



Perceived Social Support and Physical Activity Among UCSD Students

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Background

- 40-50% of college students are physically inactive
- Physical activity (PA) is associated with health
- Peer social support (SS) can increase PA

Objective

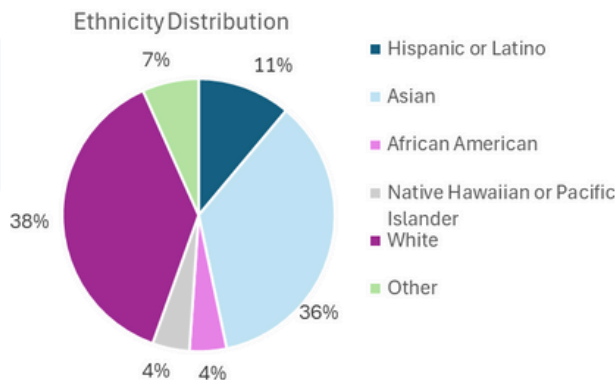
To determine if there is an association between perceived SS scores and measures of PA in college students at UCSD

Methods

- A cross sectional study using an anonymous 15-item online survey was distributed using social media platforms
- Demographic data was collected from 18-23 year old UCSD students
- Perceived SS score used a 5 point likert scale
- Perceived PA assessment used QPAR
- Evaluated using a Pearson correlation analysis
- **Exposure:** Peer SS
- **Outcome:** Increased PA

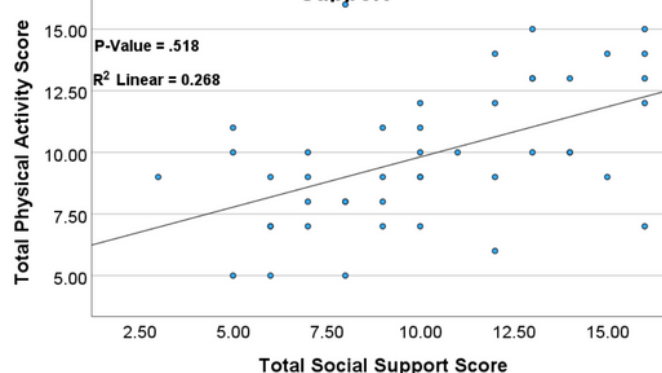


Results

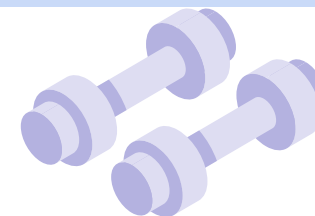


Out of the 45 participants, gender distribution consisted of 29% Male, 69% Female, and 2% other.

Surveyed Correlation Between Physical Activity and Social Support



Depicts a weak positive correlation between PA scores and SS. The P-Value of 0.518 indicates the data is not statistically significant to establish a correlation. This is further supported by an R² value of 0.268, signifying a variance of 26.8%.



Conclusion

- No statistically significant correlation was found between perceived SS and levels of PA
- Sample size was not large enough for sufficient assessment
- Gender data was skewed due to respondents received

Implications

- Creating a campus culture conducive to SS
- Creating programs for time management, organization, and other potential barriers to PA levels
- Future need for diverse demographic representation in research

Meet The Team



Heather



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