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# **The Influencing Factor of Physical Activity Among Wellness Students' Year 3 Universiti Malaysia Kelantan, Kampus Kota**

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## **ABSTRACT**

*Physical activity would be a better method for university students to have a healthy lifestyle. The students as a separation from energetic lifestyle behaviors as well as reduce in physical activity behaviour during in the university stage and the common issue was a lack of time to perform the physical activities. The purpose of this study is to examine the factors that influence physical activity among year 3 students of Universiti Malaysia Kelantan, Kampus Kota. The researchers used a quantitative technique and questionnaires by Google Forms to conduct this survey. Statistical Package Social Science (SPSS) version 26.0 was used as a tool for analysing the data. The findings showed that the most influencing factor was individual factor, followed by family factor and the lowest correlation was university facilities factor. Physical activity through sports and games provided opportunities to build a sport-loving culture, for stress release and the hunt of a healthy lifestyle.*

**Keywords:** *Factor Influence, Physical Activity, Family, University Facilities, Individual*

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## **INTRODUCTION**

Physical activity is defined as the body motion caused by the voluntary muscles that need more energy. The phrase “physical activity” should not be related to “exercise”. Physical activity is known as the leading category. Meanwhile exercise is known as a sub-category for physical activity that has been structure. Physical activity includes in any activity that requires body movement, such as house cores, working and other activity (Rajappan et al., 2015). A survey has conduct by the Ministry of Health Malaysia on physical activity through the National Health and Morbidity Surveys. The latest report from National Health and Morbidity Surveys (NHMS) in 2019 shows that 74.9% of Malaysian adults are active in physical activities, the percentage is higher compared to 3 previous year which is on 2006 (56.3%), 2011 (64.8%) and 2015 (66.5%). Moreover, in Malaysia almost 1.7 million people who currently face three (3) main health problems which is high fat, high hypertension, and diabetes (Khoo et al., 2020).

Regular physical activity is vital for a person because the person could have a healthy lifestyle. This has been proved that it aids in the management of non - communicable disease (NCDs) such as pre-diabetes stroke, and heart problem and certain cancers (Abdullah et al., 2021). Physical activity could help a person to maintain they body weight and avoid from being hypertension whereby increase the quality of life of an individual. Therefore, the primary goal of this study is to discover the factor influences of physical activity among students from year 3 Universiti Malaysia Kelantan, Kampus Kota. There are three research objectives for this study:

1. To investigate the relationship between family factor and physical activity
2. To investigate the relationship between university facilities and physical activity
3. To investigate the relationship between individual factors and physical activity

## **Significance of the Study**

### **Physical Activity**

This study covered the significant factors of physical activity among students. There was a strong correlation between body exercise and cardiovascular and also respiratory health, but 150 minutes of moderate or intense exercise per week resulted in a significant risk reduction. Physical activity reduced the risk of affected well-being while it also created and maintained strong bones and muscles, weight control, fear, and depression, and promoted health and a good health.

### **Students**

Students need to emphasize physical activity especially for living a healthy lifestyle in the future. Hence, this study would help the students to realize that physical activity is important for them where it would help them to prevent from the unhealthy lifestyle. Students always need to be involved in physical activity and ensure the community to interest the students participating in doing physical activity to get a healthy lifestyle. Physical activity helps students prevent from illness, increase their immune system and be active in daily lifestyle.

### **Future Researchers**

This study can help future researchers to improve the understanding of the variables that impact physical exercise among students from the aspect of families, university facilities, and individual factors. The students would understand the important of the physical activity to their lifestyle. Besides, this study would be helpful for the students who are not interest in physical activity to gain knowledge which would help them to take physical activity as essential for them.

## **LITERATURE REVIEW**

### **Family**

Parents should understand the reasons why they join in physical activity at university or school. Parents can be role models to their children when they participate in physical activity. In previous research, researchers found that most of the students who performed the best physical activities were from the family with an active background in physical activity like sports. Parents would be main reason for deciding and arranging daily activities for their children. Moreover, parents can support their children by bringing them outside on weekends to do some physical exercise like walking, cycling and more. It would be an enjoyable moment for them.

