



**University of Babylon
College of Nursing**



Gender differences in workout habits and Quality of Life among Health Sciences students

**A Project Submitted to the Council of the College of Nursing, University of
Babylon in Partial Fulfillment of the Requirements for the Degree of Bachelor
Science of Nursing**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

" مَنْ عَمِلَ سَيِّئَةً فَلَا يُجْزَىٰ إِلَّا مِثْلَهَا ۖ وَمَنْ عَمِلَ
صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَأُولَٰئِكَ
يَدْخُلُونَ الْجَنَّةَ يُرْزَقُونَ فِيهَا بِغَيْرِ حِسَابٍ "

صدق الله العلي العظيم

«سورة غافر: الآية ٤٠»

الإهداء

الى من هدونا طريق الرشاد الى افضل الخلق رسولنا الكريم محمد (ص) وآل بيته الطاهرين
أبي الغالي الى من جهد في تربيته وتعليمي الي من تتوج اسمة باسمي الي من فضل فلذة كبده
على نفسه أمي الغالية الى من تتسابق الكلمات لتخرج معبره عن مكنون ذاتها من علمتي
وعانت الصعاب الاصل لا اصل الى ما انا فيه وعندما تكون الهموم في بحر حنانها يخفف من
الالامي..

إخوتي واخواتي الى رياحين حياتي في الشدة والرخاء الذين هم اشدد بهم ازري ... الى كل من
اضاء بعلمه عقل غيره او هدا بالجواب صحيح حيرة السائلين تظهر بسماحته تواضع العلماء
وبرحابته سماحة العارفين الى كل من مد يد العون وشاطرني عناء دراستي..

Supervisor Certification

I certify that the research project entitled “**Gender differences in workout habits and Quality of Life among Health Sciences students**” was prepared under my supervision at the Department of Maternal and newborn health nursing / College of Nursing /University of Babylon, by the students (Sajad Abbas, Saja Jabbar, Sarah Salih and Saif Ahmed) as graduation project.

Signature:

Name: Assist. Lec. Zainab Abdulameer

Date: 30 /04 / 2023

شكر و تقدير

الى من هو الحق بالحمد والثناء الى الله سبحانه وتعالى اتضرع شاكرة وممتنة ... فسبحانك اللهم راعيا للورى فانت الحق بان تحمد وتشكر وامتنال لقوله عليه الصلاة والسلام من لا يشكر الناس لم يشكر الله أتقدم بوافر الامتنان والتقدير الى الأستاذة الفاضلة (زينب عبد الأمير) على ما بذلته من جهد معي وحرصها الدائم في سبيل اتقان هذه العمل . كما لا يفوتني ان أتقدم بخالص الشكر والتقدير والعرفان الى كل من كان لي عوناً وسنداً لإتمام هذا البحث راجية من الله عزه وجل ان يجزيهم خير ما يجزي عباده انه نعم المولى ونعم النصير.

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Abstract:

Objectives: To find out any association between gender differences and workout.

Methods: A descriptive study design, non-probability sample on (666) students, study tool (questionnaire) and interview as method of data collection. Data analyzed by the Statistical package of social science (SPSS) version (25) were used in order to achieving the objectives of study. Result: highest proportion of respondents satisfied with their income. Conclusion: physical workout is effective in improving quality of life among students.

Chapter One

Introduction

Introduction:

Physical exercise promotes health in a variety of physiological and psychological ways in both males and females. Exercise, if carried out regularly and with sufficient physical intensity, is associated with increased strength and flexibility, reduced cardiovascular diseases risk, and may contribute to a more effective treatment of stress and depression. Regular exercise may thus contribute to an enhancement of health among all people (Snedden, et al., 2019).

Student life is a most beautiful period in an individual's life but it is also a major stage of life in which the individual faces stressors like; home sickness, exam fear, stage fear, ragging, love failures, fights with friends, assignments, etc. Physical exercise is an important aspect of human health because it is involved in several physiological processes and has been linked to significant benefits in reducing body fat, myocardial infarction, hypertension, and insulin resistance risk. Physical activity also contributes to psychological well-being, which is defined as a state of happiness and serenity with low levels of distress, overall good physical and mental health and outlook, and a high quality of life (Piercy et al., 2018).

