

# Exercise Levels and Perceived Quality of Life

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## Background

- Sixty percent of college students diagnosed with mental health problems suffer from these issues for two years.<sup>1</sup>
- A poor Quality of Life (QOL) can negatively affect a student's physical health, academic performance, and lead to social isolation.<sup>2</sup>
- Exercise has been shown to help alleviate stress and anxiety, and any amount of exercise is enough to raise self-perceived mood and anxiety levels for a limited time.<sup>3</sup>

## Objectives

- To determine whether exercise has an impact on UCSD undergraduate students' perceived Quality of Life (QOL).

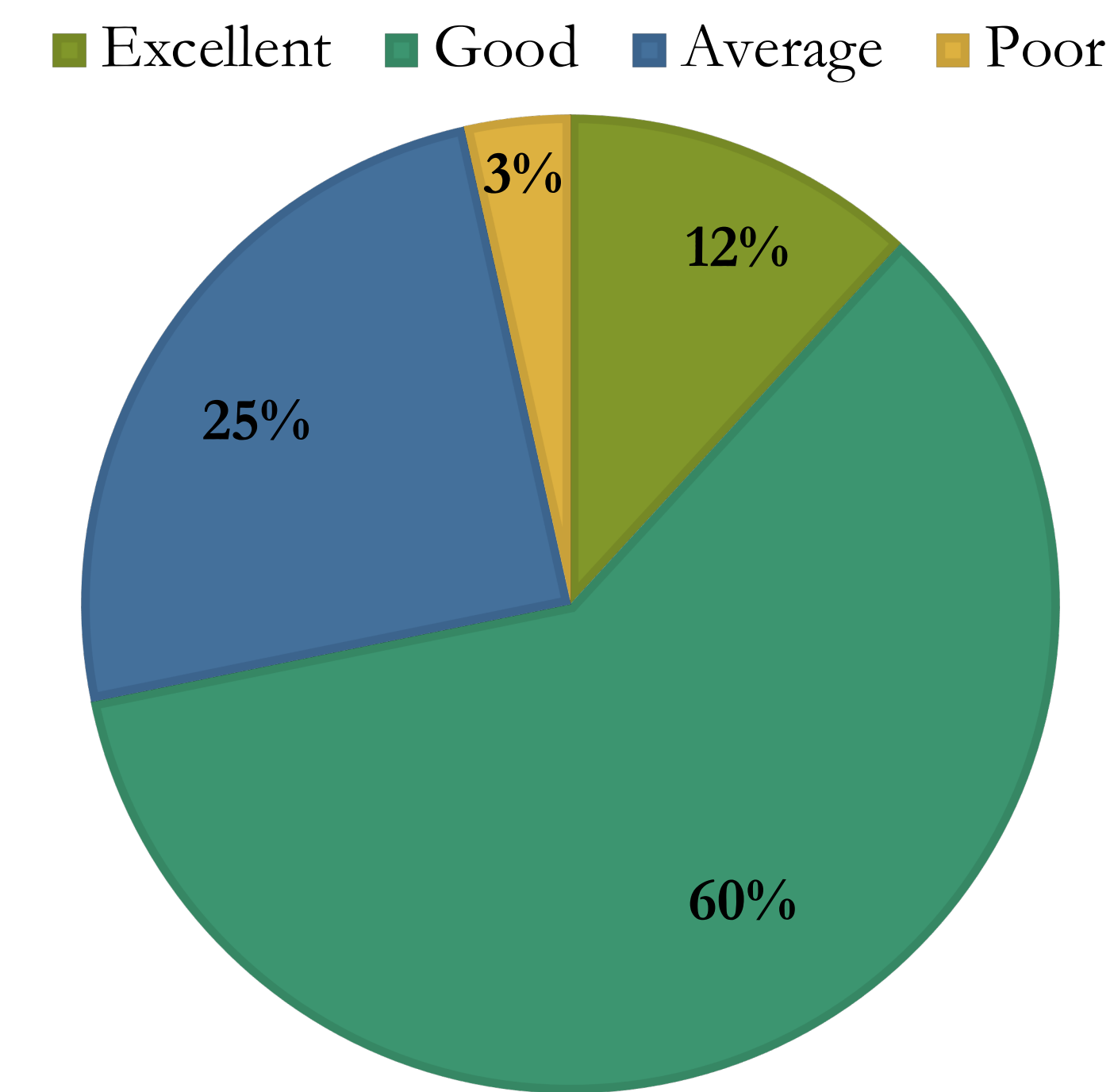
## Methods

- Developed a cross-sectional online survey asking about student's average exercise participation in a week and their perceived QOL
- Minimum exercise level = 30 minutes, 1 day/week
- Distributed survey in spring of 2020 using:
  - UCSD student Facebook groups
  - Undergraduate public health student email list
- 85 students completed the survey