According to Rachele et al., (2016), children's physical activity increases when their family members join together in physical activities. Moreover, parents can also guide their children by indirectly whereby it might be moderate based on the personal attitudes of the children towards the physical activity. The family should be more supportive and become the role models to their children who get involved in physical activity so that, they can improve the quality of life and inspire them to be active in physical activity and avoid from doing negative activities. Some children are interested to join physical activity with family support. Meanwhile, some children have interested, but their parents do not encourage them to join physical activity.

### **University Facilities**

According to Abdul & Kutty. (2017), the university environment offers far more benefits and chances for students to increase their physical activity. However, unlike primary and secondary schools, university students frequently overlook opportunities to use accessible university facilities efficiently due to a lack of an effective structure for physical health and educational

publicity. A recreational facility is defined as any facility that allows a person to engage in at least one physical activity, such as weightlifting or yoga. To prevent students from being physically inactive, university facilities are critical. University students' physical activity characteristics may be affected by the characteristics of equipment and materials, especially the arrangement of entertainment and physical activity facilities. Even though universities provide facilities, some students do not use them to their full potential (Abdullah et al., 2016).

Physical activity tools are commonly just accessible in major university sports facilities, making these accommodations essential to university students' participation in sports. Over that time, college students judged the free time infrastructure, which contains load rooms, cardiac gym equipment, and pools, as essential amenities and facilities when deciding whether the university to participate (Shaikh et al., 2018). According to Wilson et al, (2020) study, there are differences in how college students use campus recreation facilities, which mirror differences in physical activity levels. Due to the negotiation of gender roles, women's relationships with physical activity are complicated, as attributes fostered by physical activity, such as competitiveness and strength are at odds with stereotyped feminine values.

### **Individual**

Effects were seen in groups of boys and girls, men and women, and senior male and female participants. It's important to remember that contributions reported at the group level may not entirely apply to every group member. Little is known about the uniqueness of responses to long-term regular exercise, chronic sedentarism, or variations in habitual physical activity levels with age. Indeed, most of the evidence has come from controlled exercise trials in which people were subjected to regular exercise of a particular style, intensity, frequency, and duration for weeks or months at a time. The most evident distinction is physical activity that include manual dexterity may differ significantly and in some circumstances such as physical body and health. Physical activities are important for health improvement. Physical activity has been strongly associated with both physical and mental health throughout this period (Abdullah et al., 2016).

We all know that leading a sedentary lifestyle increases the risk of various ailments that affect both men and women as they age. It's even linked to a higher chance of dying young. On the other hand, regular physical exercise in various situations is regarded as a habit that has positive effects on a wide range of health outcomes. The epidemiological, experimental, and clinical data regarding sedentarism's negative impacts and the benefits of a physically active lifestyle will not be discussed here. Positive relationships of physical activity have been found with intention, self-efficacy, perceived advantages of physical activity, and excellent health status. In contrast, negative associations have been found with perceived obstacles to physical activity older age, and female status. Moreover, income disparity, such as income distribution as well as racial discrimination, might have had an impact on the continuous physical motion.

### **Physical Activity**

Physical activity is defined as targeted and consistent motor activity. This function aims to improve one's physical condition, functional state, and overall health. Physical activity is a unique type of human functioning and manifests a person's physical culture (Leifa et al., 2017). Physical activity is widely recognized as necessary in adolescent people's growth and the maintenance of body lifestyle (Saez et al., 2021). On a physical, psychological, aesthetic, and social level, there is currently good research that illustrates the various benefits connected with regular participation in sporting events or physical activity. Daily exercise has also been shown to reduce the risk of fragmentation and bone disorders, decrease the risk of chronic disease, decrease the occurrence of mood and anxiety disorders, and improve health. Roberts et al.,

(2015) found that young people entering university are more likely to have both the time and the opportunity to engage in regular physical activity and exercise.

Physical activity is vital for people of all ages, particularly teenagers and young adults, to maintain good health and avoid chronic diseases. Physical inactivity has been linked to poor cardiovascular and metabolic health, type 2 diabetes, a variety of cancers and increases the level of obesity rates (Li et al., 2016). According to World Health Organization statistics, about 70% of university students don't participate in regular exercise in their leisure time. In addition, high levels of inactivity persist after graduation, raising concerns that university students will become obese in the future. According to Wilson et al., (2020), examined that physical activity disparities have been well documented and are a source of public concern, given the link between physical activity and a reduced risk of various negative physical and mental health consequences.

