

Physical Activity Level and its Relationship to Mental Health Level among Students at Northern Borders University

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Abstract

This study aimed to investigate the relationship between physical activity levels and mental health among students at Northern Borders University, along with examining variations based on gender, academic year, and college. A descriptive survey method designed, the researcher utilized the Physical Activity & Mental Health Questionnaire (PAMHQ), which assessed two main dimensions: physical activity (including basic activity, practiced physical activity, and health awareness) and mental health (covering stress and anxiety, general mental health, and happiness and optimism). The PAMHQ was administered to 375 students across various colleges. Analytical methods employed included Pearson correlation coefficient, independent t-test, and one-way ANOVA. Results showed a low level of physical activity in general; basic physical activity was average, while practiced activity and health awareness were low. Similarly, overall, the level of mental health was low; stress and anxiety were rated as low, and general mental health rated as low too, whereas happiness and optimism were assessed as average. The study also revealed a positive correlation between physical activity level and the level of mental health. However, statistical analyses revealed no significant differences in physical activity or mental health among students based on gender, academic year, or college. The researcher recommended that university leaders promote sports and physical activities, integrating them into the curriculum to enhance students' mental well-being.

Keywords

Physical activity; mental health, practiced; awareness; stress; anxiety; happiness; optimism.