

# THE IMPACT OF THE LIFESTYLE ON THE DEVELOPMENT OF THE QUALITY OF LIFE

O. M. GANCIU<sup>1</sup> M. GANCIU<sup>2</sup>

**Abstract:** *Introduction. The physical activity, the lifestyle and the impact upon health represent three concepts whose interrelation cannot be denied anymore. This research's purpose was that to highlight the role of lifestyle in improving the quality of life of students of the University of Bucharest. The survey gave us a complete view upon the student's lifestyle and helped us elaborate strategies to improve the lifestyle by applying the framework program. The project "The optimization of quality life through physical activity, had also the role to encourage students to introduce physical exercise into their daily life and so they can develop a healthy lifestyle.*

**Key words:** *lifestyle, quality of life, students.*

## 1. Introduction

Increasing the quality of life is one of the basic concerns of the modern society, when everyday activities generate an overuse of the body, but reduced energy expenditure. In these circumstances, the prophylactic and health promotion value of the physical exercise increases.

The physical activity, the lifestyle and their impact upon health represent three concepts whose interrelation cannot be denied anymore. To this three concepts another characteristic is added by the collocation *the quality of life*.

The lifestyle is defined as *a different and recognizable way of living*, or by Chaney *the way of using certain goods, places and the time characteristic to a group, a set of practices and attitudes which make sense in a particular context* (1996), *all this*

*underline the link between the real behaviour, attitudes, orientations and values.*

In 2004 the lifestyle was defined by Stebbius *as a set of behaviours determined by social interests or conditions, justified by a set of orientations, values and attitudes all interdependent and which in some situations become the base of society common to those who practice it.*

Studies show that practicing regular physical activity creates an increase in the rate of satisfaction regarding the quality of life by 50%., while if sedentarism reappears this rate drops down to half !

Research has also shown that exercise, practiced long-term, improves both physical and mental health, having a positive contribution to the personality development, reducing the risk of physical

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<sup>1</sup> Assistant PhD, University of Bucharest, Department of Physical Education and Sport, Bucharest, Romania.

<sup>2</sup> Professor PhD, University of Bucharest, Department of Physical Education and Sport, Bucharest, Romania.

and mental disorders associated with modern life style.

The lack of physical activities leads to an excessive weight, favorites the emergence of both obesity and certain chronic conditions, such as cardiovascular disease and diabetes, which affect the quality of life, and put in jeopardy the persons' life, creates economic problems and problems in the budget allocated to the health department. Studies done in different countries highlight that each dollar invested for physical education and sport corresponds to a reduction of 3.8 dollars for medical expenses (Declaration of the Punta del Este Ministerial of education, 1999). Not coincidentally, there is also the concept that "the sport gives life and life gives days".

The activities of sport and physical education, practiced in a natural environment, create ideal conditions for spending the free time in a recreational way in order to establish new interpersonal relationships.

The top of life quality, made by [internationalliving.com](http://internationalliving.com).<sup>\*</sup> Romania was ranked on a modest position, the 53rd, being one of the last European Union countries, being four points behind Bulgaria.

Based on studies published in the media, it was concluded that the effects of daily stress caused by the atmosphere at work and the quality of relationships with others, can be countered by movement-sport - physical activity.

## 2. Domain Reference

The lifestyle is actually an identity to which the human being turns in order to belong to a society. Physical activities are the premises for the lifestyle social integration.

The lifestyle integrated in the society manner of living shows how the

individual's life is structured so the values and rules to be expressed by free decisions and actions. The lifestyle has to do of course with more than health and illness, but nowadays these two aspects are in connection with everything what the individuals represent and do.

In the second half of the XX c, significant and quick changes determined by the changes in the economic, social and cultural education have begun to appear in the lifestyle.

The comfort obtained as a result of the increase of life standards is related to sedentary growth, over-nourishment, over-medication, auto- medication and the violence expressed through mass- media.

All of these is revealed in the modification of the human system pathology and in the increase of educational illnesses whose causes represent essential factors for the lifestyle and the persons's behaviour.

The lifestyle has a share of 50% in the causes of death in developed countries, according to a survey realized by WHO.

The lifestyle influences health and illness through dangerous behaviours for the health. Dangerous behaviours can be avoided or diminished.

All health aspects are affected by a majority of factors such as: hygiene factors, environment factors, but also genetic and lifestyle factors, in many ways influential for the health in general. Furthermore, this are the factors which can be easily controlled.

The pieces for a healthy lifestyle are: the work style, the interaction style, the way in which you spend your spare time, the communication style, the nourishment style, the ecological conduct, the fashion style.

Evan if the lifestyle is complex, even if is under personal control and dictated by the individual's capacity of choosing with the help of a trainer will be accepted the

fact that represents an advantage upon the person's life and health.

The most important aspects of the lifestyle that bring their contribution to the success of education are expressed by the insurance of daily nutrient, self-trust, participation at favorite events, constant participation at outside activities, interest in physical activity and the constant and systematic practice of physical exercise.

All this can become requests for the daily education, health education and physical education regarding the formation of a healthy lifestyle, being a significant input for the modern man.

Increased quality of life is one of the main concerns of modern society.

In increasing life quality can be observed two distinct directions:

- Improving the objective conditions of life
- Improvement of styles and lifestyles.

Indicator of quality of life most difficult to assess is the determination of the latter components.

This paper is part of a larger study that aims to investigate the influence it exerts sport activities, the quality of life perceived by the students.

### 3. This research's purpose

The purpose of the research was to emphasize the role of lifestyle in improving quality of life to the University of Bucharest students.

