



Stress Influenced by Physical Activity



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Introduction

- 40% to 50% of college students are physically inactive. ¹
- It was reported that “eight in 10 college students experience frequent stress.” ²
- The Anxiety and Depression Association of America states that 80% of college students are feeling stressed, and 34% are depressed. ²
- Research has shown that physical activity reduces anxiety and stress.

Objective

- To determine if meeting physical activity guidelines is associated with lower stress levels in UCSD students.

Methodology

- The data came from a cross-sectional online survey through Google Forms
- Evaluate if students are meeting physical activity guidelines and perceptions on stress among different college majors
- The Public Health department sent out the survey to students. We reached the other non-public health majors via social media, such as posting on Facebook, twitter, and Instagram.
- Pearson Chi Square tests were conducted to examine the association between physical activity and stress by major.

Results

Table 1: Demographics		Number of Students
Age (In years)	18-20	30
	21-23	34
	24-27	1
	>27	1
Gender	Female	43
	Male	23
Total Students		66

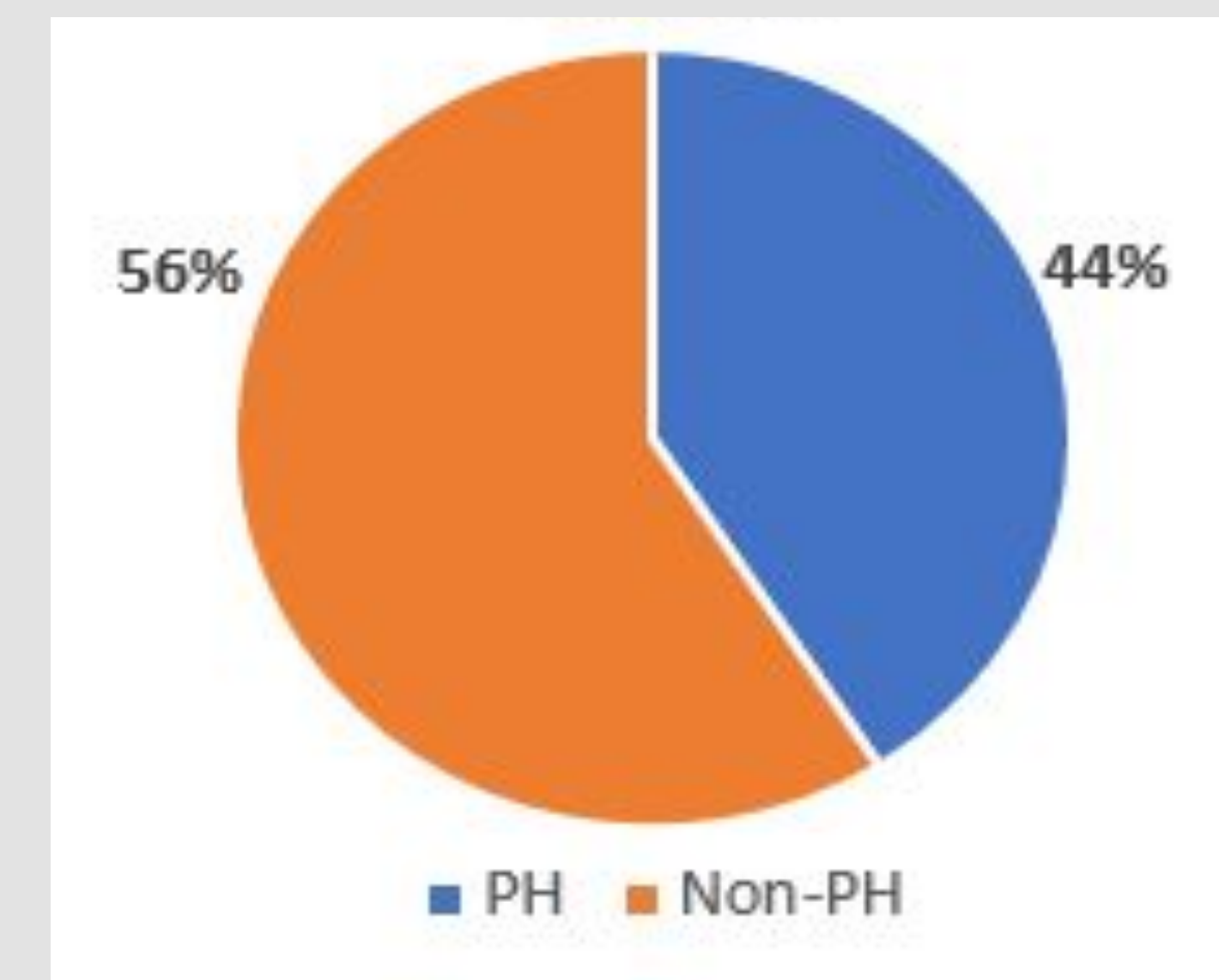
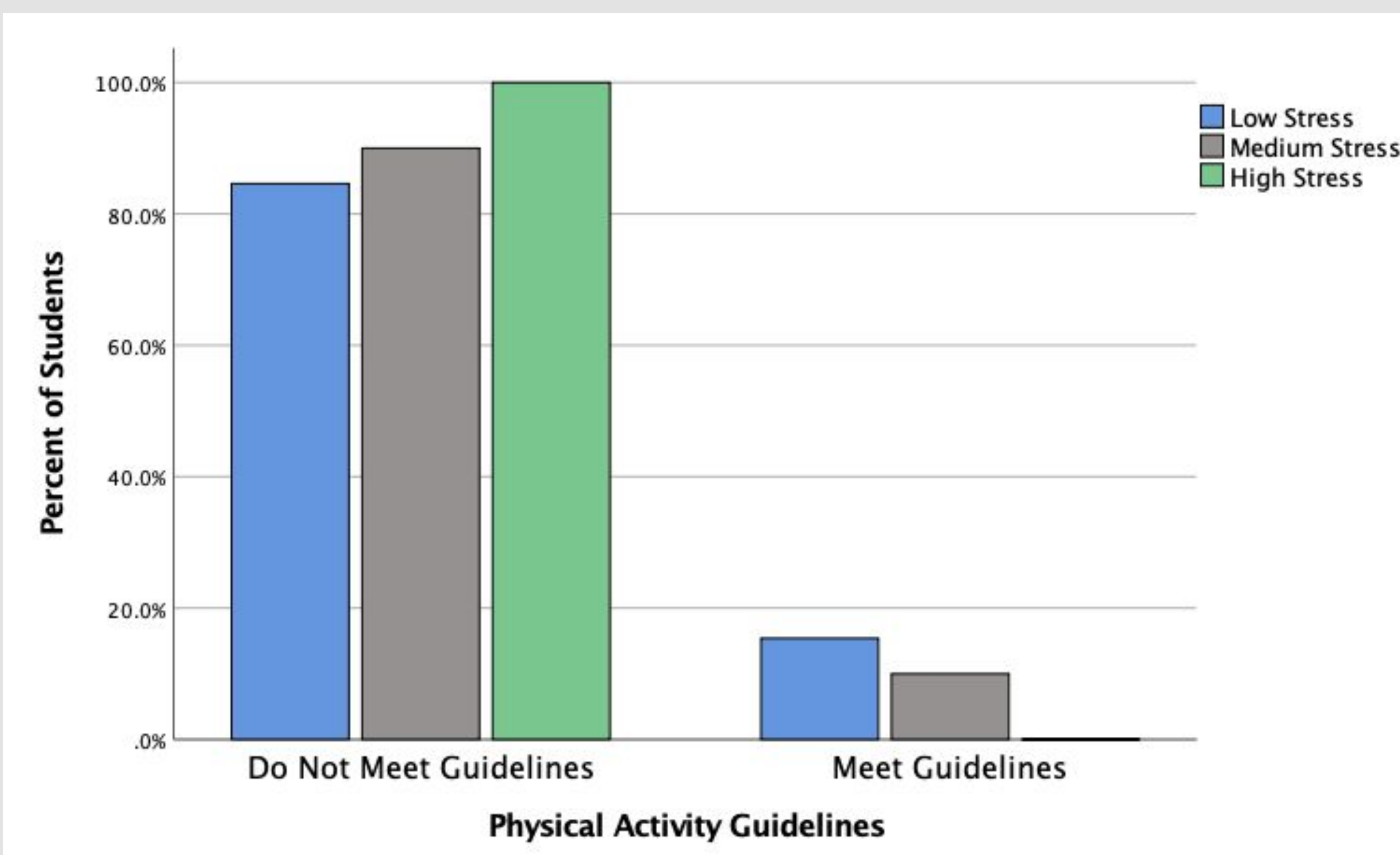


