



Relationship Between Food and Lift Style and Physical Activity Between University Students in Jeddah City, Saudi Arabia

Nagwa T Elsharawy*

Department of Movement Science and Health, College of Sport Science, University of Jeddah, Jeddah, Saudi Arabia

***Corresponding Author:** Nagwa T Elsharawy, Department of Movement Science and Health, College of Sport Science, University of Jeddah, Jeddah, Saudi Arabia.

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Abstract

Physical activity has an effective role in improving the quality of life as it deals with health-related issues at present within the concept of quality of life. This study was conducted to; clarify difference between physical activity and exercise, compare between people who are doing physical activity, determine the impact of physical activity on the quality of life. An analytical and cross-sectional study with the purpose to find the relationship between physical activity and quality of life, which will be conducted during the period from January to February 2023 using a sample size of at least 300 people over the age of 18, both women and men to answer the questionnaire; 60 University students, 60 employees, 30 persons not employed, 50 Secondary students, 20 People suffer from chronic diseases, 20 People do not suffer from diseases, 30 People engage in physical activity, 30 People do not engage in physical activity, 15 Married persons, 15 Unmarried people, 10 People suffer from back pain, 10 People do not suffer from back pain. The results showed that female population was higher than males, as females 76.1% and males 22.9% between 20-30 years old. Walking was the highest rate 76% unlike other sports for about 30 minutes at rate 34.8% for about 3-4 times/ week 33.6% which improving physical and mental health by 44.7%. The study recommended that; Society's awareness of the importance of physical activity and its impact on the quality of their mental, physical, psychological, and social life.

Keywords: Sports; Mental Health; Physical Health; Walking; Quality of Life

Introduction

Physical activity has an effective role in improving the quality of life as it deals with health-related issues at present within the concept of quality of life. In recent years, the issue of quality of life has become a focus of research and studies, and the quality of life resides in a person's personal experience. Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure [1].

Quality of life (QOL) is a broad, multi-dimensional term that typically involves the satisfaction and happiness of a person for both the positive and negative aspects of the life in health-related areas of quality of life. What makes it is difficult to quantify, however, is that individuals and groups will interpret the word quality of life differently [2].

Physical activity differs from exercise, although they are similar. Both naturally require the movement of the body, and the difference is in the type of this movement. Physical activity is that

which is practiced daily and in leisure time, its degree is from mild to moderate intensity, and therefore it is not classified as an exercise, such as the ability to meet daily needs, housework, functional ability, gardening, moving up and down the stairs leaving the elevators, Walking, and any movement of the body [3].

Exercise is defined as a type of physical activity, but there is a purpose and goal to improve a certain aspect of health. Exercise is a planned physical activity that leads to clear improvements in health, general well-being, physical fitness, and physical fitness. One of the concepts that is difficult to define because it includes mental and physical health. But everyone agrees that fitness is desirable for everyone. Conversely, physical activity may include exercises but may not be planned and in an unorganized, haphazard and also non-purposeful manner, which are practiced for several reasons [4].

The quality of life assessment is carried out through the functional capacity of the individual, i.e. the ability to meet his every-

day needs, and this reflects physical activity and its successful role in enhancing the quality of life and personal and intellectual Efficiency, so that the individual understands his or her life condition and achieves level of satisfaction with his or her life. Exercise is a form of regular or routine physical activity and it is important to strengthen and improve bones and muscles so that muscles and bones work together to support every movement you do on a daily basis such as walking, and also enhances physical and mental energy and well-being by releasing endorphins (which are chemicals in the brain. It activates the soul of the individual and makes him feel comfortable), Exercises can be a distraction, helping the person to calm down and get rid of negative thoughts that contribute to depression, thus increasing the individual's quality of life and achieving total well-being in all different areas of life [5].

Regular physical activity and exercise encourages powerful muscles and bones. This improves breathing, cardiovascular health and overall health. Staying active can also help you maintain a healthy weight, decrease the risk of type 2 diabetes, heart disease, and decrease the risk of certain cancers [6].

Physical activity can enhance mental health and mood and is important for body balance and maintaining a healthy weight. Improving the quality of life and health. Adults aged between 18 and 64: They should have at least 150 minutes of moderate physical activity during the week, 75 minutes of intense physical activity throughout the week, or a mixture of both. Adults can increase their level of moderate physical activity to or equal to 300 minutes a week [7,8].