To have a complete health an individual's psychological well-being also an important aspect. Any variation in an individual's psychological health leads to disturbance in daily activities. The psychological well-being is the main factor which determines the individual's health and harmony of life. Physical exercise helps in preventing aging, strengthening muscles, weight loss and maintenance. It also helps in preventing cardiac complications, and it especially helps in preventing stress and depression, increasing quality of sleep and to maintaining a positive self-esteem. The physical exercises include aerobic exercise, gym workouts, indoor and outdoor games, swimming, cycling etc (Hull et al., 2008).

Exercise is one of the most frequently prescribed therapies both in health and

disease. There is irrefutable evidence showing the beneficial effects of exercise both to prevent and to treat several diseases. Researchers have shown that both men and women who report increased levels of physical activity and fitness have reductions in relative risk of death and Dosage is important in clinical medicine and all marketed drugs require data on their efficacy and safety. It is known that there is a minimum amount of physical activity for health benefits. These benefits increase with increasing the amount of exercise but harmful when it exceeds the physical capability of individuals (Babu, C., & Imran, 2021).

Physical workout helps to improve quality of living. Initially it is difficult to make the exercise as a routine or habit, but once it become as a habit it helps to improve the psychological wellbeing as well as the daily living (Nutting et al., 2020).

QoL has a complex conceptual framework that comprises several dimensions relating to individuals' self-perception of their life condition; specifically, it features physical, psychological, social, and environmental dimensions (Nosikov, A., & Gudex, C. 2003).

QoL is influenced by work relationships and sociodemographic, clinical, and behavioral variables. However, characteristics such as gender can also have important unique influences (Marcacine et al., 2019; Muniz, J. O., & Veneroso, C. Z., 2019).

Objectives of the study:

1. To find out any association between gender differences and workout
2. To discover the existence of relationship between both gender and quality of life.
3. To detect the association between quality of life with certain demographical data for health sciences students.

Chapter Two

Methodology

2.1. Study design & setting:

Descriptive correlational study design, conducted in Babylon province, in the health sciences colleges; from the period; December 2022 to 22th February 2023.

2.2. Study sample:

A non-probability sample selected of students, were consisted of (666) participants.

2.3. Study Tool:

Through the extensive review of relevant literatures and previous studies, a questionnaire constructed for the purpose of the study. It is composed of three parts. The first one is demographic data, The Second part is physical exercise, the third part is assessment of health related quality of life.

Instrument's Description:

Part I: Demographical Data of pregnant mothers

this section included pregnant women general characteristics of demographical data, such as, age, gender, college, stage, marital status, socioeconomic status, residency, weight and height.

Part II: Physical exercise

Part III: Assessment of health related quality of Life:

This section include: General health domain, Limitation of activities domain, Physical health problems domain, Emotional health problems domain, Social activities domain, Pain domain, Energy and Emotion domain.

2.4. Data Collection:

The participation of study subjects was on voluntarily basis. Data attained by utilization of the study tool (questionnaire) and interview as method of data collection; each interview approximately (15_20) minutes.

2.5. Statistical Analysis:

The data of the present study was analyzed by the Statistical package of social science (SPSS) version (25). The tests which were used in this study were derived from both: descriptive and inferential statistic, all of these tests were used in order to achieving the objectives of study.

