



Factors influencing physical activity participation among undergraduate students

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ABSTRACT

Background/Rationale:

Sedentary lifestyle has been a major problem among young adults, with the increase in the number of factors that has decreased physical activity participation of undergraduates. The objective of the research study had its aim on determining the different kinds of factors that affect participation in physical activities among the undergraduate students. The researchers utilized quantitative design to determine the factors that affect the participation in physical activities leading to a more sedentary lifestyle among the undergraduates of a private university. Results from the study showed both internal and external factors having significant impact among the undergraduates inability to participate in physical activities with lacking the energy to participate as the primary factor within the internal factors and the lack of resources as the primary factor in the external factors.

Keywords: Sedentary, Undergraduates, Participation, Exercise, correlation

Introduction

Physical health has been one of the major concerns among the population today. As the days go by more and some people are inactive due to different factors that lead to their sedentary lifestyle. Filipino youths positioned nearly at the last 146 nations with regards to the degree of physical action, as indicated by an examination.(Hamilton et al., 2018) The level of students who report encountering mental trouble, wretchedness, and tension has incredibly expanded over the previous decade.

Physical health has been one of the major concerns among the population today. (Perrott & Holland, 2005) As the days go by an increasing number of people are inactive due to different factors that lead to their sedentary lifestyle. Biologically and mentally, youthful adulthood is on a very basic level a time of development and change, in spite of the fact that the level of progress may appear to be less striking than the progressions that happened during youth and youthfulness. As youngsters move from puberty into adulthood, physical changes keep on happening, yet they are increasingly progressive.

Sedentary ways of life increase all reasons for mortality, twofold the danger of cardiovascular illnesses, diabetes, and stoutness, and increase the dangers of colon malignant growth, hypertension, osteoporosis, lipid issue, gloom and tension. One investigation with 10,381 members related a sedentary way of life and

absence of physical movement with a higher danger of building up an emotional wellness disorder. An ongoing audit that included information from 110,152 members found a connection between inactive conduct and an expanded danger of gloom.

As per WHO, 60 to 85% of individuals on the planet—from both created and creating nations—lead sedentary ways of life, making it one of the more genuine yet inadequately tended to general medical issues within recent memory. (“World Health Day,” n.d.) It is evaluated that about 66% of youngsters are additionally inadequately dynamic, with genuine ramifications for their future wellbeing. An inactive way of life likewise seems to negatively affect mental prosperity. Following 10 years into the 21st century, we are confronting a rising pattern of non-transferable sicknesses related with sedentary way of life. Studies have demonstrated sedentary ways of life to be related with an expanded danger of cardiovascular illnesses. (Warren et al., 2010)

Studies analyzing the connection between scholastic results and wellness/physical movement have not widely inspected this among undergraduates. As only one model, the physical changes of the progress from youth into immaturity are transformative, with bodies developing in emotional blasts and taking on optional sex attributes as adolescence unfurls. (Lando-King et al., 2015) Moreover, numerous students normally take part in unfortunate practices, setting them in danger of creating genuine medical issues sometime down the road and notwithstanding. An inactive way of life likewise seems to negatively affect mental prosperity. The blend of the physical and mental effect on well-being makes a sedentary way of life especially hazardous. (Harris, 2018)

Being in school, and especially post-secondary training, for the most part comprises huge amount of inactive time. The idea of the advanced education framework fits incalculable hours in classes and libraries, making this inactive culture. (Carncross & Carncross, 2015) Furthermore, the years they spend as youthful grown-ups and living alone just because are basic for creating deep rooted propensities and sound practices. These reasons make college and understudies an intriguing and significant gathering wherein to investigate inactive conduct. Despite the fact that school can feel very overpowering for some understudies with the new way of life changes, moving out of home, new companions, parties and obviously a great deal of examining and difficult work, it is significant that understudies discover approaches to remain dynamic and exercise during their school years as well. (Gasper et al., 2012)

This research aims to determine the different factors that affect or may affect physical activity among college students. By learning all these factors, future research will be able to formulate new exercise strategies to encourage participants and the population to engage in a more active lifestyle for a better life.