This study was conducted to measure knowledge of the importance of physical activity and its relationship to the quality of life among adults above the age of 18 living in Jeddah city during the last year. To measure knowledge of the importance of physical activity and its relationship to the quality of life on adults above the age of 18 living at Jeddah during the last year. The study aimed to; clarify difference between physical activity and exercise, compare between people who are doing physical activity and who aren't doing it, determine the impact of physical activity on the quality of life.

Material and Methods

Study design

An analytical and cross-sectional study with the purpose to find the relationship between physical activity and quality of life, which will be conducted during the period from January to February 2023.

Study Location

The sample was drawn from various areas in Jeddah, which is located in southwestern, Saudi Arabia.

Study population and sample size

The sample size is a critical feature of any study in which it aims to make inferences about a population of a sample. Regarding this study, the appropriate non-probability convenience sampling method using a sample size of at least 300 people over the age of 18, both women and men from different strata of society to answer the questionnaire.

The researchers attempted to collect representative samples as follows

60 University students, 60 employees, 30 persons not employed, 50 Secondary students, 20 People suffer from chronic diseases, 20 People do not suffer from diseases, 30 People engage in physical activity, 30 People do not engage in physical activity, 15 Married persons, 15 Unmarried people, 10 People suffer from back pain, 10 People do not suffer from back pain.

Tools of data collection

A pre-coded questionnaire of the demographic information of the participants, pre-coded physical activity questionnaire, Pre-coded quality of life questionnaire, all three questionnaires were merged and translated into Arabic language and made available online.

Statistical analysis

The data was collected over January and February and organized and fixed by the use of excel programmers and analysed by the use of SPSS to calculate data frequencies and the relationship between variables.

Results

This study was conducted in the city of Jeddah to assess the impact of physical activity and its relationship to the quality of life of persons over 18 years of age. To achieve such objective a questionnaire was designed and distributed electronically, we received 275 participants in the study community. We concluded that people who practice physical construction have a better quality of life than those who have no connection to physical activity and suffer from a decline.

Figure 1: Showed that the sex ratio of the female population of the study is higher than males, as females 76.1% and males are 22.9%. Table 1: The results showed that the largest group of

participants ranged in age from (20-30). Figure 2: It showed that the category of those who practice physical activity is the largest, which was is 78.1, and this shows the community’s awareness of the practice of physical activity. Table 2: It showed that the group of physical activity practitioners is the largest percentage, which is 78.1. This showed the society around the practice of physical activity. About 41.4% of the study population received encouragement from the surrounding environment to engage in physical activity, while 17.2% did not receive encouragement.

Figure 3 declared the participants’ preferred type of physical activity is walking and jogging, at a rate of 76%, unlike other sports. Which concluded from table 3: that the maximum time to engage in physical activity is from 15-30 minutes, with a rate of 34.8%. Table 6: showed that 59.3% of the study population strongly agreed that they feel better after practicing physical activity, while 0.8% strongly disagree, which is a very small percentage.

Figure 4 explained the maximum time for practicing physical activity is from 15-30 minutes with a rate of 34.8%. Figure 5 showed: The largest percentage of the number of times you exercise 3-4 times a week is 33.6%, which is sufficient to improve the quality of life. Tables 4 showed us the awareness and perception of the study population of the importance and role of study and work, satisfaction, mental and physical health, and the role of family and friends in improving the quality of life at rates ranging from 73% to 84%.

Table 5: declared that population feels a significant improvement in their physical and mental health by 44.7% after practicing physical activity. Table 10 reported that study population’s evaluation of their quality of life at 34.7%, excellent, very good at 33.6%, and acceptable by 10.9%, and the closeness of the ratios indicates the reliability of the study community in evaluating their hardship of life and did not pass the evaluation badly 2%.

The study conducted by Møller., *et al*, [9] examined the physical activity and health-related quality of life: US adults with and without limitation, and concluded that the largest group that participated in the study is between the ages of 18-34 and they have a low rate of Physical activity, which completely differs from the results that we recorded in our study, as the largest group participating in our study have high levels of physical activity, whose ages range between 20-30.

Age	Number	%
18-20	22	5%
20-30	254	27%
30-40	122	24%
40-50	103	25%
50 and more	71	19%
Total	572	100%

Table 1: Age groups of study population.

