

APRU Global Health Conference 2021

GLOBAL URBAN HEALTH

16-18 November 2021

The University of Hong Kong, Pokfulam, Hong Kong

Abstract No.125 Abstract Title: An Investigation of the Physical Activity and Mental health for PhD Candidates

Theme: C. Environment, health & active lifestyle

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Background:

Currently, there is an increasing case of suicide about PhD candidates in the world. It has already become a critical issue for high education as well as modern society. Various factors may contribute to the psychological disorders for PhD students. Substantially previous researches have warranted the positive benefits of Physical activity to mental health. Consequently, this study is trying to investigate the status of physical activity and mental health for PhD candidates.

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Methods:

Methods : A questionnaire was formulated by the researcher to investigate the physical activity and mental health for PhD students. This questionnaire consists of 12 items, question 1 to 4 are the demographic problems, question 5 to 7 are the self-report of mental health items, question 8 to 11 are physical activity status, and question 12 is the source of pressure. The questionnaire was conducted through Wenjuanxin, a popular APP for questionnaire in China. Data description will be used to illustration the status of mental health for PhD candidates. Regression analysis will be conducted to explain the relationship between PA and mental health of PhD candidates in further study.

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Results & Conclusions:

Results: Totaling 103 eligible questionnaire were recollected. 65% responders are female, 60% responders are under 29 years old. More the half candidate argued they suffer huge pressure, anxiety, and even 2% students show extremely severe depression which often want to commit suicide. Only 5% investigators claim have no pressure and anxiety. The popular sports are yoga, dance, aerobic, and marital arts for PhD students which followed by outdoor activities. 22% candidates meet the requirements of exercise guide. Academic and graduation ranked the top place of pressure source, the second and third pressure trace is economy and peer pressure.

Conclusion: More than half PhD candidates suffer moderate mental disorder symptoms, and around 5% of them committed extremely psychological problems. Only one fifth PhD students meet the standard of exercise guide. Academic and graduation produce the major pressure to them.