THE INFLUENCE OF PHYSICAL ACTIVITY AND SPORT ON THE HEALTH AND SUBJECTIVE WELL BEING OF SPANISH PEOPLE

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THE STUDY
THIS STUDY INVESTIGATES THE HYPOTHESIS THAT PHYSICAL ACTIVITY HAS A POSITIVE IMPACT ON IMPROVING THE INDIVIDUAL HEALTH AND WELL BEING

VERY STRONG EVIDENCE FOR THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND HEALTH IS OBSERVED IN EPIDEMIOLOGICAL AND LONGITUDINAL STUDIES

THE AIM OF THIS STUDY IS TO EXAMINE THE RELATIONSHIPS FROM THE PERSPECTIVE OF SOCIAL SCIENCES
METHODOLOGY
TO MEASURE THE INFLUENCE OF PHYSICAL ACTIVITY ON HEALTH AND SUBJECTIVE WELL-BEING, SEVERAL INDICATORS HAVE BEEN USED:

1) THE INDICATOR "PHYSICAL ACTIVITY" HAS MEASURED THE TYPE AND INTENSITY OF PHYSICAL ACTIVITY THAT IS DONE THROUGH SPORT, LEISURE TIME (WALKING) AND DAILY LIVING ACTIVITIES (SITTING, STANDING, WALKING OR DOING HEAVY WORK)

2) THE INDICATOR "PERCEIVED HEALTH" CONSISTED OF TWO QUESTIONS REGARDING THE SELF-HEALTH STATUS

3) THE INDICATOR "WELL BEING PERCEIVED" HAS BEEN EVALUATED IN CONJUNCTION WITH THE OTHER TWO DIMENSIONS, "QUALITY OF LIFE" AND "LIFE SATISFACTION" THROUGH EIGHT SCENARIOS: MONEY, HOUSING, LEISURE, WORK, HEALTH AND RELATIONS WITH PARTNER, FAMILY AND FRIENDS
THE METHODOLOGY WAS BASED ON A COMBINATION OF QUANTITATIVE AND QUALITATIVE TECHNIQUES FOR COLLECTING PRIMARY INFORMATION. THE QUANTITATIVE PHASE WAS CARRIED OUT USING A COMPUTER ASSISTED TELEPHONE INTERVIEW (CATI) ON A SAMPLE OF 2,018 RANDOMLY SELECTED SPANIARDS OF DIFFERENT AGE GROUPS. THE QUALITATIVE WORK CONSISTED OF SEVERAL GROUPS IN DIFFERENT SPANISH CITIES.
RESULTS
<table>
<thead>
<tr>
<th>WALK</th>
<th>RESULT (%)</th>
<th>SPORT</th>
<th>RESULT (%)</th>
<th>DLA</th>
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<tbody>
<tr>
<td>&lt; 30 Minutes Day</td>
<td>22%</td>
<td>No Practice</td>
<td>63%</td>
<td>Seated</td>
<td>31%</td>
</tr>
<tr>
<td>30 – 60 Minutes Day</td>
<td>40%</td>
<td>Practice</td>
<td>37%</td>
<td>Standing</td>
<td>31%</td>
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<tr>
<td>&gt; 30 Minutes Day</td>
<td>33%</td>
<td>Active Practice</td>
<td>70%</td>
<td>Walking</td>
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PHYSICAL ACTIVITY AMONG SPANISH INACTIVE LIFE
SIX OF EVERY TEN PERSONS ARE SEDENTARY, MEANING, «THEY DON’T WALK WITH MUCH FREQUENCY (OR SIMPLY NOT AT ALL), THEY DON’T PRACTICE SPORT OR ONLY DO SO IN A SPORADIC MANNER, AND THEY SPEND THE MAJORITY OF THE WORKING DAY SEATED OR STANDING, WITHOUT HAVING TO PUT FORTH GREAT EFFORT». ON THE OPPOSITE SIDE ARE THE ACTIVE PERSONS (39 PERCENT), WHO «TEND TO WALK REGULARLY, DO SPORT AT LEAST THREE TIMES A WEEK AND SPEND THEIR TIME AT WORK WALKING WITH FREQUENT TRIPS OR DOING HEAVY WORK».
In this regression we can see that the three variables together can explain 9 percent of the variability in the indicator, perceived health among the Spanish population, sport being the one that contributes most to this variation, with an importance of 62.5 percent, followed by walking or taking walks (33.7 percent), and last, with much less importance, the activity taking place in daily life, which has little influence (less than 4 percent) in the self-perception of health.
IN THE REGRESSION ANALYSIS, WHEN ALL THE VARIABLES TOGETHER ARE TAKEN INTO ACCOUNT, WE SEE THAT PHYSICAL ACTIVITY IS NOT STATISTICALLY SIGNIFICANT, SPORT BEING THE FACTOR OF GREATEST IMPORTANCE AMONG THE THREE VARIABLES WHICH MEASURE THE ACTIVE LIFESTYLE OF THE POPULATION.
CONCLUSIONS
THE RESULTS SUGGEST THAT PEOPLE WHO REGULARLY ENGAGED IN PHYSICAL ACTIVITY TEND TO VALUE THEIR HEALTH MORE POSITIVELY.

MOREOVER THE RESULTS SHOW THAT, ALONG WITH MONEY, HOUSING, LEISURE, WORK, HEALTH AND SOCIAL RELATIONSHIPS, PHYSICAL ACTIVITY INFLUENCES THE SUBJECTIVE EVALUATION OF OUR WELL BEING.
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