

6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Physical activity level and quality of life among white-collar workers in Istanbul, Turkey

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The goal of this descriptive research is to determine the level of physical activity and quality of life among office workers. All the staff (n=420) of a center from a public institution's Istanbul branch were invited to the study. Of those 300 accepted to take the survey. The data of the survey were gathered through the "Personal Information Form", "International Physical Activity Questionnaire Short Form (IPAQ)" and "Short Form-36 (SF-36)". The analysis of the data was performed with the SPSS for Windows. The descriptive characteristics of participants analyzed with the percentages. Women constituted 50.7% of the participants (49.3% men). The overall average age was 33.4±6.76 and 53.4% of participants were married. 65.7% of those taking the survey said they spent more than 5 hours sitting in office desk. According to IPAQ, 78.5% had not performed vigorous exercise within the last 7 days, while 74.6% did not perform medium-intensity exercise, and 55.3% had not performed moderate-intensity exercise. 49.0% of them walked at least for 10 minutes seven times a week. The rate of walking an hour a day was 39.0%. The mean SF-36 scores were found 50.7±18.9 for vitality, 56.9±20.2 for body pain, 81.4±22.6 for physical functioning, 9.5±7.6 for general health perceptions, 72.9±38.3 for physical role functioning, 60.4±44.7 for emotional role functioning and 59.4±17.9 for mental health. In order to increase physical activity levels, necessary supportive environment and other motivational factors should be provided. Therefore, the importance of the awareness raising programs on health promotion and behavior modification initiatives was highlighted.

Biography

Saliha Yurtçiçek is a PhD student at Istanbul University, Florence Nightingale Nursing Faculty. She is also working as a Research Assistant at the same university, Department of Women Health and Diseases Nursing since March 2015.

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