



EVALUATION OF SOCIO-DEMOGRAPHIC CHARACTERISTICS AND PHYSICAL ACTIVITY LEVELS OF EGE UNIVERSITY, TURKEY SPORTS SCIENCES FACULTY STUDENTS

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Abstract:

Purpose: As a result of people becoming more conscious about healthy living, life habits of individuals are improving. People are spending more time on their physical activities and they pay more attention to healthy eating. All these changes affect their life styles and by making healthier choices, increase their quality of lives. The aim of the present study is to determine the association between the healthy living quality and physical activity levels of the students at Ege University Sports Sciences Faculty.

Materials and Methods: Target population of the study includes 165 volunteer students that were accessible and willing to participate. Data was collected using the survey form that was prepared by researchers and international short physical activity scale.

Results: 72,7% male, 93,9% single students participating in the study; average age of 22.5 has emerged. In the information about the working status of the students stated that 50,9% did not work, 12,7% worked partly and 33,3% worked full-time. 39,4% of the students stated that their monthly incomes were adequate and 66,7% of them were found to have medium academic achievement. Mental health status was above average (65,9879) 89,7% of the study participants have no health problems and average BMI is 22.84. **Conclusions:** The data that was acquired during our study presents the importance of exercise and physical activity.

Keywords: socio-demographic characteristics, physical activity levels, sports sciences faculty students

1. Introduction

As people become more conscious about healthy life, individuals increase their physical activities give importance to healthy nutrition and increase their quality of life by exhibiting healthy lifestyle behaviours. In the student's life, the habit of physical activity

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in the life of the person will form the basis of a healthier life in the future. In this sense, healthy living habits of students and the advantages of recreational activities in terms of quality of life are emphasized.

1.1 Healthy Living Quality

Activities that occur with energy consumption by using our muscles and joints, which increase heart and respiration rate and result in exhaustion on different grades are called exercise or physical activity (Stuts, 2002). There are various reasons why physical activity is a positive factor in human life. Some of them can be listed as being fit, keeping healthy, having fun, interacting with other people and improving as an individual (Koruç & Arslan, 2009). Physical activity is in an interactive relationship with health. It is known to be an effective technique to cure or prevent chronic diseases (Soyuer & Soyuer, 2008). However, health is not only physical wellness. According to WHO, being healthy is multifaceted. One can be defined as fully healthy when she/he is well in terms of body, mind and social life (Akyüz 2006; Tekkanat, 2008).

As a person practices exercise, she/he will keep healthy and will be able to push the physical and mental limits and interact with other people (Ardahan et al., 2015). Thus, the individual will be more likely to answer the “healthy person” definition of WHO. In addition, duration and severity of the exercise are very important. They determine how much physical activity affects individual’s health (Genç, 2011).

Even though, it is possible to ease the busyness of daily life with the help of technology, with the occurrence of this new life style more and more people are becoming inactive. This influences their health negatively. Health is an absolute must for a quality life. Therefore, it can be stated that misused technology is likely to decrease life quality. Sedentary life style is one of the major concerns of modern society. Today, people do even their daily shopping online, sitting on a chair. People are becoming more inactive day by day, they walk less, attend to out-of-home activities less. Society is heading to a sedentary life style. This new way of life is now a major concern of public health (Gibala 2012). It is a result of the modern world and changes in socio-cultural structure that people are leaning towards physical activity less and preferring a sedentary life style. However, there are several risks that come along with this life style. Coronary artery diseases, hypertension, obesity, type II diabetes, some types of cancer, osteoporosis and depression are some of the major problems. Yıldız, Tarakcı and Karantay stated in their study that sedentary life style is becoming more common among university students (Yıldız et al., 2015).

Mortality is severely affected by physical inactivity. It is known that preventing or retarding certain chronic disorders may be possible through regular physical activity or exercise (Klevein, 2017). There are many evidences that indicate physical activity reduces the risk of cardiovascular disease and deaths related to it (WHO 2002; Swinburn et al., 2004; Meydanlıoğlu, 2015). Coronary artery diseases, cardiovascular diseases, some types of cancer, type 2 diabetes, colon cancer, obesity, osteoporosis, stress and depression may be avoided with the help of regular exercise (Peterson, 2006). For the treatment of obesity for instance, exercises such as aerobic, resistance exercises

may be helpful (Yıldız, 2016). The American College of Sports Medicine (ACSM) and American Dietetic Association recommend adults to exercise for at least 30 minutes most days in a week (Vural et al., 2010).

Higher education institutes contribute to the development of human resources through education. They also help to improve people's quality of life through research and counselling. University hosts a variety of cultures. One aspect university interacts with most is the quality of life style (Karatzias, 2001). Physical activity habits that are gained during university period are likely to be more permanent in the future and pave the way to a healthier life style. There is a strong relationship between low life quality, personal and motivational issues of a student and her/his success in school (Arsia Jamali, 2013).

2. Material and Methods

In this research study, we aimed to determine the relation between the healthy living quality and physical activity levels of the students at Ege University Sports Sciences Faculty. The study was conducted to determine the socio-demographic characteristics and physical activity levels of the students.

2.1 Research Population and Sample

Target population of the study includes 165 volunteer students that were accessible and willing to participate. For the universe of the study volunteer (165) students who were able to be reached and who agreed to participate in the study were included in the study.

