

번호: PO-EP-006				
제 목	한 농촌 지역 주민들의 운동 실천과 PWI-SF로 측정된 스트레스 정도와의 관련성 연구 The relationship of leisure time activities with perceived stress assessed by PWI-SF in the population of a rural area, Yang-Pyeong, Korea			
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<p>Objectives: The level of leisure-time physical activity and perceived stress for residents in a rural community was identified and then the relationship between these factors was examined.</p> <p>Methods: The study sample was 546 residents in Yang-Pyeong. Their demographic characteristics, disease history, life style, anthropometrics, leisure time physical activity, and perceived stress assessed by PWI-SF were collected. The difference of characteristics by activity groups was analyzed by ANOVA and t-test, and the difference of total PWI-SF scores by activity groups after adjusting for other variables was tested by the general linear model.</p> <p>Results: About 40% of subjects had regular leisure time physical activity. The type of physical activity between men and women was different; a heavy activity for male (25.3%) and a moderate activity for female (23.6%) consisted of higher proportion than other types of activities. The high proportion of subjects had less than 30 minutes of time for physical activity (20.6% for male, 22.7% for female). The mean of total PWI-SF scores was significantly higher in female (20.1) than in male (16.1). The higher intensity of physical activity was related to lower mean of total PWI-SF scores. Regarding the time for physical activity, subjects with activity for 30 minutes to one hour had the lowest mean of total PWI-SF scores. After adjusting for covariates, total PWI-SF scores were significantly decreased with intensity and with time for physical activity.</p> <p>Conclusion: Leisure-time physical activity has a decreased effect on perceived stress in the population of a rural area.</p>				