Chapter three

Results

Table (1): Distribution of students according to their demographical characteristics (N=666)

Variables	Interval	Male	N=311	Female	N=355
		F	%	F	%
Age	18- 21	124	39.9	196	55.2
	22- 26	182	58.5	156	43.9
	27 +	5	1.6	3	.8
colleges	medicine	89	28.6	71	20.0
	dentistry	67	21.5	90	25.4
	pharmacy	64	20.6	75	21.1
	nursing	91	29.3	119	33.5
SES	satisfied	156	50.2	200	56.3
	satisfied to some extent	129	41.5	141	39.7
	not satisfied	26	8.4	14	3.9
Residence	Rural	104	33.4	80	22.5
	Urban	207	66.6	275	77.5
Practice exercise	yes	256	82.3	210	59.2
	no	55	17.7	145	40.8
Where you workout	at home	87	28.0	184	51.8
	at gym	168	54.0	26	7.3
Type of workout	Body building	93	29.9	31	8.7
	football	89	28.6	24	6.8
	cardio	62	19.9	118	33.2
BMI	underweight	12	3.9	20	5.6
	normal	227	73.0	252	71.0
	overweight	64	20.6	79	22.3
	obesity	8	2.6	4	1.1

This table show that (**55.2%**) of female within age group (18– 21) years old, as well as (58.5%) of male within age group (22-26) years old. The highest percentage represented (56.3% of females, 50.2% of males) were satisfied with their socio-economic condition. (77.5% of females, 66.6% of males) live in the urban. (82.3%) of male was practicing physical workout while (59.2%) of females were practicing workout. (51.8%) of females practicing their exercise at home while (58%) at gym. (29.9%) of females were depend body building as a type of exercise, while (33.2%) of females depend cardio as

workout type. Majority of study sample within normal body mass index which represented (73% of males, 71% of females) were normal weight.

Table (4): Distribution of sample according to their quality of life (SF-36) scale (N=666)

Gender	Mean
Male	2.26
	2.52
	2.34
	2.28
	2.25
	2.32
	2.01
Female	2.13
	2.39
	2.24
	2.19
	2.21
	2.16
	1.89

Chapter Four

Discussion

The current study assessed gender differences in exercise habits and quality of life among health sciences students. A representative sample of 666 samples of both sexes, ages 18-27, completed a standardized form questionnaire, and participated in the study. As far as we know modern. Our main goal was to find out the effect of exercise on both sexes and its impact on their health. Across the world, significant differences have been observed in the impact of exercise on both sexes and their impact on their health and quality of life.

It was found that at the Croatian University of Zagreb, a study showed that 57% of university students are not interested in sports and physical entertainment. Given the fact that college students are expected to be outstanding members of society and future leaders, habits related to their health and levels of physical activity are of particular importance.

In Table No. 1, we found that the results were different, Including percentages, and also from the difference between males and females, where the percentage of those who practice sports or physical activities was 82.3% of males and 59.2% of females, as It was observed that males practice sports more than females, and the percentage of males who 17.7% do not practice sports, and the percentage of females was 40.8%.

One possible reason for the lack of exercise Is that there are too many academic demands and home commitments related to studies. College students spend most of their time sitting at computer desks doing their homework, so the amount of time that can be devoted to some other activities, especially physical ones, is comprehensively reduced.

It is also evident from the results that the university students included in the survey are sufficiently knowledgeable and educated regarding the importance of physical activity and Its impact on health, but due to lack of time and / or insufficient selection of physical education classes, which are conducted only twice a week, and are

included Very few of them are into any organized form of physical exercise. In addition, the results Indicate distinct gender differences In PA or sport activity preferences. Gender differences in the choice of physical activities have already been demonstrated in previous studies (Demirhan, 2005), where team sports predominate among male college students with football predominating, While female university students prefer to participate in individual and aesthetic sports (Hicks, Wiggins, Crist, and Moode, 2001).

Similar results are also seen in our study where the university students were male Primarily geared towards competitive sports, while an interest in active participation- Emergence in non-competitive forms of PA prevailed among female college students. That it It is clear that girls more than their male peers focus on the aesthetic components of The following sports or physical activities: dancing, fitness training / aerobics, spinning sports, Gymnastics, swimming, diving and volleyball. This selection of activities for the universit Students according to gender role stereotypes about women's behavior and Appearance.

