

Original Research Paper



Physical Medicine

A DESCRIPTIVE CORRELATIONAL STUDY: PERCIVED STRESS AND PHYSICAL ACTIVITY LEVEL AMONG UNIVERSITY STUDENTS IN INDIA

Shivani Verma*

Assistant Professor, Parul Institute of Physiotherapy, Parul University, Vadodara.
*Corresponding Author

Kajol Mistry

Intern, Parul Institute of Physiotherapy, Parul University , Vadodara.

ABSTRACT

Mental health issues among college students are a growing public health concern. Physical activity is global term that refers to “any bodily movement produced by skeletal muscle those results in a substantial increase over the resting energy expenditure”. It is essential to know the rising stress levels among college students so ways to combat it can be done. To find the prevalence of stress using Perceived Stress Scale (PSS) and its correlation with physical activity among college students using International Physical Activity Questionnaires (IPAQ). Hundred students were screened. The prevalence of stress was found to be 80%. There was weak negative correlation between physical activity and stress.

KEYWORDS : Stress, Paramedical Students, Physical Activity