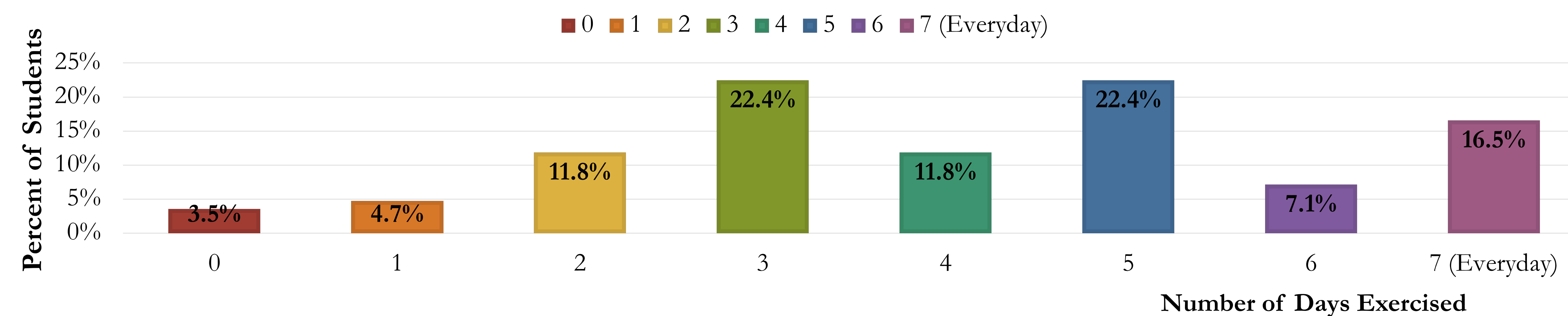
## Results

**TABLE 1: STUDENT DEMOGRAPHICS (n=85)**

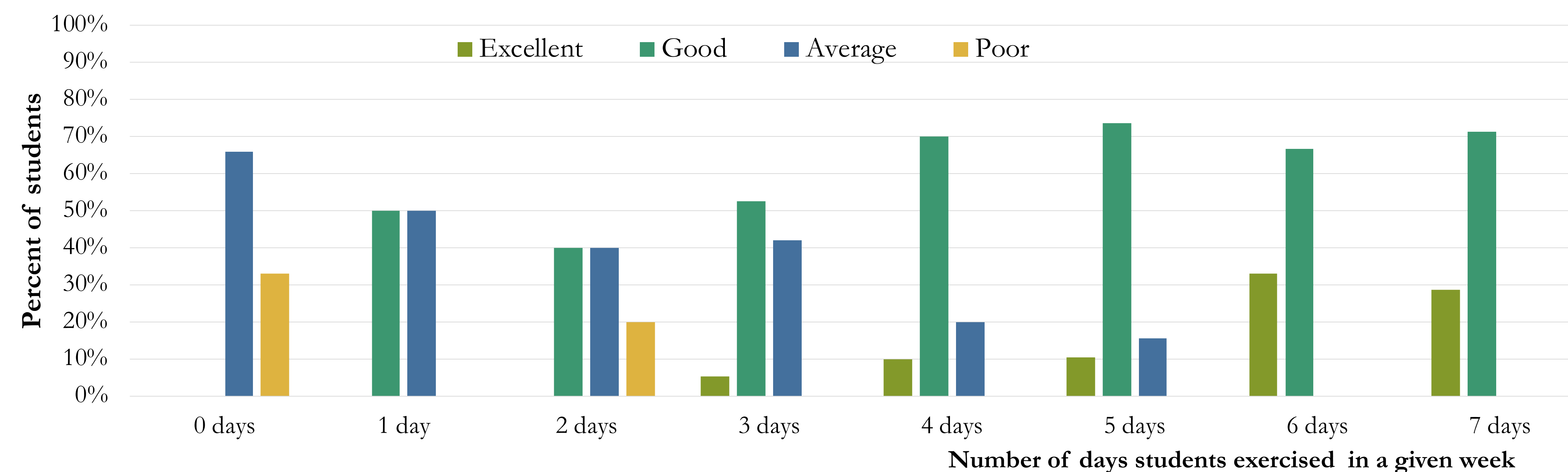
Age	
Age	Percentage (Count)
18 and under	6% (5)
19	15% (13)
20	16% (14)
21	31% (26)
22	20% (17)
23	7% (6)
24	2% (2)
25	2% (2)
Gender	
Gender	Percentage (Count)
Male	19% (16)
Female	80% (68)
Other	1% (1)



**FIG. 1: UCSD STUDENTS' PERCEPTION OF THEIR QOL**  
Figure above shows the percentage of UCSD undergraduate students that rated their perceived Quality of Life in each category. (n= 85)



**FIG. 2: AVERAGE NUMBER OF DAYS UCSD STUDENTS EXERCISE**  
Figure above shows the average number of days in a week that students exercise for 30 minutes or more. (n=85)



**FIG. 3: STUDENT EXERCISE PARTICIPATION BY SELF-RATED QOL**  
There was a statistically significant association in the positive ratings as exercise levels went up. (n= 85 students, p<0.01) However, our more specific measures: mood, stress, and sleep quality showed no association and were not statistically significant.

## Conclusions

High exercise levels can increase perceived QOL, and it may provide UCSD undergraduate students noticeable positive change in their daily lives.

## Policy Implications

Our research suggests that UCSD should incorporate a campus wide General Education requirement that requires students to take a weekly hour-long exercise class every quarter.

## Acknowledgements

We would like to thank all of our survey participants and the UCSD Department of Family Medicine. We would also like to thank our Capstone professor and teaching assistant, Dr. Sally Romero and Rita Hedo for all their help.

## References

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