Research Methodology

The research was conducted within the month of February 2020, then the research is a quantitative study that attempts to determine the factors affecting physical activity participation leading to a more sedentary lifestyle among the elderly with a total target respondents of 30 people. All respondents are college students of a private university, respondents with unwillingness to participate were excluded from the study. The researchers power analysis and sample size determination utilizes convenience sampling to determine sample size due to time and resource constraint. The respondents consist of 30 students that are willing to participate and answer wholeheartedly in the study. The whole process of this study was conducted in a private university. The researcher gathered willing respondents into one area and was given a 10-item questionnaire to be answered within 5 minutes and was collected as soon as they finished the questionnaire.

Table I Questionnaire



FACTORS AFFECTING PHYSICAL ACTIVITY PARTICIPATION LEADING TO A MORE SEDENTARY LIFESTYLE AMONG COLLEGE STUDENTS

Thank you for participating in our study. Please be accurate as you can while answering. This research is to determine internal and external factors that affect physical activity participation among students. Your answers will be kept and remain confidential.

Instructions: Check the appropriate box that best fits to your situation.

Name (Optional): _____ Gender: _____

Age: _____ Status: _____ Citizenship: _____

ITEM: Factors affecting physical activity participation	1 Strongly Agree	2 Agree	3 Neither	4 Disagree	5 Strongly Disagree
1. I've been thinking about exercise is difficult and too tiring.					
2. I have no energy as much as able to do exercise					
3. I've been thinking about other recreational activities with my friends are more entertaining than exercise					
4. I have not been thinking about exercise has positive effects on my health					
5. I've been worried about my looks when I exercise					
6. I have not been thinking about my ability to exercise					
7. There is no fitness center that I could get into					
8. I have no exercise equipment at home that I use					
9. My family or friends does not encourage me to exercise					
10. My Parents give academic success priority over exercise					
11. I gave no time for exercise because of busy schedule.					
12. I have no time for exercise because of my everyday activities.					

Results and Discussion

The research determined that there are significant internal factors that affect the physical activity of the respondents. The percentage of each internal factors are as follows:

Table II

I. I've been thinking that exercise is difficult and too tiring.
II. I have no energy as much as able to do exercise
III. I've been thinking about other recreational activities with my friends are more entertaining than 2exercise
IV. I have not been thinking about exercise has positive effects on my health
V. I've been worried about my looks when I exercise
VI. I have not been thinking about my ability to exercise

Table III

VII. There is no fitness center that I could get into

VIII. have no exercise equipment at home that I use
IX. My family or friends does not encourage me to exercise
X . My Parents give academic success priority over exercise
XI. I gave no time for exercise because of busy schedule.
XII. I have no time for exercise because of my everyday activities.

Table II. Internal Factors

Question I: 46.67% Agree, 35.67% Neither, 16.66% Disagree.
Question II: 46.67% Agree, 20% Neither, 33.33% Disagree.
Question III: 66.67% Agree, 20% Neither, 33.33% Disagree.
Question IV: 40% Agree, 7% Neither, 53% Disagree.
Question V: 23.33% Agree, 36.67% Neither, 40% Disagree.
Question VI: 16.67% Agree, 36,67% Neither, 46.66% Disagree.

Table III. External Factors

Question VII: 16.67% Agree, 36,67% Neither, 46.66% Disagree.
Question VIII: 60% Agree, 10% Neither, 30% Disagree.
Question IX: 33.67% Agree, 23.33% Neither, 40% Disagree.
Question X: 33.33% Agree, 46.67% Neither, 20% Disagree.
Question XI: 53.33% Agree, 20% Neither, 26.67% Disagree.
Question XII: 60% Agree, 23.33% Neither, 16.33% Disagree.

Data shows that both internal and external factors have a negative impact on their performance. Internal factor results shows that the majority that affects their participation is due to lack of energy (Question I and II) and self-confidence (Question III - VI). The collected data for external factors shows that Lack of resource (Question VIII) and Lack of time (Question XI & XII) has a negative impact on their overall physical performance. The highest percentage that is achieved is 60% which are external factors this suggests that external factors have more impact to the undergraduates overall health and physical activity.

Conclusion

In conclusion the study suggests that both external and internal factors have affected physical activity participation among college students with the external factors having a bigger impact on their overall participation.

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