THE ASSOCIATION OF BODY SHAPE, COMPUTER-USING TIME AND PHYSICAL ACTIVITY AMONG COLLEGE STUDENTS IN TAIWAN

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Background and Aims: The utilization of computer and internet has become widespread among college students in Taiwan. Previous articles found that the degree of internet addiction of male college students had a significant negative correlation with the physical activity mass. The purpose of this study was to explore the computer-using time and physical activity of college students, and to determine whether gender and body shape were associated with computer-using time and physical activity among college students in Taiwan.
Methods: A cross sectional survey was conducted and the subjects were chosen from one college in central Taiwan by cluster sampling. The instrument to evaluate the physical activity in this study was Bouchard's 3-day Physical Activity Log. An anonymous closed end self-report questionnaire was designed and the data collected from the questionnaire was analyzed with statistical methods.
Results: 260 male and 830 female students with mean age of 19.29±1.02 years were investigated. The mean BMI was 20.91±3.21 and the mean calorie expenditure was 2334±722 Kcal for weekday and 2315±758 Kcal for weekend. The percentage for overweight was 11.9% of male and 6.7% of female students, and obesity rate was 11.5% of boys and 3.4% of girls, in the meantime the weekday and weekend computer-using time of boys(149 and 197 minutes per day) were higher than girls(113 and 141 minutes per day). The findings indicated that the weekday computer-using time of students with obesity were higher than students with underweight and the weekend computer-using time of students with overweight were higher than students with underweight.
Conclusions: The findings of this research showed that the less time students spent in computer, the more physical active they were. The study may be important in providing health educator with a better understanding of how to promote college students to be more physical active in campus.
References:

Kwan MYW, Bray SR, and Martin Ginis KA. Predicting Physical Activity of First-Year University Students: An Application of the Theory of Planned Behavior. Journal of American College Health 2009;58(1):45-55.