

Effects of Different Levels of Physical Activity on Quality of Life in Adolescents



Yu-Lun Tsai PhC

Tin Yi, RN,PhD

Hsiang-Yun, Lan, RN,PhD

Jen-Jiuan Liaw, RN,PhD



CONTENTS

01 Background

Methods

03

02 Purpose

04
Results &
Conclusion



Part 01 **Background**



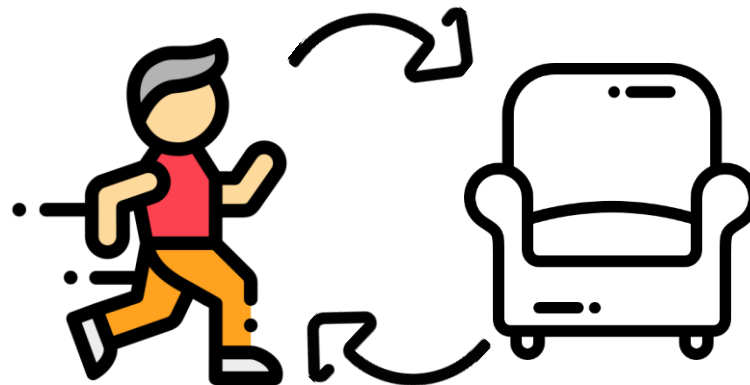
Background-1

- The **S generation (screen generation)** frequently uses high technology products, causing many health problems, including depression, obesity, alienation, etc.
- High-tech equipment gradually replaces traditional manpower, reducing the opportunities for people's physical activity and replacing them **with a static lifestyle**.
- **Less physical activity** becomes a common life style pattern today



Background-2

- The associations between **physical activity** (PA), **sedentary behavior** (SB) and physical and mental health among children and adolescents have been well established.
- Quality of life has been increasingly used as a health outcome.
- Levels of **physical activity** is one of the important factors influencing health.



The background features a network of thin black lines connecting small black dots, creating a web-like structure. On the left side, there are several overlapping, semi-transparent grey polygons of various shapes and sizes. The overall aesthetic is clean, modern, and technical.

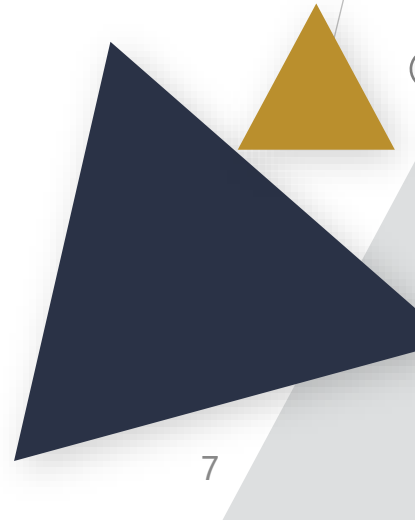
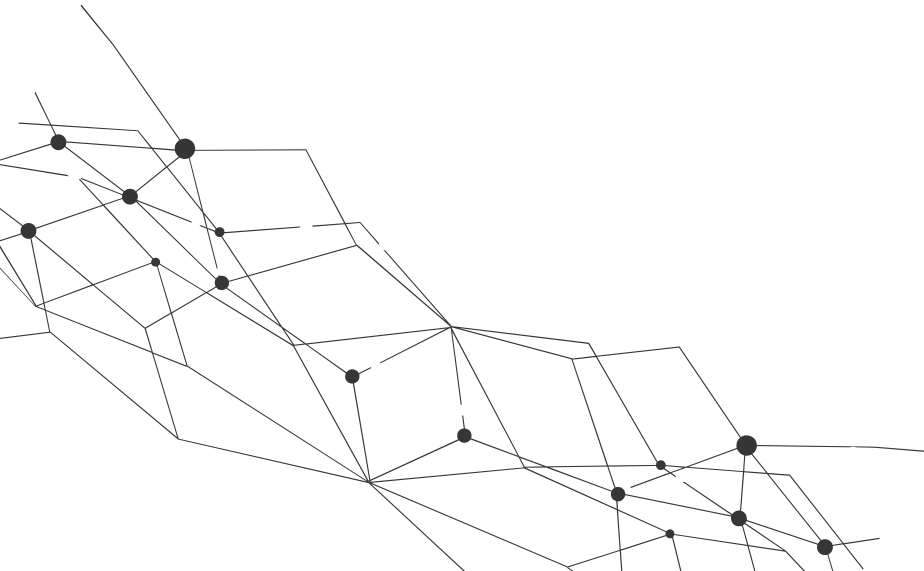
2


Part 02 **Purpose**



Purpose

- The study aims to explore the effects of different levels of physical activity on quality of life in adolescent college students.





3

Part 03

Methods





Methods

- Cross-sectional design, convenience sampling
- Questionnaires were used to collect data
 - Physical Activity and Health-Related Quality of Life and Well-Being
- Physical activity was categorized as there levels: **light**, **moderate**, and **heavy**
- Data were analyzed by using generalized linear model






Samples and Setting

- Convenience sampling was used to recruit college students
- Study Setting: A medical college in northern Taiwan
- Sample criteria :
 - >the age of 20;
 - who have studied at the school for more than 6 months;
 - Regardless of gender;
 - Agree to participate in completing the questionnaire;



Measure



Demographic sheet

- Gender
- Age
- Grade
- Taking medicine
- Religious belief



WHOQOL-BREF(TW)

- 28 items
- 4 dimensions
- Internal Consist:0.78-0.91
- Test-Retest:0.75-0.91
-

The background features a network of thin black lines connecting small black dots, creating a web-like structure. Some areas are filled with semi-transparent grey polygons. The overall aesthetic is clean and technical.