2.2 Data Collection Tools

The descriptive questionnaire form prepared by the researchers and the international short physical activity scale was used. IPAQ Is designed as 2 forms, one short and one small, to determine the physical activities and life styles of adults. Our study that was built on questioning this relationship aimed to investigate the exercise habits of students with the help of descriptive statistics and physical activity questionnaire. Data was collected using the survey form that was prepared by researchers and international short physical activity scale.

2.3. Data Analysis

The socio-demographic features of the students were demonstrated as number and percentage distribution, and physical activity scale was demonstrated as average scores.

3. Results

72,7% male, 93,9% single students participating in the study; average age of 22.5 has emerged. In the information about the working status of the students stated that 50,9% did not work, 12,7% worked partly and 33,3% worked full-time. 39,4% of the students

stated that their monthly incomes were adequate and 66,7% of them were found to have medium academic achievement.

Gender distribution of student who participated in the study was 72,7% males and 27,3% females, with a determined average age of 22.5.

3.1 Physical Activity Evaluation Questionnaire

International Physical Activity Questionnaire (IPAQ) - the questionnaire is the product of Dr. Micheál Booth in 1996. It aimed to examine the health and physical activity levels of society and the relationship in between.

3.2 Descriptive Form

The form includes questions about socio-demographic features such as age, gender, employment status, use of cigarette and alcohol and success.

Table 1: Employment status of students

	Student Percentage
Non-Employed	50,9%
Part-time Employee	12,7%
Full-time Employee	33,3%

It was determined that 39,4% of the students had adequate incomes and 66,7% were academically successful on a medium-level.

The evaluation of socio-demographic features of the students demonstrated that mental health status was above average (65,9879).

Table 2: Health status of students

	Student Percentage
No Health Problems	89,7%
Non-Smokers	60%
No Sleeping Problems	76,4%

IPAQ (International Physical Activity Questionnaire) was designed to determine the physical activity and sedentary life styles of adults. The questionnaire has two parts as a long and a short form.

The survey has 4 different sections and 7 questions in total. It includes questions about physical activity that was done for at least 10 minutes in the last 7 days.

In the questionnaire the required information for the number of days and duration of the activity is listed as;

- a) Vigorous Physical Activity (VPA),
- b) Moderate Physical Activity (MPA),
- c) Walking activity (W).

In order to determine the physical activity level, MET method is used. MET=3,5 ml/kg/min. (The Metabolic Equivalent of Task) (MET).

A person at rest consumes 3,5 ml oxygen per 1 kg in 1 minute. International Physical Activity Questionnaire states (IPAQ), VPA = 8.0 MET, MPA = 4.0 MET, W = 3.3 MET are consumed.

In the study, the total amount of MET spent on these three different physical activities is calculated by determining how many days and for how long the students are doing in a week the activities listed as VPA, MPA and W. According to the results of physical activity questionnaire;

Table 3: Percentage distribution of physical activity levels of students, with MET method

Physical Activity Type	Category Level	n	%
VPA	<600 MET-min/hf	14	8,5
	>600 - 3000 MET-min/hf	65	38.4
	>3000 MET-min/hf	47	28.5
MPA	<600 MET-min/hf	52	31,5
	>600 - 3000 MET-min/hf	52	31.5
	>3000 MET-min/hf	4	2.4
W	<600 MET-min/hf	48	29,1
	>600 - 3000 MET-min/hf	83	50.3
	>3000 MET-min/hf	6	3.6

4. Discussion

To provide regular activity habits during childhood and youth to make exercise an indispensable part of everyday life and at least to increase the amount of daily physical activity for each individual to protect our individual health and have considerable precaution in reducing. It is crucial to gain regular physical activity habits during childhood and youth and make these habits an indispensable part of daily life, in order to keep healthy and minimise the health problems that may occur in the future. For this reason, many studies on exercise and physical activity emphasize the importance of long-term regular exercise rather than short-term, weekly energy consumptions (Karaca et al., 2000).

In the present study, the data that was acquired during our study presents the importance of exercise and physical activity. 89,7% of the study participants have no health problems and average BMI is 22.84.

Fallahzadeh and fellows stated in their study that smoking reduces life quality. In our study, 60% of the participating students are non-smokers.

Suleiman indicates in his study that economic status is an important factor affecting life quality (Suleiman, 2013). 39,4% of the students who participated in our study stated that they have adequate monthly incomes. However, we can foresee that increased income would affect their health and life quality positively.

Sleeping is physiological, psychological and social at the same time. It is known to influence the health and life quality of an individual (Jean, 2000; Zhang, 2016). 76,4% of our participants have no sleeping problems which affects their life quality and health positively.

Physical activity and exercise can be described as activities that activate the human metabolism, occur through energy consumption and result in exhaustion on different levels.

Being physically active is possible in many parts of daily life such as walking or cycling to work instead of using cars, doing housework, picking up hobbies related to sports (Vural et al., 2010).

6. Conclusion

The present study aimed determines the relationship between the socio-demographic characteristics and physical activity levels of Ege University Sports Sciences Faculty students. The benefits of healthy life style and physical activity habits in terms of life quality were examined. It was understood that it is crucial to gain the habit of regular exercise starting from childhood and make this exercise an essential part of daily life and increase physical activity. That way, one can keep her/his health and avoid several health problems that may occur in the future (Medhaym, 2015)

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