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Yuan Shang
Zhenzhou University

Zhendong Zhang
Zhenzhou University

Ying Zhang
Zhenzhou University

Yonghuan Chen
Zhenzhou University

Hangqi Zhang
Zhenzhou University

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Study on the Influencing Factors of College Students' Physical Health

Abstract

The purpose of this paper was to analyze the changes of college students' physical health and the relevant influencing factors, and provide the basis for the school to formulate reasonable measures to improve students' physical health. A total of 13052 undergraduate students (including 6852 male and 6173 female) from the city of Zhengzhou in Henan province were recruited for the purpose of the study. Mathematical statistics, literature review, questionnaire investigation, and logic analysis were adopted. In terms of body shape, BMI index of both male and female undergraduates increased, and the T test of BMI index showed significant difference ($P < 0.01$). In terms of physical fitness, the lung capacity ($M=4028.81 > 3985.10$, $T=3.625$, $P < 0.01$) and the standing long jump ($M=226.05 > 217.80$, $T=22.054$, $P < 0.01$) were significantly decreased. The test scores of 50 meters, pull-up, standing long jump, 1000 meters and sitting forward bending were improved to different degrees. Girls showed significant improvement in all indexes except 50m ($M=9.386 > 8.071$, $T=63.067$, $P=0.832 > 0.01$). Only 7.51% of students pay much attention to their physical quality. The importance of physical quality is directly proportional to the frequency of exercise. 67.72% of students exercise for less than 30 minutes. The phenomenon of staying up late and being addicted to the Internet is very common. 1.64% of students never stay up late and 45.63% stay up late for online entertainment. Students and departments pay insufficient attention to physical health testing. Only 6.1% of the students read the test rules carefully before taking the test, and only 10.09% of the students said their department would urge students to learn the rules. It is likely that the subjective factors such as attitude, exercise habit, exercise frequency and daily work and rest jointly determine the physical fitness level of college students. The intensity of physical education courses, the ratio of sports facilities, the attitude of each department to physical testing and the rationality of physical health testing affect the development of students' physical health level. We suggest putting forward from the aspects of innovating campus sports culture atmosphere, help students establish correct health cognition and exercise habits, enhance the educational function of campus sports classes and facilities, and perfect the management system of physical health test in colleges and universities.

Study on the Influencing Factors of College Students' Physical Health

Yuan Shang^a, Zhendong Zhang^a, Ying Zhang^a, Yonghuan Chen^a, and Hangqi Zhang^a
^aZhenzhou University

Abstract

The purpose of this paper was to analyze the changes of college students' physical health and the relevant influencing factors, and provide the basis for the school to formulate reasonable measures to improve students' physical health. A total of 13052 undergraduate students (including 6852 male and 6173 female) from the city of Zhengzhou in Henan province were recruited for the purpose of the study. Mathematical statistics, literature review, questionnaire investigation, and logic analysis were adopted. In terms of body shape, BMI index of both male and female undergraduates increased, and the T test of BMI index showed significant difference ($P < 0.01$). In terms of physical fitness, the lung capacity ($M=4028.81 > 3985.10$, $T = 3.625$, $P < 0.01$) and the standing long jump ($M=226.05 > 217.80$, $T = 22.054$, $P < 0.01$) were significantly decreased. The test scores of 50 meters, pull-up, standing long jump, 1000 meters and sitting forward bending were improved to different degrees. Girls showed significant improvement in all indexes except 50m ($M=9.386 > 8.071$, $T = 63.067$, $P = 0.832 > 0.01$). Only 7.51% of students pay much attention to their physical quality. The importance of physical quality is directly proportional to the frequency of exercise. 67.72% of students exercise for less than 30 minutes. The phenomenon of staying up late and being addicted to the Internet is very common. 1.64% of students never stay up late and 45.63% stay up late for online entertainment. Students and departments pay insufficient attention to physical health testing. Only 6.1% of the students read the test rules carefully before taking the test, and only 10.09% of the students said their department would urge students to learn the rules. It is likely that the subjective factors such as attitude, exercise habit, exercise frequency and daily work and rest jointly determine the physical fitness level of college students. The intensity of physical education courses, the ratio of sports facilities, the attitude of each department to physical testing and the rationality of physical health testing affect the development of students' physical health level. We suggest putting forward from the aspects of innovating campus sports culture atmosphere, help students establish correct health cognition and exercise habits, enhance the educational function of campus sports classes and facilities, and perfect the management system of physical health test in colleges and universities.

Keywords: physical health, BMI, physical fitness, attitude, exercise habit