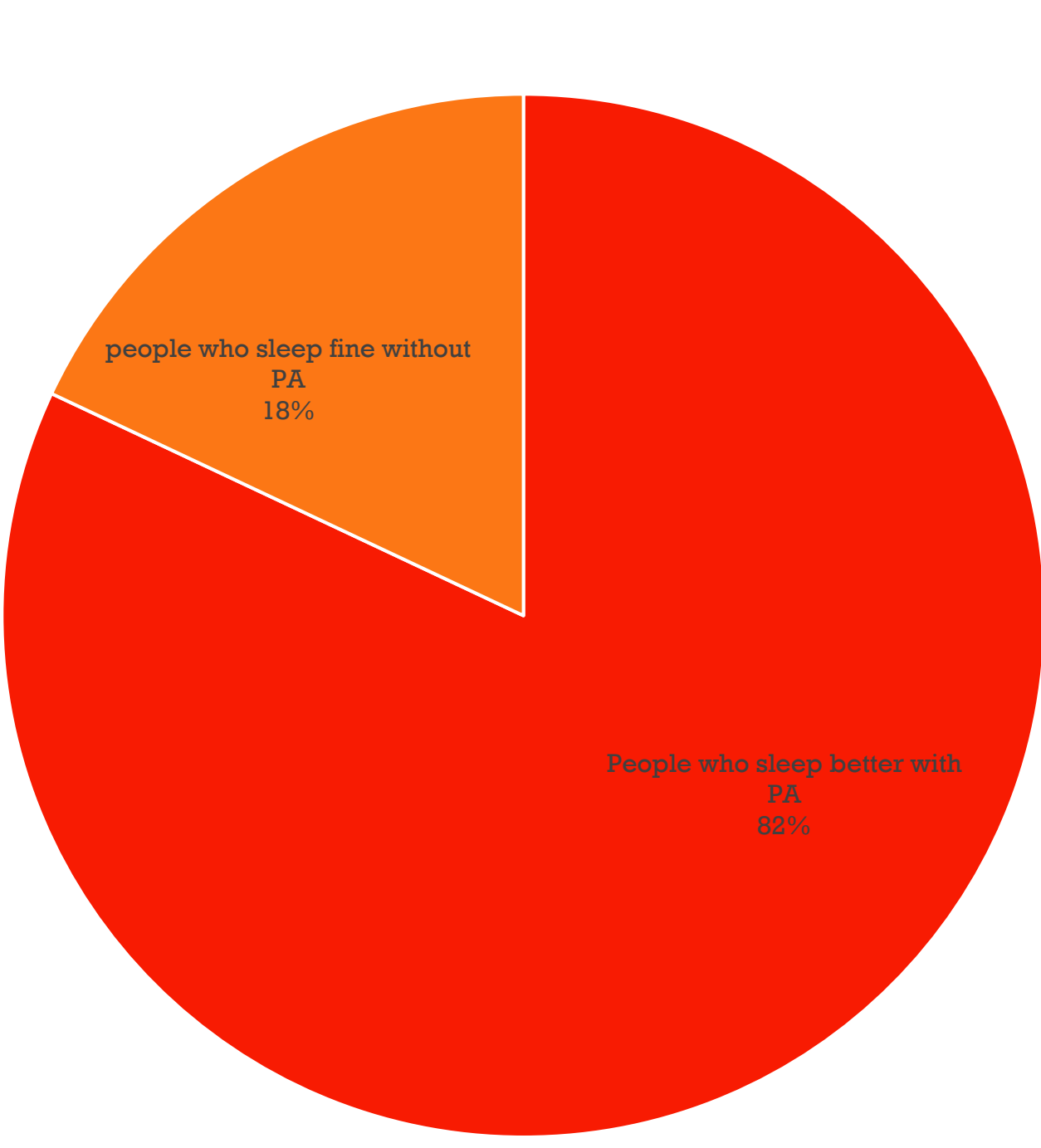


Table 1. Sleep chart.