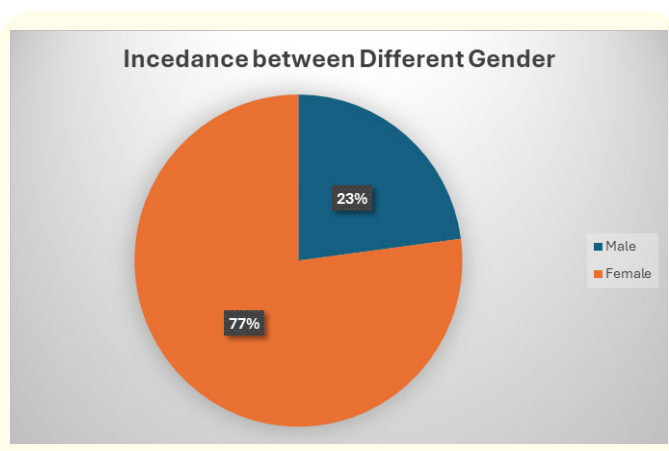


Figure 1: Gender of study population.

Choices	Do you engage in any kind of physical activity	Does the environment around you encourage you to engage in physical activity?
Yes	78.1%	41.4%
No	21.9%	17.2%
Sometimes	00.0%	41.4%
Total	100%	100%

Table 2: Regularity of Physical activities and Encouraging the environment surrounding the study community to practice physical activity.

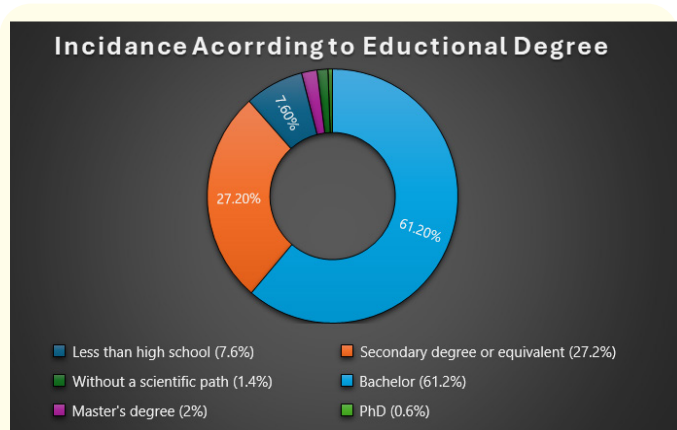


Figure 2: The study population educational level.

Do you feel better after physical activity?	%
Strongly Agree	59.3%
I agree	33.6%
neutral	5.2%
I do not agree	1.1%
I strongly refuse	0.8%
Total	100%

Table 3: Feeling better after the physical activity of the study population.

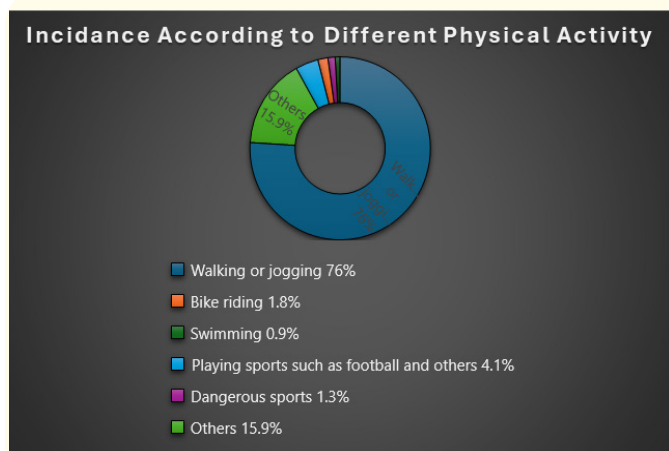


Figure 3: The preferred type of physical activity for the study population.

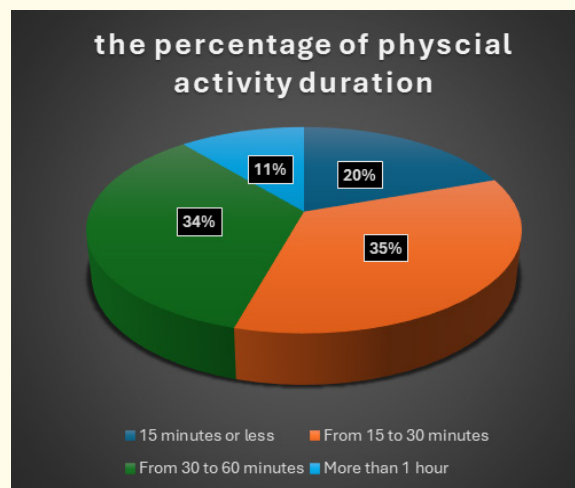


Figure 4: Physical Activity Duration Percentage.