**The methods of research** used were: bibliographical documentation method, observation, investigation, statistical and mathematical method, and graphic method.

**The objectives** of the research, generated by the work's purpose regarded:  
-the identification of the items needed for the questionnaires;  
-the identification of the groups that would be put under investigation;

-the identification the students' motivation to promote sports activities in curricular and spare time activities;

**The research's tasks** regarded:

- the establishment of the study group;
- composing the questionnaire;
- making a group of students to answer the questionnaire;
- collecting the research's data;
- elaborating the research;

## 4. Material and Method

The research took place during 2015-2016 academic year in University of Bucharest. To achieve the completion of this research we have questionnaire survey used as our main method.

### 4.1. Resources and Methods

To arrive to a conclusion regarding the lifestyle it was used the survey called: The Lifestyle Evaluation. The target group of 240 students was chosen from 18 Faculties of The University of Bucharest which sign up for the course at the beginning of the academic year 2015- 2016.

The individuals who participated at the survey are 19- 25 years old. Before participating, the topic was explained to them. From 240 students, 120 were the experimental group who participated at a course of 2 hours a week and an independent program of physical activities outside academic hours.

To establish the efficiency of the independent program followed by the experimental group we used a control group that attended just the weekly course.

### 4.2. Analyse and Interpretation of the Results

The survey gave us a complete view upon the student's lifestyle and helped us

elaborate strategies to improve the lifestyle by applying the framework program.

Analyzing the answers given to the questionnaire regarding the life style, we observe the following:

The item related to the extent to which the practice of physical exercises in the physical education and sport classes, as well as leisure activity that contributes to a healthy lifestyle? the subjects of this research are making the following statements:

Table 1

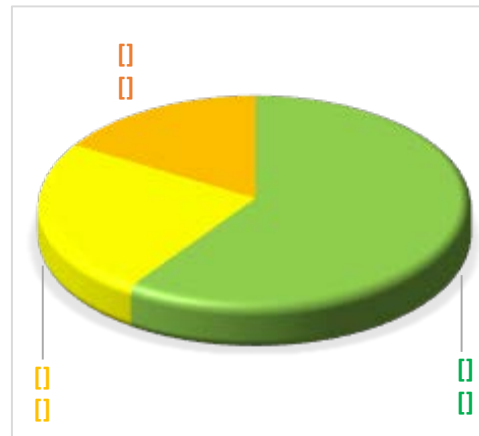
Answer	Percentage %
To a great extent	59,5%
To a lesser extent	39,1%
I don't know	1,4%

Fig. 1. *Practice of physical exercises*

The item of interest related to the appearance of the body and maintain the desired body weight, subjects were given the following answers:

Table 2

Answer	Percentage %
To a great extent	59,5%
To a lesser extent	39,1%
Not interested	1,4%

Fig. 2. *Interest related to the appearance of the body*

The lifestyle is established by every individual's capacity of choosing and accepting the help of a professor that there are benefits for the person's health. The results of the items regarding the frequency, the duration and the intensity of physical exercise tell us the real lifestyle of the students is presented and reported by percentage:

- 5% have a healthy and very active lifestyle;
- 17,4% have an active and healthy lifestyle;
- 23,1% have an acceptable lifestyle, but they can do better,
- 37,3% are insufficiently active in their life style, relatively sedentary
- 17,2% have a sedentary lifestyle.



Fig. 3. *Lifestyle of the students*

It is not enough to inform the youth about the risks so they can change. To change a behaviour we must do a smart decision of the methods through which we are going to interfere and define in an adequate way the content of educational messages so that the educational intervention can be efficient.

## 5. Discussion

The knowledge, the skills and the practice necessary for independent physical exercise practice shall adhere to within the physical education course. Therefore, the quantity and the quality level of physical activity done in their leisure time have their root in the quantity and the quality of educational-training volume in learnt in the physical education classes.

The range of sporting activities aimed at increasing the quality of life was diversified, and students may choose according to their preferences. Regardless

of your chosen discipline, the objectives are the same: preventing illnesses, maintaining optimal health, compensating and satisfying the person that practices regular exercise.

Aerobic gymnastics, medical gymnastics, swimming and society dances, disciplines that we teach to students of the University of Bucharest in the classes of physical education, offer ways in which you can reach the ideal structure of the body, this also being reflected positively in the level of personal confidence scheme, confidence in their own strength, positivity, increased physical self-image.

Physical exercises practised while listening to music reduces stress, anxiety and physical tensions, also it creates the feeling of joy, harmony and optimism. Choosing appropriate music and movements improves the mood, contributing to the increase of the perceived quality of life.

## 6. Conclusions

The data analysis of the questionnaire shows that the effects of interventions in the motric plan have resonated over the quality of life of the students.

Choosing the most efficient means in lessons of the physical education in higher education, leads to the achievement of higher levels of perceived quality of life.

Sport activities come to support and achieve the increase most of the indicators of actual and perceived quality of life.

The programs applied through the experiment managed to change the students' opinion about physical exercise and to motivate them replace the bad habits for the health with a healthy lifestyle because they realized that their health is in jeopardy.

The project the optimization of quality life through physical activity had also the role to encourage students to introduce

physical exercise into their daily life and so they can develop a healthy lifestyle.

Eventually, after the evaluations of the results we can state that the students from the experimental group have a healthy lifestyle, superior to those from the control group.

The factors that can be changed in what lifestyle is concerned are sedentarism, unhealthy alimentation, alcohol and tobacco abuse, which must be changed by global measures that must involve physical exercises.

## 7. Proposals

- Increasing the share of sports activities leisure time at the university level.
- Entering into university curricula of hours of physical education and sport, in all years of study.

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