At the time of our study, we found that the participants were 29.9% of males practicing weightlifting and 8.7% of females .As for playing football, the percentage of males was 28.6%, while the percentage of females was 6.8% .As for the remaining percentage of different sports such as gymnastics, swimming and jogging, the percentage was as follows: 19.9% of males and 33.2% of females

Conclusion & Recommendations

Conclusion:

Physical activity participation patterns and their motivations for physical activity participation The conclusions drawn from this study are important because they clearly demonstrate that the variables of physical activity and academic achievement are complex and must be studied using the many possible factors that contribute to each.

Recommendations:

- Start small and gradually increase your activity level over time
- Don't be afraid to mix things up. Doing the same thing day in and day out can get boring quickly.
- Change up your routine from time to time to keep yourself motivated and engaged Most importantly, listen to your body.

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List of Appendices


Appendix A: Administrative Arrangement

Ministry of Higher Education
and Scientific Research

وزارة التعليم العالي والبحث العلمي

University of Babylon
College of Nursing

جامعة بابل
كلية التمريض
شعبة الشؤون العلمية



Ref. No. :

Date: / /



(استئجار الطاقة النظيفة طريقتنا نحو التنمية المستدامة)

الى / كلية الطب / جامعة بابل

كلية طب الاسنان / جامعة بابل

كلية الصيدلة / جامعة بابل

م / تسهيل محمه

العدد : ٤٥٥١

التاريخ : ٢٠٢٢ / ١٢ / ٧

تحية طيبة ..

يطيب لنا حسن التواصل معكم ويرجى تفضلكم بالموافقة على تسهيل محمه طلبة كليتنا المدرجة اسمائهم
ادناه لغرض جمع عينات بحثهم الموسوم (gender differences in workout habits and quality of life
among health sciences students)

(التباين بين الجنسين في ممارسة التمارين الرياضية ونوعية الحياة بين العلوم الصحية)

١- سيف احمد شخير

٢- سجاد عباس حسن

٣- سارة صالح حسن

٤- سنجي جبار عودة

شاكين تعاونكم معنا ... مع الاحترام ..

الد. نهاد محمد قاسم
معاون العميد للشؤون العلمية والدراسات العليا

٢٠٢٢/١٢/٧

بسمه ١٢/٧

نسخة منه الى //

- مكتب السيد العميد المحترم للتفضل بالاطلاع مع الاحترام

- شعبة الشؤون العلمية مع الاوليات

- الصادر

Appendix B

Questionnaire

Gender differences in workout habits and Quality of Life among Health Sciences students

PART I Demographic Data

Age: years

Gender: male female

College:

Stage:

Marital status: married divorce widow separated

Socioeconomic status: satisfy satisfy to some extent not satisfy

Residence: rural urban

Weight kg height m

PART II: Physical Exercise

Did you practice physical exercise previously: yes no

If yes, where did you used to work out: At home in gym

if yes, how many times per a week:

What the type of exercise:.....

PARTIII: Assessment of health related quality of life:

NO.	Health survey items	Always	sometimes	never
General health domain:				
1.	In general, would you say your health is good?			
2.	Compared to one year ago, you would say that your health in general is better now?			
3.	I seem to get sick a little easier than other people			
4.	I am as healthy as anybody I know			
5.	I expect my health to get worse			
6.	My health is excellent			

Limitation of activities domain:				
1.	Do you find difficulty while performing Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports?			
2.	Do you find difficulty while doing Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf?			
3.	Do you find difficulty when Lifting or carrying groceries?			
4.	Do you find difficulty when Climbing several flights of stairs?			
5.	Do you find difficulty when Climbing one flight of stairs?			
6.	Do you find difficulty when Bending, kneeling, or stooping?			
7.	Do you find difficulty when Walking more than a mile?			
8.	Do you find difficulty when Walking several blocks?			
9.	Do you find difficulty when walking one block?			
10.	Do you find difficulties when Bathing or dressing yourself?			
Physical health problems domain:				
1.	Cut down the amount of time you spent on work or other activities			
2.	Accomplished less than you would like			
3.	Were limited in the kind of work or other activities			
4.	Had difficulty performing the work or other activities (for example, it took extra effort)			
Emotional health problems domain:				
1.	Cut down the amount of time you spent on work or other activities			
2.	Accomplished less than you would like			
3.	Didn't do work or other activities as carefully as usual			

Social activities domain:

1.	During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?			
2.	During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?			

