

# 20<sup>TH</sup> WORLD NURSING EDUCATION CONFERENCE

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## **A cross-sectional study: To investigate the relationship between physical activity and barriers among tertiary education students in Hong Kong**

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Tertiary education students generally adopt a sedentary lifestyle though being physically active has been found to be beneficial to weight control and prevention of lifestyle-related illnesses in lifetime. It is therefore crucial to figure out the barriers impeding them from doing physical activities. To this end, the study here aimed to explore the barriers contributing to physical inactivity and examine the relationship between potential barriers and the level of physical activity in their daily life. It is a cross-sectional study conducted in January to February 2017. 126 tertiary education students were recruited by convenience to participate in the study. Eligible participants had to fill in the two self-administered questionnaires: Barriers to Being Active Quiz (BBAQ) and International Physical Activity Questionnaire (IPAQ). The researchers explain the aim, procedure and potential benefits of the study to the participants prior starting data collection. Information sheets were also given to the participants for their record. Preliminary analysis showed that lack of time, lack of willpower and social influence seems the key barriers for being physical active. The findings can be a good piece of evidence to health care professions to devise tailor-made measures to promote physical activity among this group of people.

### **Biography**

Wong Hoi Ki is final year student of Bachelor of Health Science (Hons.) Major in Nursing at Tung Wah College. The study presented is her graduation project.

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