Social and physical activity

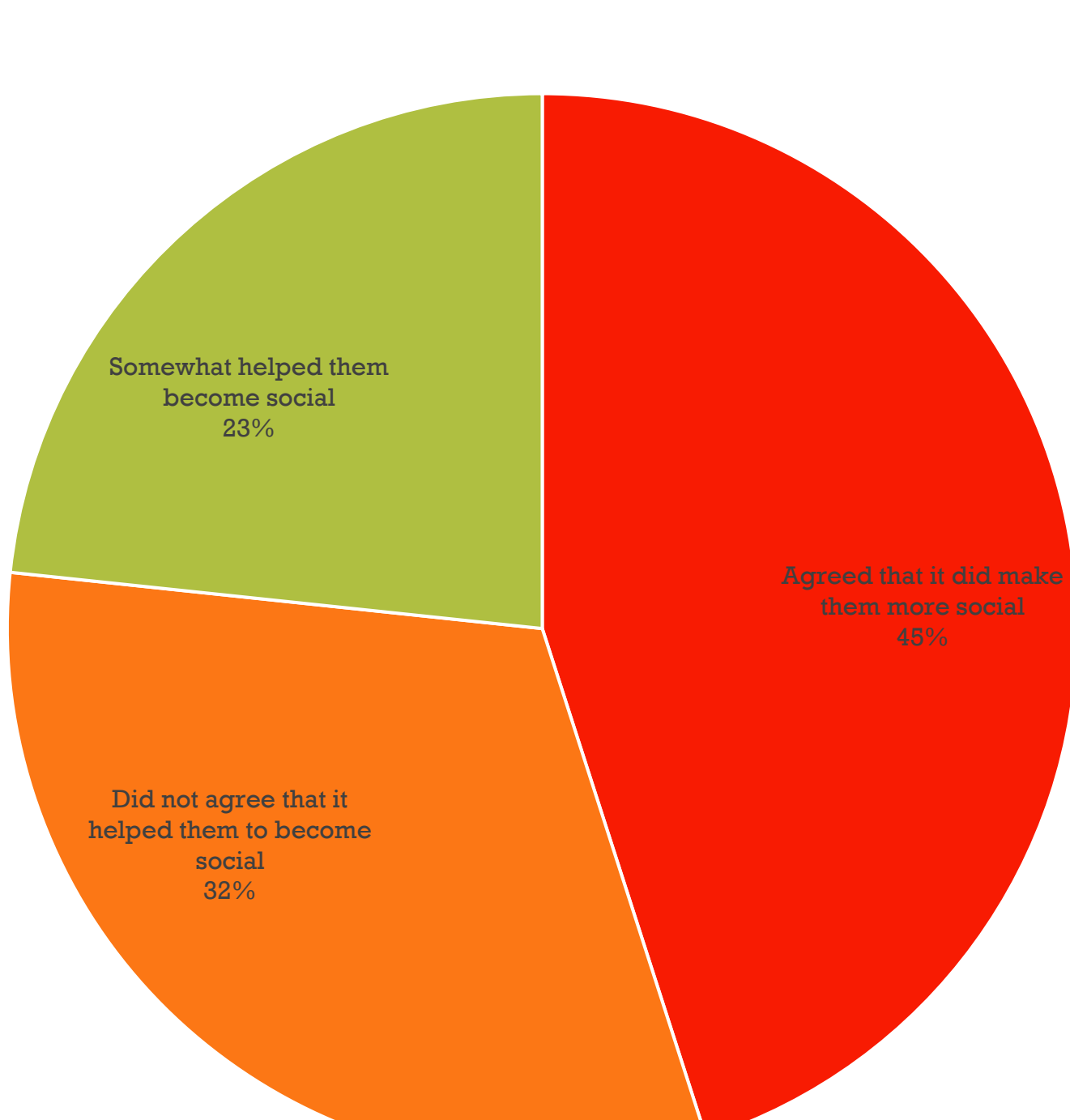


Table 2. Social chart.

Contact

Kailyn Marer
Sociology Department
Email:ka948884@ucf.edu

References

1. Wang, F., & Boros, S. (2021). The effect of physical activity on sleep quality: a systematic review. *European Journal of Physiotherapy*, 23(1), 11-18.
2. VanKim, N. A., & Nelson, T. F. (2013). Vigorous physical activity, mental health, perceived stress, and socializing among college students. *American Journal of Health Promotion*, 28(1), 7-15.
3. Ligeza, T. S., Maciejczyk, M., Wyczesany, M., & Junghofer, M. (2023). The effects of a single aerobic exercise session on mood and neural emotional reactivity in depressed and healthy young adults: A late positive potential study. *Psychophysiology*, 60(1), e14137