Pain domain:

1.	Have you had bodily pain?			
2.	During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?			

Energy and Emotion domain:

1.	Did you feel full of pep?			
2.	Have you been a very nervous person?			
3.	Have you felt so down in the dumps that nothing could cheer you up?			
4.	Have you felt calm and peaceful?			
5.	Did you have a lot of energy?			
6.	Have you felt downhearted and blue?			
7.	Did you feel worn out?			
8.	Have you been a happy person?			
9.	Did you feel tired?			

التباين بين الجنسين في ممارسة التمارين الرياضية ونوعية الحياة بين طلاب العلوم الصحية

الجزء الاول: البيانات الديموغرافية:

ان هذه الاستبانة تتضمن متغيرات حول تقييم القلق بين الحوامل في بابل. يضمن الباحث ان جميع بياناتك ستبقى سرية و سيتم استخدامها لغرض البحث فقط.

- العمر سنة
- الجنس : ذكر انثى
- الكلية
- المرحلة:
- الحالة الزوجية:
متزوج منفصل ارمل اعزب

- الحالة الاجتماعية-الاقتصادية: يكفي يكفي الى حد ما غير كافي
- العنوان: ريف مدينة
- الوزن: كغم المتر

الجزء الثاني: التمارين البدنية:

- هل مارست التمارين البدنية سابقا: نعم كلا
- في حال الاجابة بنعم: اين كنت تمارس الرياضة: في البيت في صالة الرياضة
- في حال الاجابة بنعم: كم مرة في الاسبوع:
- ما نوع الرياضة:

الجزء الثالث: تقييم جودة الحياة المتعلقة بالصحة:

ت	تقييم جودة الحياة المتعلقة بالصحة:	ابداً	الاحياناً	دائماً
١.	بصورة عامة، هل ترى حالتك الصحية جيدة؟			
٢.	بالمقارنة مع العام الماضي، يمكنك القول بأن صحتك بشكل عام افضل الان؟			
٣.	يبدو انني اصاب بالمرض اسهل من الاخرين			
٤.	حالي الصحية مساوية لأي شخص اعرفه			
٥.	اتوقع ان تسوء حالي الصحية			
٦.	حالي الصحية ممتازة			
مجال الحد من الانشطة				
١.	هل تجد صعوبة اثناء اداء الانشطة الشاقة مثل: الجري، حمل الاشياء الثقيلة او مزاوله الانشطة الرياضية المجهدة جدا؟			
٢.	هل تجد صعوبة اثناء القيام بالأنشطة متوسطة الجهد، كتحريك الطاولة او التنظيف باستخدام المكنسة الكهربائية او تنظيف حديقة المنزل و العناية بها؟			
٣.	هل تجد صعوبة عند حمل المشتريات من البقالة او السوق المركزي؟			
٤.	هل تجد صعوبة عند صعود الدرج لعدة ادوار؟			
٥.	هل تجد صعوبة عند صعود الدرج لدور واحد فقط؟			
٦.	هل تجد صعوبة عند الانحناء او الركوع او السجود؟			
٧.	هل تجد صعوبة عند المشي لأكثر من كيلومتر ونصف؟			
٨.	هل تجد صعوبة عند المشي لمسافة نصف كيلو متر؟			
٩.	هل تجد صعوبة عند المشي لمسافة مئة متر؟			
١٠.	هل تجد صعوبة عند الاستحمام او ارتداء الملابس بنفسك؟			
مجال مشاكل الصحة البدنية				
١.	التقليل من الوقت الذي تقضيه في العمل او أي أنشطة اخرى؟			
٢.	التقليل مما تود انجازه من العمل او أي أنشطة اخرى؟			

