Effect of exercise on general health, quality of sleep and quality of life in Ferdowsi University of Mashhad students

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Abstract

Background: Mental health and physical health of students are of important objectives of every society, because their health ensures scientific progression and development. Quality of life, quality of sleep and general health are variables that have an important role in optimal social-physical-psychological organization of human.

Objective: The aim of this study was to determine the effect of exercise on general health, quality of sleep and quality of life in Ferdowsi University of Mashhad students.

Methods: In this quasi-experimental study, 48 students (24 female and 24 male) were selected by convenience sampling method from Ferdowsi university of Mashhad students during 2009-2010. They were randomly allocated to 4 groups (12 male and 12 female in 2 experimental groups - 12 male and 12 female in 2 control groups). Experimental groups exercised at least three sessions per week for three months. Data were collected using Pittsburg quality of Sleep Index, General Health and WHOQOL-BREF questionnaires before and after the intervention. Data were analyzed by Pearson correlation coefficient, independent T-test and one way Analysis of Variance.

Findings: There were no significant differences between four groups in terms of general health, quality of life and quality of sleep before intervention. Three months after intervention, differences between experimental and control groups were statistically significant (P<0/05).

Conclusion: With regards to the results, it is recommended that students participate in health promoting behaviors. The authorities are also expected to increase student sports facilities and welfare facilities.

Keywords: Exercise, General Health, Sleep, Quality of Life, Students

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Received: 28 Aug 2011
Accepted: 9 Oct 2012