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Correlation between Physical Activity Levels and Quality of Life in Gym-Goers

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Abstract
Background: Health is a state of physical, mental and social well-being and not only the absence of disease. Physical activities are framed and performed purposefully to improve well-being. There are certain factors that influence a person's physical and mental health, including age, types of physical activity, intensity of physical activity, and detection of chronic diseases in the body. Exercise shows effects after a minimum of 2 months and has been chosen on the basis of its exceptional benefits. There is a great relationship between physical activity and improved quality of life among gym-goers.
Objective: The objective of the following research is to identify the correlation between physical activity levels and quality of life in gym-goers.
Methods: This was a cross-sectional study conducted in Delhi. A total of 171 gym-goers of the age group 18-25 years were recruited to find out the correlation between physical activity and quality of life assessed through SF-12 and IPAQ.
Result: As per findings, there was no significant correlation between physical activity levels as measured by IPAQ and quality of life measured by SF-12 among gym-goers, as the r-value is -0. 0854 (p = 0. 2668).
Conclusion: The findings of the present study suggested that there were no significant changes observed in physical activity levels and quality of life in gym-goers. More studies are required in the field of this research to identify the most promising results.

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Keywords: Physical Activity, Quality of Life, Gym-goers, Exercise

Introduction

According to WHO (1946), health is a state of physical, mental and social well-being and not only the absence of disease [1]. Physical activities are framed and performed purposefully to improve well-being [1]. The criteria for workout for an average human body is 30 minutes a day and 3 times a week [1]. Inactivity in a person's interest is high, and promoting activity should be a primary goal to improve the health of person [2]. Three strategies are included in health and well-being interventions: treatment of sickness, prevention of sickness, and promotion of well-being and good physical condition [2]. Several studies promote activities to help the population achieve the best health and mental condition and promote a higher standard of living [3]. Physical activity improves sleeping schedule and treats various psychiatric and neurological disorders, along with improving the mood and quality of life [4]. Performing regular exercises in a natural environment is very pleasing and improves their interest in performing the physical activities regularly [5]. In comparison to indoor exercising, outdoor exercising has immense effects, such as reducing stress, confusion, depression, and anger, and increasing energy and involvement of people [5]. There is a great relationship between psychological well-being and improved quality of life among gym-goers [6]. Exercise helps in the growth of new brain cells and promotes a healthy lifestyle [7]. Physical activities and exercises protect you from different distractions [8].

Exercising regularly promotes people's better mental health, emotional well-being and improves the quality of life [8]. So, it is important to perform intense or light exercises on a regular basis [8]. Thus, the study aimed to find the correlation between physical activity levels and quality of life in gym-goers.

Material and Method

A cross-sectional correlation survey study was conducted. E-survey (Google survey form) was used for the study to collect the data. Questionnaire: An online self-designed E-survey form comprising information regarding: Personal data (age, gender, highest level of education), SF-12 (for QOL) and IPAQ (for physical activity assessment). Sample Selection: The sample included gym-goers (both males and females) in an age group of 18-25 years, and practising in India. The gym-goers were selected based on the inclusion and exclusion criteria of the study shown in Figure 1. The sample size was calculated using the G Power 3. 1 software (version 3. 1. 9. 7). Survey Administration: E-survey form was shared via WhatsApp, social networking websites, and emails. The participants were informed about the study objective, and informed consent was obtained from all the participants individually. The respondents took 10 to 15 minutes to complete the form. No monetary benefits were offered to the participants.