			٣. تقييدك في اداء نوع معين من الاعمال او أي أنشطة اخرى؟
			٤. ان تجد صعوبة في تأدية العمل او أي أنشطة اخرى؟(على سبيل المثال، احتجت الى جهد اضافي لتأديتها)
مجال المشاكل الصحية و الأنشطة الاجتماعية			
			١. التقليل من الوقت الذي تقضيه في العمل او أي أنشطة اخرى؟
			٢. التقليل مما تود انجازه من العمل او أي أنشطة اخرى؟
			٣. عدم انجاز العمل او أي أنشطة اخرى بالحرص المعتاد؟
مجال الأنشطة النفسية/ العاطفية			
			١. خلال الأسابيع الأربعة الماضية ، إلى أي مدى تداخلت صحتك الجسدية أو مشاكلك العاطفية مع أنشطتك الاجتماعية العادية مع العائلة أو الأصدقاء أو الجيران؟
			٢. خلال الأسابيع الأربعة الماضية ، ما مقدار الوقت الذي تداخلت فيه صحتك الجسدية أو مشاكلك العاطفية مع أنشطتك الاجتماعية (مثل زيارة الأصدقاء والأقارب وما إلى ذلك)؟
مجال الألم			
			١. هل لديك ألم جسمي؟
			٢. خلال الأسابيع الأربعة الماضية ، ما مدى تأثير الألم في عملك المعتاد (بما في ذلك العمل خارج المنزل والأعمال المنزلية)؟
مجال الطاقة و العاطفة			
			١. شعرت بأنك مليء بالحيوية و النشاط؟
			٢. كنت شخصا عصيبا جدا؟
			٣. شعرت بأنك في حالة اكتئاب الى درجة لم يمكن معها ادخال السرور اليك؟
			٤. شعرت بالهدوء و الطمأنينة؟
			٥. كانت لديك طاقة كبيرة؟
			٦. شعرت بالأحباط و اليأس؟
			٧. شعرت بأنك منهك (استنقذت قواك)؟
			٨. شعرت بأنك شخص سعيد؟
			٩. شعرت بالتعب؟

Appendix C

قائمة بأسماء خبراء الاستبانة:

ت	اسم الخبير	اللقب العلمي	الاختصاص	مكان العمل
1	ا.د. عبد المهدي عبد الرضا	استاذ	تمريض الصحة النفسية و العقلية	جامعة بابل / كلية التمريض
2	ا.د. نهاد الدوري	استاذ	تمريض الاطفال	جامعة بابل / كلية التمريض
3	أ.م.د. وفاء احمد	استاذ مساعد	تمريض صحة الام و الوليدا	جامعة بابل / كلية التمريض
4	د. مريم عبد الكريم	مدرس مساعد	تمريض صحة الام و الوليد	جامعة بابل / كلية التمريض
5	م.م. مها احمد	مدرس مساعد	تمريض الاطفال	جامعة بابل / كلية التمريض

الخلاصة:

معرفة وجود أي ارتباط بين الفروق بين الجنسين والتمارين الرياضية. بالإضافة إلى اكتشاف وجود علاقة بين الجنس ونوعية الحياة. المنهجية: تصميم دراسة وصفية ، عينة غير احتمالية على (٦٦٦) طالب وطالبة ، أداة الدراسة (استبانة) ، والمقابلة كأسلوب لجمع البيانات. تم استخدام البيانات التي تم تحليلها بواسطة الحزمة الإحصائية للعلوم الاجتماعية الإصدار (٢٥) من أجل تحقيق أهداف الدراسة. النتيجة: أعلى نسبة من المبحوثين راضون عن دخلهم.



جامعة بابل / كلية التمريض



التباين بين الجنسين في ممارسة التمارين الرياضية ونوعية الحياة بين طلاب العلوم الصحية

مشروع مقدم الى مجلس كلية التمريض جامعة بابل لاستيفاء جزء من متطلبات نيل درجة البكالوريوس علوم في التمريض

مقدم من قبل:

سجى جبار

سجاد عباس

سيف احمد

سارة صالح

إشراف:

م.م. زينب عبد الامير عبد الرسول