

**Quality of life and its relationship to physical activity among university students: A cross-sectional study in Iran****Marzeyeh Soleymani Nejad, Marzeyeh Latifi and Masoumeh Ghaedi**

Shahid Beheshti University of Medical Sciences, Iran

**Q**uality Of Life (QOL) is a perception which is depends on cultural context and value system of where people live. Physical activity is one of the factors which may effects on QOL. The aim of this study is to investigate the relationship between physical activity and quality of life among university students. This cross-sectional study was done among 268 students of Shahid Beheshti University of Medical sciences (SBMU) which were selected using simple random sampling. Data were gathered using standard questionnaires of QOL and physical activity. SPSS software edition 16 and statistical tests including Pearson and Spearman correlation, independent T-test and linear regression were analyzed. The results showed that physical activity had significant relationship with QOL ( $p < 0.005$ ). Overall QOL of students was not good. QOL of boy was better than girls. Regarding the relationship between QOL and physical activity, it seems necessary to plan and implement effective interventions to improve QOL through physical activity in university students.

**Biography**

Marzeyeh Soleymani Nejad has completed her PhD from Shahid Beheshti University of Medical Sciences, Iran. She has done her PhD thesis on reducing salt intake in Iran.

msoleymani.n@gmail.com

**Notes:**