

P24C - The relationship between health-related behavior and life satisfaction, quality of life, psychological well-being, positive affect and spirituality among future professionals expected to support people's physical or mental health / Agnieszka Bożek (Cracow - Poland)

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Abstract

The impact of health-related behavior, including physical activity (PA), on the positive life outcomes such as life satisfaction, quality of life and well-being has already been studied among different age groups: adolescents (Omorou et al., 2015), college students (Maher et al., 2014), university students (Binkowska-Bury et al., 2010), adults and the elderly (Blacklock, Rhodes and Brown, 2007; Brown and Frankel, 1993). The results are inconsistent, although most of them indicate positive relationships of PA with such outcomes (Penedo and Dahn, 2005). However, still little is known about relationship of health-related behavior and spirituality, although the latter has been recognized as one of the four dimensions of health (Harris et al. 1999). Moreover, it seems important to find out if choosing a profession expected to support people's health is related to demonstrated health-related behavior.

The main aim of the study was to examine whether with the increase in health-related behavior, in particular the level of PA, increases the level of life satisfaction, overall quality of life, well-being, positive affect and whether health-related behavior is connected with the level of spirituality. The second objective was to examine if people preparing for professions related to the support of physical health differ in health-related behavior, especially PA, and spirituality from people who, as professionals, are going to support psychosocial dimension of health.

To test the hypothesis we used Inventory of Health-Related Behaviour (IZZ), International Physical Activity Questionnaire (IPAQ), The Satisfaction with Life Scale (SWLS), Comprehensive Quality of Life Scale – Adult (ComQol-A5), Psychological Well-Being (PWB), Positive Affect Negative Affect Scale (PANAS-X) and The Self-Report Questionnaire (to measure spirituality). The study was conducted among 554 students from five Polish universities – 295 of which studying physical health, physiotherapy or touristic and recreation and 259 of which studying psychology, pedagogy or theology, both sexes, aged from 18 to 30 ($M=21,67$; $SD=1,88$).

The results showed that general health-related behaviour is positively related to life satisfaction, overall quality of life, positive affect and spirituality in both groups of future professionals, but not with any dimension of well-being. Physical activity was positively related only to positive affect and overall quality of life. Health-related behaviour did not differentiate the two research groups, except the dimension of proper eating habits. However, the level of physical activity was significantly higher in group expected to support physical health, and the level of spirituality (both general and individual dimensions) was significantly higher in the group expected to support psychosocial dimension of health.

The research indicates the importance of moulding health-related behaviour among people whose occupations are related to the support of people's health

Key Words

health-related behaviour, physical activity, life satisfaction, quality of life, well-being, spirituality

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