Feeling good about yourself	How important are the following factors in determining your quality of life?	The importance of feeling satisfied about self of the study population	Physical and psychological health of study population %	The role of family and friends to the study population
Very Important	73.1%	74.7%	84.1%	80.5%
Important	18.8%	17.4%	13.1%	14.8%
Somewhat Important	8.1%	4.6%	2.6%	4%
Not Important	2%	2%	0.2%	0.7%
Not at all important	0.9%	1.3%	0%	0%
Total	100%	100%	100%	100%

Table 4: The importance of study and work of study population.

Evaluation	The study population's assessment of satisfaction after physical activity	The study population's evaluation of their mental and physical health	Overall quality of life evaluation of the study community
Very bad	0.2%	0.9%	0.5%
Bad	1%	0.4%	1.8%
Acceptable	10%	11.2%	10.9%
Good	14.7%	13.1%	19.5%
Very good	23.4%	29.7%	33.7%
Excellent	50.7%	44.7%	33.6%
Total	100%	100%	100%

Table 5: The study population's assessment of satisfaction after physical activity and their mental and physical health.

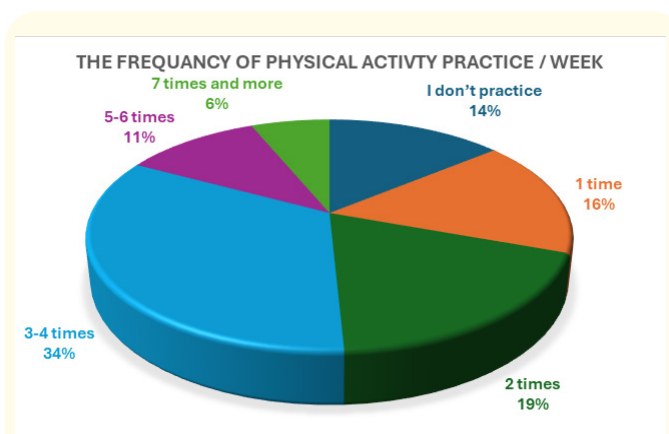


Figure 5: The frequency of the physical activities per week.

Discussion

The study conducted by Puciato, *et al*, [10] conducted the quality of life and physical activity in an older working-age population, the results of this study completely agree with our results and describe the extent of the impact of physical activity on the quality of life related to physical, mental, psychological, social, and environmental health, they also agree with the community's high evaluation of their quality of life.

The study conducted by Arslan, *et al*, [11] entitled The effects of physical activity on sleep quality, job satisfaction, and quality of life in office workers: here, the study was conducted on two groups, but the satisfaction and importance of work were very high. Even

society's evaluation of satisfaction with its life, and this is similar to our results.

The study conducted by Musheiba, *et al*, [12] entitled Physical Activity and Quality of Life among Saudi Adults, concluded that physical activity is related to quality of life, and this study is completely consistent with our study because quality of life helps physically activity.

The study conducted by Lok, *et al*, [13] stated the effect of physical activity on depression symptoms and quality of life among elderly residents in nursing homes: a randomized controlled trial, and we concluded that the results of the first group do disagree with the results of our study, while the results of the second group in this study is similar to the results of our study, as it improved physical activity and the lives of the second group members.

The study Carol, *et al*, [14] studied the physical activity predicts quality of life and happiness in children and adolescents with cerebral palsy, from which it was concluded that physical activity is not related to the quality of emotional and school life, and this study differs from our study completely because the quality of a person's life is what helps him to have a happy emotional life and a successful study life.

The study that she conducted Kokandi, *et al*, [15] investigated the quality of Life in Relation to the Level of Physical Activity Among Healthy Young Adults at Saudi Arabia, They concluded from it that the percentage of males practicing physical activity is higher than that of females, and the effect of physical activity and its relationship to quality of life and human health, in opposite to our study, as females are higher than males in physical activity, and are agree in the correlation of physical activity and quality of life.

Conclusion

The study concluded that the regular and adequate level of physical activity positively affects HRQoL, and the low level of physical activity negatively affects Health related quality of life.

The study recommended that, Society's awareness of the importance of physical activity and its impact on the quality of their mental, physical, psychological, and social life. Provide adequate environmental modification to facility the practice and physical activity for all society groups. Work to set up clinics to organize daily or weekly physical activity schedules for people and follow up with them to improve their quality of life. Campaigns to increase public awareness of the benefits of physical activity and its link to improving health-related quality of life and preventing chronic diseases, to provide the economy budget that is spent on treating these diseases. Adding fun, non-competitive activities in public spaces and parks can help individuals develop confidence, ability, and pleasure so that they can be active for the rest of their lives, affecting their self-esteem, mood, as well as their performance. Thinking seriously about healthy people clinics to improve life quality and prevent one-way common disease road of the society.

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