Apart from that, Abdullah et al., (2021) state that physical activity is essential for maintaining one's health and preventing harmful diseases such as cardiovascular disease, high blood pressure, diabetes, and other ailments. Furthermore, regular physical activity will help a person fight several physical and mental health ailments and conditions. This demonstrates that physical activity at university will improve a student's physical and emotional well-being. According to Wang et al., (2015), a few researchers have associated, teenage physical activity to support from parents, such as inspiring their children to be more physically healthy, observing their own children physical activity and involved in their adolescents' activities.

### Research Hypothesis

The hypothesis for this research is to see if there are any significant difference between the independent variable and dependent variable:

- H1 There is a significant relationship between family factors that influence physical activity among Year 3 students in Universiti Malaysia Kelantan, Kampus Kota.
- H2 There is a significant relationship between university facilities factors and factors influencing physical activity among Year 3 students in Universiti Malaysia Kelantan, Kampus Kota.
- H3 There is a significant relationship between individual factors that influence physical activity among Year 3 students in Universiti Malaysia Kelantan, Kampus Kota.

### Research Framework

Figure 1 shows the research framework of this study:

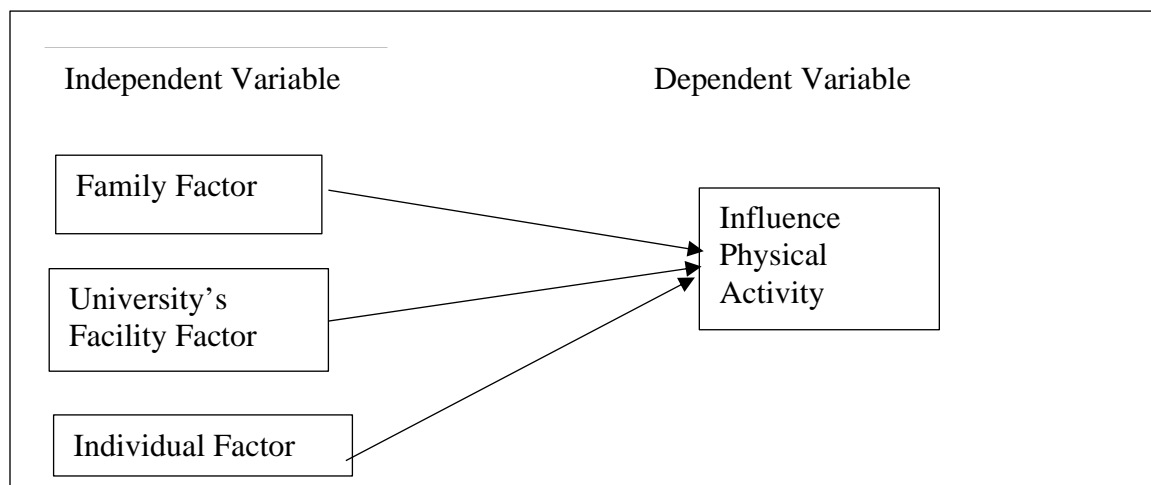


Figure 1: Research Framework

## **METHODOLOGY**

### **Research Design**

Research design is a part of plan that will identify the method and procedure for collecting data and analysis the data for this study. In short, it is known as a framework for the research plan. A quantitative technique and questionnaires by Google Forms will be used to conduct a survey. As a result, the sample will put to the test by selecting a location as a sample which will include the university students who studying in Universiti Malaysia Kelantan, Kampus Kota. Students will be choosing as representatives to give feedback towards factor that influence physical activity among student year 3 Universiti Malaysia Kelantan, Kampus Kota.

### **Data Collection**

The knowledge for this study was obtained from primary sources. Primary data are data collected effectively from primary sources by research groups have used questionnaires. The questionnaire used in this study was created using Google Forms. The questionnaire was applied to collect information regarding the influencing factors of student in year 3 in the wellness faculty at Universiti Malaysia Kelantan, Kampus Kota. The factors were family, university facilities and individual.