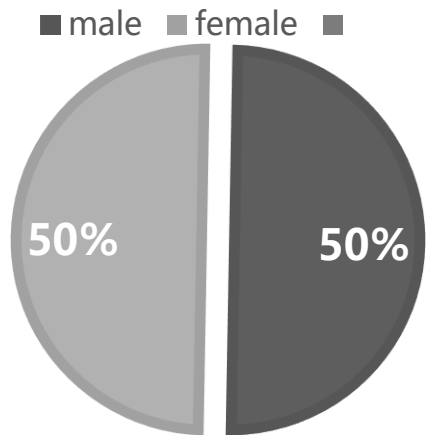
4

Part 04 **Results & Conclusion**

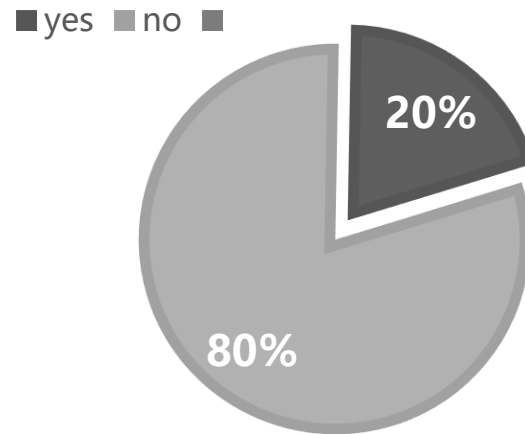


Results-1

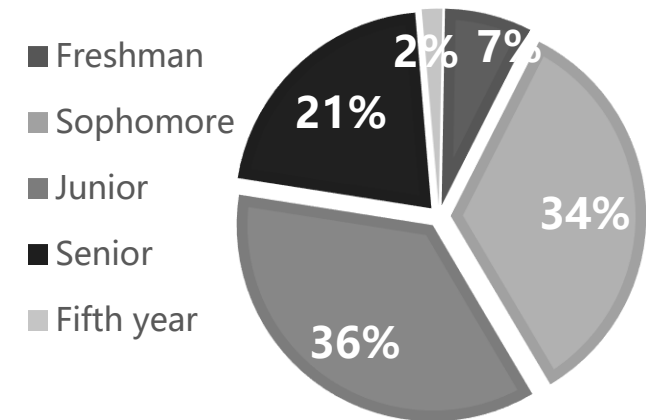
- There were total **250 college students** participating in this study.



Gender



Taking disease-related drugs



Grade

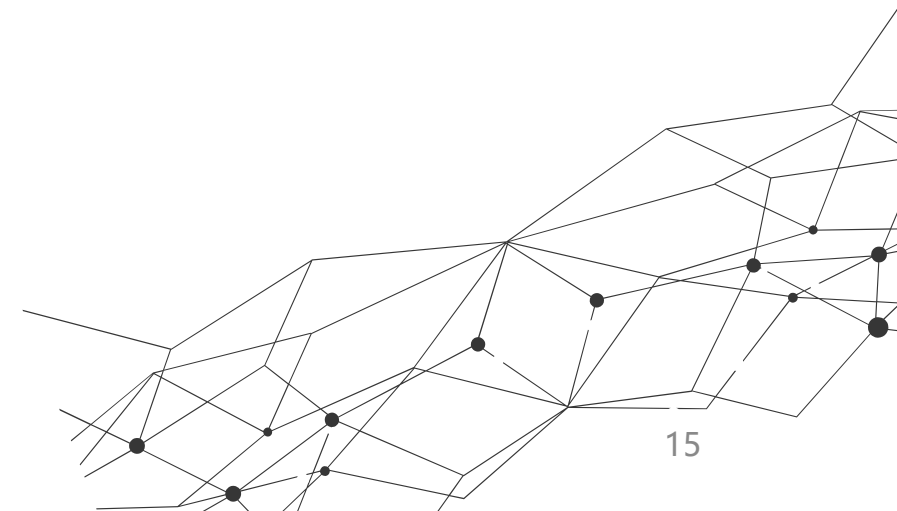
Results-2

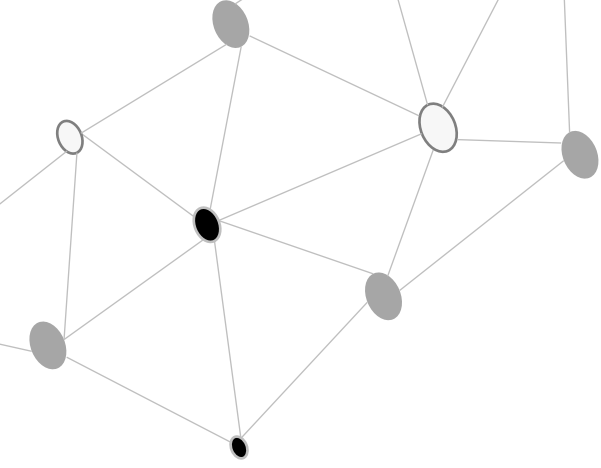
- There were total 250 college students participating in this study.
- **Physical activity** had significantly higher **quality of life**

Variable	B	SE	Wald Chi-square	P	95% Confidence Interval	
					Lower	Upper
Gender	.03	1.72	.00	.988	-3.35	3.40
Illness	.30	2.33	.02	.899	-4.27	4.87
PAcategory = 3	7.32	2.93	6.24	.012	1.58	13.07
PAcategory = 2	3.96	2.92	1.83	.176	-1.77	9.69

Conclusions

- The adolescents with higher level of physical activity had significantly higher quality of life. To promote health in adolescents, health-care providers need to provide interventions to enhance physical activity.





THANK YOU

