

Assessing Psychological Well-being of School Adolescents Aged 12 To 18, Its Association with Physical Activity and Socio-Demographic Factors

Abstract

Background: The purpose of study was to find psychological well-being status also to examine the impact of physical activity and socio-demographic factors on school adolescent aged 12-18 year well-being.

Methods: A cross sectional survey method was followed, random sampling to select schools and voluntarily participation for adolescent sample of 345, within 55.4% were girls. The (WHO-five) Well-Being Scales was adapted from (De Wit, M., et al. 2007) physical activity questionnaire for adolescent (Kowalski, K. C., et al. 1997)

Results: Without gender differences (33.3%) in the study shown high level of wellbeing while (23.2%) was indicated low 43.4% median. Statistically significant age, gender, class, father education and number of family trends were observed for Emotional wellbeing scales but not with physical activity. Multivariable analysis the mean of “Standardized scores of wellbeing in females adjusted for other covariates was significantly 4.6 unit less than in males ($P= 0.004$). Well-being status decreased by 3.36 units ($P<0.001$) as its concerns increased each unit. Physical Activity Score in boys was 0.05 unit more than girls ($P\text{-value} = 0.068$).

Conclusion: The results of current study are invaluable in addressing low and moderate and high levels of WB, inadequate level of physical activity with age, increase in class, and family members as a crucial health issue among especially in females the adolescents in Pakistani society. Further studies need to find barrier and implication of health research among adolescents.

Keywords: Adolescence, Student, Well-Being, Psychological, Health, Physical activity