### **Sampling**

The researcher used the non-probability technique because samples were not chosen at random. The researchers used Krejcie and Morgan's (1970) formula to evaluate sample group to provide an accurate and relevant sample for this study. The respondents consisted of 161 wellness students who were selected from Faculty Hospitality, Tourism and Wellness of Universiti Malaysia Kelantan (FHPK). The researcher chooses third-year Wellness students because they had a broad knowledge related with health and wellness.

$$s = \frac{x^2 N_p (1 - P)}{e^2 (N - 1) + x^2 p (1 - p)}$$

n = sample size

N = population size

e = the degree of accuracy expressed as proportion (0.05)

x<sup>2</sup> = chi-square of degree of freedom 1 and confidence 95% (3.841)

p = proportion of population (if unknown, 0.5)

### **Data Analysis**

Data analysis is known as an evaluating method of assessing records by applying statistical, logical, and analytical. Statistical Package Social Science (SPSS) is used for analysing the data. The SPSS software would be helpful for the researcher to determine an excellent statistical technique to be used. The SPSS data will explain statistics such as cumulative percentage and valid percentage. Researchers used SPSS programmed version 26.0 version to create tables for data entry and analysis. The researcher collected the data from the industry research data gathering as well as performed descriptive analysis, reliability analysis, and correlation analysis.

## FINDINGS

### Result of Frequency Analysis

The distribution of the respondents in terms of their background characteristics was analyzed using descriptive statistics involving frequency and percentage. Table 1 show the result of the frequency analysis:

Table 13: Frequency Analysis

Characteristics	Frequency (N)	Percentage (%)
<b>Gender</b>		
Male	29	24.6
Female	89	75.4
<b>Age</b>		
18-20 years	3	2.5
21-23 years	108	91.5
24-26 years	7	5.9
<b>Marital Status</b>		
Single	114	96.6
Married	4	3.4
<b>Race</b>		
Malay	106	89.9
Indian	9	7.6
Others	3	2.5
<b>Religion</b>		
Muslim	105	89
Hindu	10	8.5
Others	3	2.5
<b>Active Physically in a Week</b>		
1-2 days	64	54.3
3-4 days	43	36.4
5-6 days	8	6.8
7 days	3	2.5
<b>Most Physical Activity</b>		
Jogging	26	22
Walking	51	43.2
Aerobic	5	4.2
Bicycling	19	16.1
Others	17	14.4
<b>Place Prefer</b>		
Gym	2	1.7
House	54	45.8
University	11	9.3
Public Parks	37	31.4
Others	14	11.9

Table 1 shows the frequency analysis of the respondents. Out of 118 respondents, most of the respondents were females, which accounted for 89 (75.4%) of the total sample. Meanwhile, in terms of age, 18 to 20 years old was 3 (2.5%), 21 to 23 years old were 108 (91.5%) and 24 to 26 years old were 7 (5.9%). As for their marital status, 114 (96.6%) were single and 4 (3.4%) were married. In term of race, 106 (89.9%) were Malay, 9 (7.6%) were Indian and 3 (2.5%) were others. Next, in term of religion, it was revealed that most of the respondents were Muslim

105 (89.0%) while 10 (8.5%) were Hindu and 3 (2.5%) were others. In terms of active physically, 64 (54.3%) were physically active in 1-2 days, 43 (36.4%) were active in 3-4 days, 8 (6.8%) of respondents were active in 5-6 days and 3 (2.5%) respondents in 7 days. The analysis of respondents for the most physical activities done, it was indicated that 26 (22.0%) were jogging and 51 (43.2%) were walking. This was followed by 5 (4.2%) going for aerobic, meanwhile 19 (16.1%) respondents did the cycling activities and 17 (14.4%) going for others physical activities. As for the place preferred, 2 (1.7%) preferred to go to the gym, 54 (45.8%) preferred the house and 11 (9.3%) preferred to go to university. 37 (31.4%) respondents preferred public parks and 14 (11.9%) preferred other places.