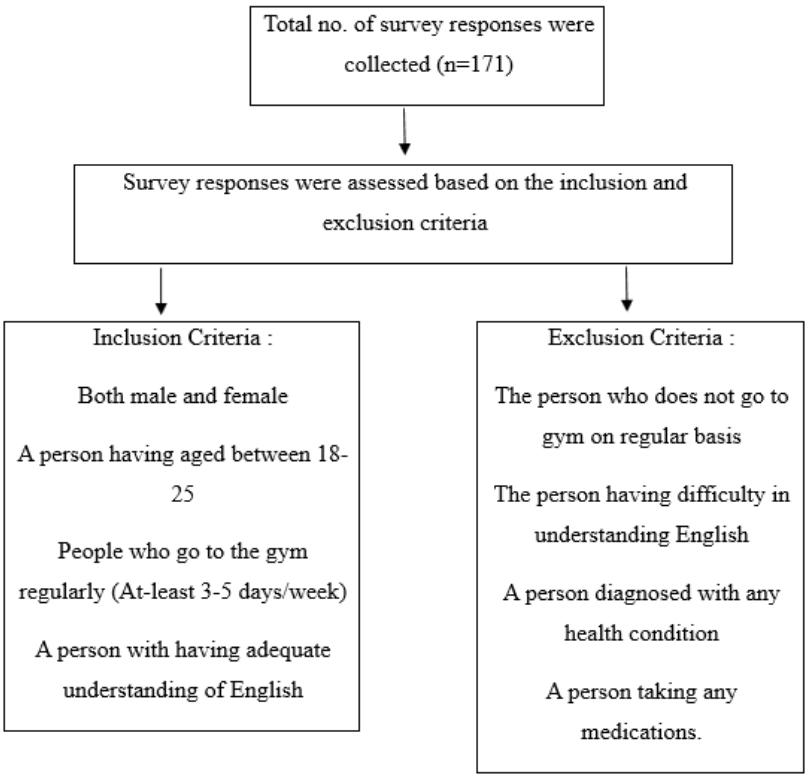


Fig 1: Flow diagram of Participants' Enrolment

Data Analysis

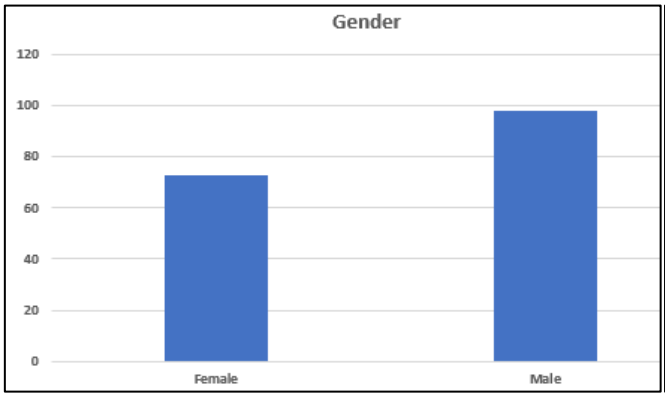
Data was analyzed using SPSS version 21. 0 using descriptive analysis and correlation test. The level of significance was p=0. 5.

Results

171 participants met the inclusion criteria who filled out survey forms. Gym-goers were selected in an age group of 18-25 years. 98 males and 73 females participated in this research, as shown in Figure 2 (a) & (b), Table 1.

Table 1: Demographic details of total respondents (N=171)

Demographic Data	N
Age (18-25)	171
Gender	
Male	98
Female	73
What is the highest level your education achieved?	
12	1
Graduation	84
In going graduation (first year)	1
Post-Graduation	18
Senior Secondary	66
Undergraduate	1
Total	171



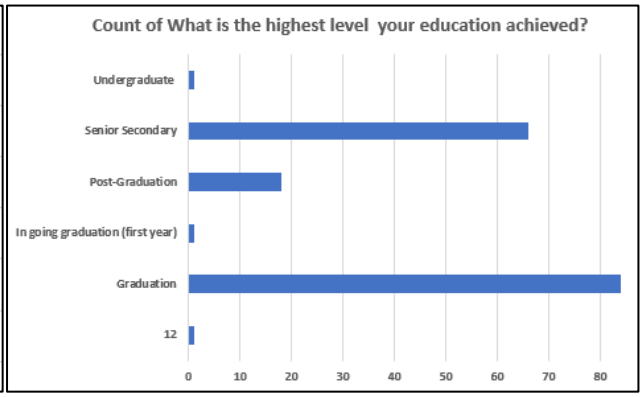


Fig 2A **Fig 2B**

Fig 2: Show the demographic details of the participants

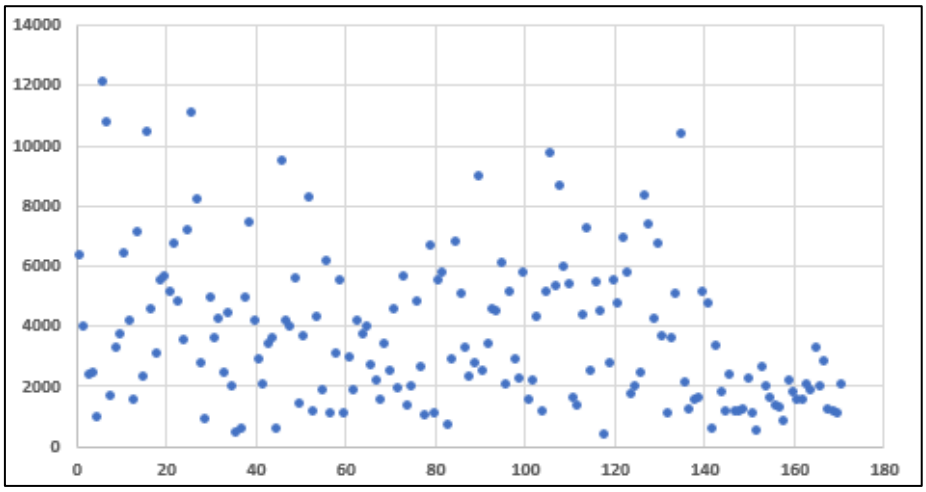


Fig 3: Shows the scoring of IPAQ of the participants used for physical activity assessment

