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Zamri, F., Raman, M.

A study on relationship between physical activity, mental health and academic performance among University of Cyberjaya students

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Department of Pharmaceutical Sciences, Faculty of Pharmacy, University of Cyberjaya, Cyberjaya, Selangor, Malaysia

Abstract

There is a growing concern regarding physical activity, mental health and academic performance among college students worldwide. Studies have shown that students' involvement in physical activity may influence their mental health and academic performance. In addition, more participation in physical activity can lead to better mental health and academic performance among students. This study was designed to identify the association between physical activity and academic performance among University of Cyberjaya (UoC) pharmacy students. This study also to assess the association between physical activity and mental health among UoC pharmacy students. Not only that, this study also aims to determine the association between mental health and academic performance among UoC pharmacy students. A guided self-administered questionnaire was used to determine the level of physical activity, severity of depression, anxiety and stress and including Cumulative Grade Point Average (CGPA) of the pharmacy students. The questionnaire is consisting of 3 parts; demographic data, level of physical activity and severity of depression, anxiety and stress. This study involved 316 respondents from Bachelor of Pharmacy (BPharm) course of UoC. The respondents who participated were mostly females (76.3%). This study found that there is no significant association between level of physical activity and CGPA. Moreover, there was a significant association between physical activity and severity of depression, anxiety and stress ($p < 0.05$). This study also found that there was a significant association between severity of depression, anxiety and stress with CGPA. This concluded that UoC pharmacy students had a good level of physical activity and mental health including CGPA. Further similar study can be done by involving pharmacy students from different universities, to provide an overall picture of Malaysian pharmacy students regarding relationship between physical activity, mental health and academic performance. © 2020, Advanced Scientific Research. All rights reserved.

Author Keywords

Academic performance; Mental health; Physical activity

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Correspondence Address

Raman M.; Department of Pharmaceutical Sciences, Malaysia; email: alaganmathi19@yahoo.com

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