### Result of Descriptive Analysis

The mean score and standard deviation of the factors are shown in table 2. The factors can be considered low if the mean score is from 1.00 to 1.99 and high if the mean score is from 2.00 to 4.00. Table 2 shows the descriptive analysis of the independent variable for family factor, university facilities factor and individual factor and the dependent variable for physical activity:

Table 14: Descriptive Analysis

<b>Variables</b>	<b>Items</b>	<b>Mean Score (M)</b>	<b>Standard Deviation (SD)</b>
<b>Family Factor</b>	My family members always do exercise with me.	4.09	0.887
	My family members give me a lot of support to get involves in any physical activity.	4.25	0.896
	My family members try to do exercise with me.	4.19	0.857
	My family members always remind me regards my activities.	3.86	1.029
	My family members are my role model.	4.19	0.847
	My family members always plan activity with me.	4.23	0.861
	My family member guides me because they have experience	4.19	0.847
	My family member talk about how much they love to physical activity.	4.10	0.861
<b>University Facilities Factor</b>	You feel easy to obtain the necessary facilities from the university to do activity.	4.12	0.944
	You feel satisfied with the environment of universities to do exercise.	4.19	0.870
	The venue and exercise facilities are nearby with your university	4.02	0.924
	You feel there is limited availability of space to do exercise.	4.19	0.819
	The sport facilities provided by university are safe to use.	4.05	0.950
	There facilities are in good condition.	4.19	0.886
	There are enough facilities are provided by the university.	4.12	0.849
You feel satisfied with facilities that provided by the university.	4.19	0.899	
<b>Individual Factor</b>	You have enough time to do activity.	4.14	0.933
	You feel tired from doing physical activity.	4.25	0.784
	The weather bothers you from doing activities.	4.07	0.894



	You feel bored to do physical activity.	4.14	0.899
	You do not like to do any kind of physical activity.	4.05	0.804
	You have a good environment to do activities.	4.21	0.866
	You have a good motivation to do physical activities.	4.11	0.932
	You feel comfortable to do physical activity alone.	4.11	0.835
<b>Physical Activity</b>	I think that I am able to do physical activity every day.	4.09	0.887
	I think physical activity helps to increase personality while reducing emotional stress.	4.19	0.840
	I think I am able spend more time doing physical activity every week.	4.10	0.861
	I think I am able to follow a healthy lifestyle by doing physical activity.	4.24	0.854
	I think physical activity can gives a lot of benefits.	4.25	0.896
	I think physical activity would help to focus more on my study.	4.19	0.857
	I like am to do physical activity at home during leisure time.	4.11	0.913
	I think physical activity can have a stimulating effect on my energy balance and body composition.	4.23	0.851

Table 2 shows the mean and standard deviation for twenty-four statements under three independent variables and eight statements under the dependent variable based on the survey involving 118 respondents. The results in table 2 above shows that item of family factor 2 (My family members give me a lot of support to get involves in any physical activity) has the highest mean score ( $M = 4.25$ ,  $SD = 0.896$ ). Meanwhile item of family factor 4 (My family members always remind me regards my activities) showed the lowest mean score ( $M = 3.86$ ,  $SD = 1.029$ ). As for the item of university facilities, factor 2 (You feel satisfied with the environment of universities to do exercise) had the highest mean score ( $M = 4.19$ ,  $SD = 0.870$ ). Meanwhile, the item of university facilities factors 3 (The venue and exercise facilities are nearby with your university) showed the lowest mean score ( $M = 4.02$ ,  $SD = 0.924$ ). Furthermore, the item for individual factor 6 (You feel tired to do physical activity) revealed the highest mean score ( $M = 4.25$ ,  $SD = 0.784$ ). Meanwhile, the item of individual factor 5 (You do not like to do any physical activity) scored the lowest mean score ( $M = 4.05$ ,  $SD = 0.804$ ). Next, the item for physical activity 5 (I think physical activity can give a lot of benefits) indicated the highest mean score ( $M = 4.25$ ,  $SD = 0.896$ ). Meanwhile the item for physical activity 1 (I think that I am able to do physical activity every day) recorded the lowest mean score ( $M = 4.09$ ,  $SD = 0.887$ ).

### Result of Reliability Analysis

Table 3 shows the results of the reliability analysis of this research.