Figure 1: Participants Public Health Major Vs. Non- Public Health Majors

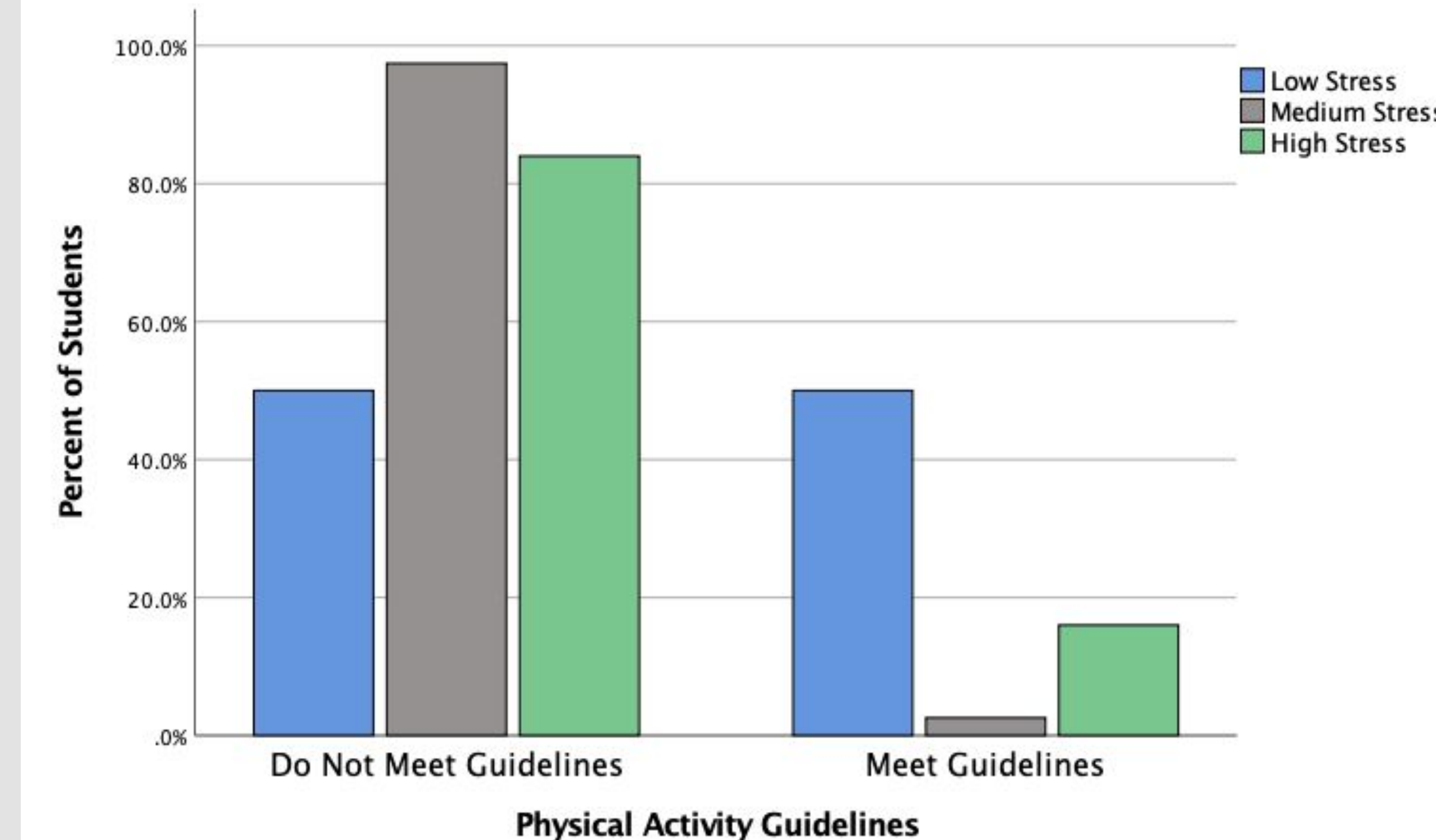
Figure 2: Stress Levels in Public Health Majors



- The number of students who met the guidelines in public health major is 6 and 23 did not meet guidelines

- P-value for stress levels in public health majors and meeting guideline was 0.375

Figure 3: Stress Levels in Non-Public Health Majors



- The number of students who met the guidelines in public health major is 16 and 21 did not meet guidelines

- P-value for stress levels in non-public health majors and meeting guidelines was 0.023

Conclusion

- There is an association between meeting physical activity guidelines and stress level by major.
- Non Public Health students are more likely to meet the Physical Activity guidelines than Public Health Students.

Policy Implications

- The creation of a mandatory online physical and mental education course to make all students more aware of the importance of physical activity and how it can reduce stress.
- Increase awareness of the association between physical activity and stress levels

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References

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