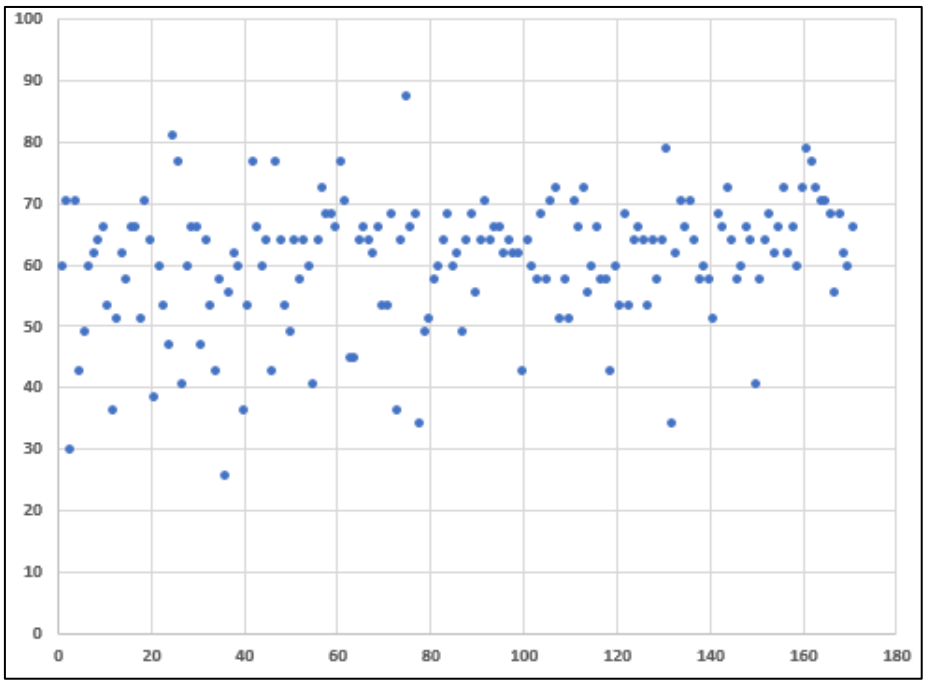


Fig 4: Shows the scoring of the SF-12 of the participants used for quality of life.

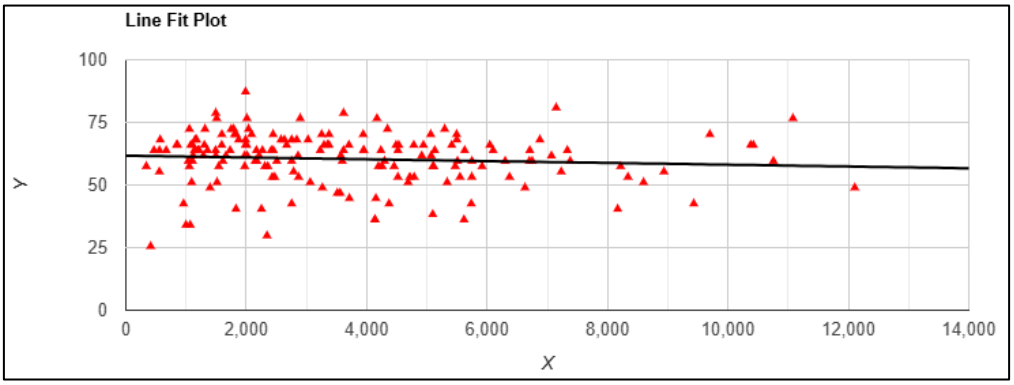


Fig 5: Shows the correlation between physical activity levels and quality of life in gym-goers.

Table 2: Correlation between Physical Activity Levels and QOL

Variable	r value	P value	N
IPAQ & SF-12	-0. 0854	0. 2668	171

As per the findings of the results from Table 2, there was no significant correlation between physical activity levels as measured by IPAQ and quality of life measured by SF-12 among gym-goers, as the r-value is -0. 0854 (p = 0. 2668), as shown in Figures 3, 4 & 5.

Discussion

The present study aims to find the correlation between physical activity levels and quality of life in gym-goers. The findings of our results also support the results of previous studies conducted in the same area. A study conducted by Nida Nafees found that there was no difference between male and female yoga and gym performers in quality of life [9]. Therefore, null hypothesis 2 stating that there will be no difference between male and female yoga and gym performers on quality of life is accepted [9]. Also, the interaction of group membership (yoga & gym) and gender was not found to be significant [9].

A study conducted by Sevim Gullu found that participants' quality of life did not differ significantly by gender in the physical, psychological, social and environmental domains [10]. When considering the gender variable, a significant difference was found in the psychological and environmental domains [10]. In the psychological domain, the participants whose ages varied between 23 and 26 had a higher quality of life than those whose ages were 31 and above [10]. Those who were aged between 27 and 30 also had a higher quality of life than those whose ages were 31 and above [10]. In the environmental domain, the participants whose ages varied between 23 and 26 had a higher quality of life than those whose ages varied between 18 and 22 and were 31 and above [10]. On the other hand, a statistically significant difference was found only in the psychological domain [10].

Limitations of the study include that the survey was administered only in English language, and an online method was used to get responses. Internet connectivity issues, no response bias and inability to understand & respond to questions due to a lack of skilled interviewers were other constraints.

Conclusion

The findings of the present study suggested that there were no significant changes observed in physical activity levels and quality of life in gym-goers. More studies are required in the field of this research to identify the most promising results.

Conflict of Interest

None

Funding

None

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