Table 15: Reliability Analysis

Variable	Number of items	Cronbach's Alpha
<b>Physical Activity</b>	8	0.789
<b>Family Factor</b>	8	0.736
<b>University Facilities Factor</b>	8	0.713
<b>Individual Factor</b>	8	0.718

Table 3 shows the reliability analysis for the dependent variable physical activity with high Cronbach's Alpha values of 0.789 with eight questions. Moreover, the first independent variable is family factor with eight questions showing Cronbach's Alpha value of 0.736. The university facilities factor was the second independent variable with eight questionnaire question where the Cronbach's Alpha result is 0.713. The last independent variable was an individual factor with eight questions with Cronbach's Alpha result 0.718.

### Result of Pearson Correlation Analysis

Table 4 shows the result of the correlation analysis of this research.

Table 16: Pearson Correlation Analysis

Hypothesis	P-Value	Result (Supported/Not Supported)
<b>H1: There is a significant relationship between family factors that influence physical activity among Year 3 students in Universiti Malaysia Kelantan, Kampus Kota</b>	0.000	H1 is supported
<b>H2: There is a significant relationship between university facilities factors influencing physical activity among Year 3 students in Universiti Malaysia Kelantan, Kampus Kota.</b>	0.000	H2 is supported
<b>H3: There is a significant relationship between individual factors that influence physical activity among Year 3 students in Universiti Malaysia Kelantan, Kampus Kota</b>	0.000	H3 is supported

According to Table 4 the p-value for hypothesis 1 was below 0.05 and the p value was recorded under 0.05. Thus, alternative hypothesis was accepted, and the null hypothesis was refused. The intensity of the relationship between the family factor and physical strength was strong. Hypothesis 2 shows that the significant value was below 0.05 and the p-value was above 0.05. Therefore, the alternative hypothesis was accepted, and the null hypothesis was rejected. The intensity of relationship between the university facilities factors and physical activity was strong. The significant value of hypothesis 3 is above 0.05 and the p-value is below 0.05. Thus, the null hypothesis was rejected, and the alternative hypothesis was accepted. The relationship between individual factors and physical activity was strong.

### DISCUSSION AND RECOMMENDATION

The research study aims to determine the relationship between family, university facilities and individual factors that influence physical activity among 3rd- year Wellness students of Universiti Malaysia Kelantan (UMK), Kampus Kota. The result of the data shows a significant relationship between the independent variables which are family, university facilities and individual factors and the dependent variable, which is physical activity. The result of data shows that there is a significant relationship between the independent. Correspondingly, the previous research also shows a connection between family factor, universities facilities factor and individual factor with physical activity. In addition, individual factors have the strongest correlation compared to family factor and university facilities based on the values of Pearson

Correlation, which is followed by family factor and universities facilities factor which is represented by the correlation ( $0.925 > 0.869 > 0.864$ ).

Furthermore, future investigation into the technique through which researchers respond to questionnaires is suggested. This can make a good outcome even better in the future. Before the researcher can acquire promising survey findings, the respondents must complete the questionnaires. Furthermore, this survey simplifies things because the researcher only needs to provide the questionnaire to the respondents. This survey method can be improved to make it more accurate and practical. The questionnaire should then be made more straightforward and easier to interpret. This is because respondents never read or comprehended the questionnaire before answering it. So, if the questionnaire is simpler and shorter, the respondent will save time. Because of the positive response from the respondent, the outcome may be more successful.

## **CONCLUSION**

This research is about the factor influencing physical activity among Wellness student in Year 3 Universiti Malaysia Kelantan, Kampus Kota. The family factor, university facilities factor and individual factor were to be the independent variables. These variables influenced the dependent variable which was physical activity. There were 118 respondents involved in this research. Each of the respondents is Year 3 Wellness students. The results were analyzed using the Statistical Package Social Science (SPSS) programme version 26.0 computer software. The recapitulation of the findings showed the strongest correlation would be the individual factor, followed by the family factor and the lowest correlation will be the university facilities factors ( $0.925 > 0.869 > 0.864$ ). It also showed the p value of three independent variables is 0.000. A few research articles in this part make the result more reliable and robust. All the hypotheses H1, H2 and H3 stated are accepted.

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