



Investigating the Relationship between Physical Activity and Quality of Life in Staff of Misan University of Iraq

Poster Presentation

1Hasan Mahhor Abdolreza Almajedi*; 2Seyed Hosein Marashian; 3Sedigheh Heydarinejad; 2Tahereh Azmsha
IMA student, Department of sport management, Faculty of sport sciences, Shahid Chamran University, Ahvaz, Iran
(hasanmahoorabdolrezaalmajedi@gmail.com)

2Assistant Professor, Department of sport management, Faculty of sport sciences, Shahid Chamran University, Ahvaz,
Iran

3Associate Professor, Department of sport management, Faculty of sport sciences, Shahid Chamran University, Ahvaz,
Iran

Abstract

Introduction: Today, people use sports and recreational activities to improve their quality-of-life indicators. The aim of this study was to investigate the relationship between physical activity and quality of life of Misan University staff in Iraq.

Methods: This research was a correlational descriptive and applied study in terms of data collection method and purpose. The statistical population of this study included all the staff of Misan University of Iraq (faculty members and official staff) in 2021, which numbered about 3500 people (2500 men and 1000 women). The statistical sample size was estimated to be 346 people using Morgan table. Finally, using cluster and available sampling method (faculty members, university staff and faculties' staff) through the distribution of online questionnaires, 340 questionnaires (243 men and 97 women) were returned correctly. To measure the research variables, three demographic information questionnaires, Beck's standard physical activity questionnaire (1986) with 16 questions and the World Health Organization's standard quality of life questionnaire (1996) with 36 questions were used. The validity of the questionnaire was confirmed by 9 professors of sports management and their reliability in a pilot study was 0.87 and 0.91, respectively. To analyze the data, descriptive statistics methods including tables and graphs and inferential statistics (multiple regression) were used at a significance level of 0.05.

Results: The results showed that physical activity had an effect on all components of quality of life of Misan University staff (physical function, general health, physical pain, physical limitation, energy, mental health, emotional limitation and social function). Among these, physical activities related to sports, leisure and work had the greatest impact on the quality of life of employees and its components, respectively.

Conclusion: By using a regular and continuous exercise program and physical activity, various aspects of quality of life, especially physical function and role-playing can be increased in the individual and cause more independence of employees in daily work and contribute to the efficiency and effectiveness of employees. It paved the way for improving the quality of life of employees so that their valuable experiences can be used to promote the university and society in various dimensions.

Keywords

Physical activity; exercise; Leisure; quality of life; Misan University of Iraq

Reference:

1. WHO Quality of Life Group. (1996). WHOQOL-BREF Introduction, Administration and scoring, Field Trial version, World Health Organization. Geneva.
2. Haegele, J. A., & Zhu, X. (2021). Physical activity, self-efficacy and health-related quality of life among adults with visual impairments. *Disability and rehabilitation*, 43(4): 530-536.