



4th International Conference on
PSYCHOLOGY AND MENTAL HEALTH
November 14-15, 2024 | Bangkok, Thailand

TITLE: Does physical activities predict psychological distress among higher education students.

Name: Nurwina anuar

Affiliation: Seniro Lecturer at the Universiti Kebangsaan Malaysia

Country: Malaysia

Email ID: nurwina@ukm.edu.my

ABSTRACT (upto 300 words)

This study investigated the correlation between physical activity and psychological distress in university students. Psychological distress, like depression and anxiety, can have adverse effects on students' academic performance and overall wellbeing. Engaging in physical activity has demonstrated antidepressant and anxiolytic properties that could help alleviate distress. Research on higher education students is limited. A survey was conducted in this study with 250 university students aged 18-25 to assess their physical activity levels and psychological distress symptoms. We assessed physical activity with the International Physical Activity Questionnaire (IPAQ) and measured psychological distress using the Kessler Psychological Distress Scale (K10). IPAQ scores were classified into low, moderate, and high levels of activity. We conducted regression analyses to predict distress levels based on activity levels. The study findings revealed a notable inverse relationship between physical activity and psychological distress. Students who engaged in less activity experienced greater psychological distress compared to those who were moderately or highly active. Engagement in physical activity was a strong predictor of psychological distress levels, even when accounting for factors such as stress and health status. The study emphasises the significance of physical activity in enhancing psychological wellbeing among college students. It is imperative for universities to offer opportunities and programmes that promote physical activity participation. Further research may investigate types and durations of exercise that maximise mental health advantages for students.



BIOGRAPHY (upto 300 words)

Nurwina Anuar is a senior lecturer, a chartered psychologist, and an Associate Fellow member of the British Psychological Society. She has been well trained from the UK, received her postgraduate education at two prestigious UK institutions: Robert Gordon University in Aberdeen and the University of Birmingham. Because of its universal applicability to many domains—including but not limited to education, mental health, wellness, sports, and general life—she finds great satisfaction in her work in applied psychology. The idea that one's thoughts and feelings can be such potent instruments for controlling one's actions has always fascinated her. You make an impression when you can forecast outcomes, exert influence over objects, and comprehend the interconnections between a billion neurons in your brain. She has been certain that anything related to psychology will bring her a sense of vitality ever since she fell in love with the study of human conduct and thought at a young age. She is currently delving into topics connected to applied psychology and sports and exercise psychology. Before continuing her career at Universiti Kebangsaan Malaysia, she spent around 7 years at Universiti Teknologi Malaysia and 3 years at the University of Birmingham. Her skill and psychological expertise in serving the community through national and international community service activities has led her to her current position as deputy director of students affairs at UKM.

Presenter Name: Nurwina Anuar
Mode of Presentation: oral
Contact number: +60182106200



Upload your photo here.