

ASSESSMENT OF BARRIERS AND MOTIVATORS TOWARD EXERCISE AMONG PHARMACY STUDENTS

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Introduction

While students complete their degrees, they have many stressors not only including maintaining an acceptable GPA, but also obtaining work experience in their field of study and participating in student organizations to build their resumes. Many studies have discovered that in higher education a student's health falls down their priority list, especially their exercise habits. These studies have found that the most common barriers include lack of time, energy and motivation.

Objectives

- To assess the change in time of exercise before and during admission to pharmacy school
- To assess the current barriers and motivators to exercise
- Postulate a possible solution to any changes in time of exercise

Methods

Study Design:

- A 14-item online survey

Study Dissemination:

- Distributed through the Southern Illinois University of Edwardsville School of Pharmacy Blackboard student distribution list
- Responses collected on the Qualtrics survey platform

Study population:

- Students enrolled in the Southern Illinois University of Edwardsville School of Pharmacy.

Study Measures:

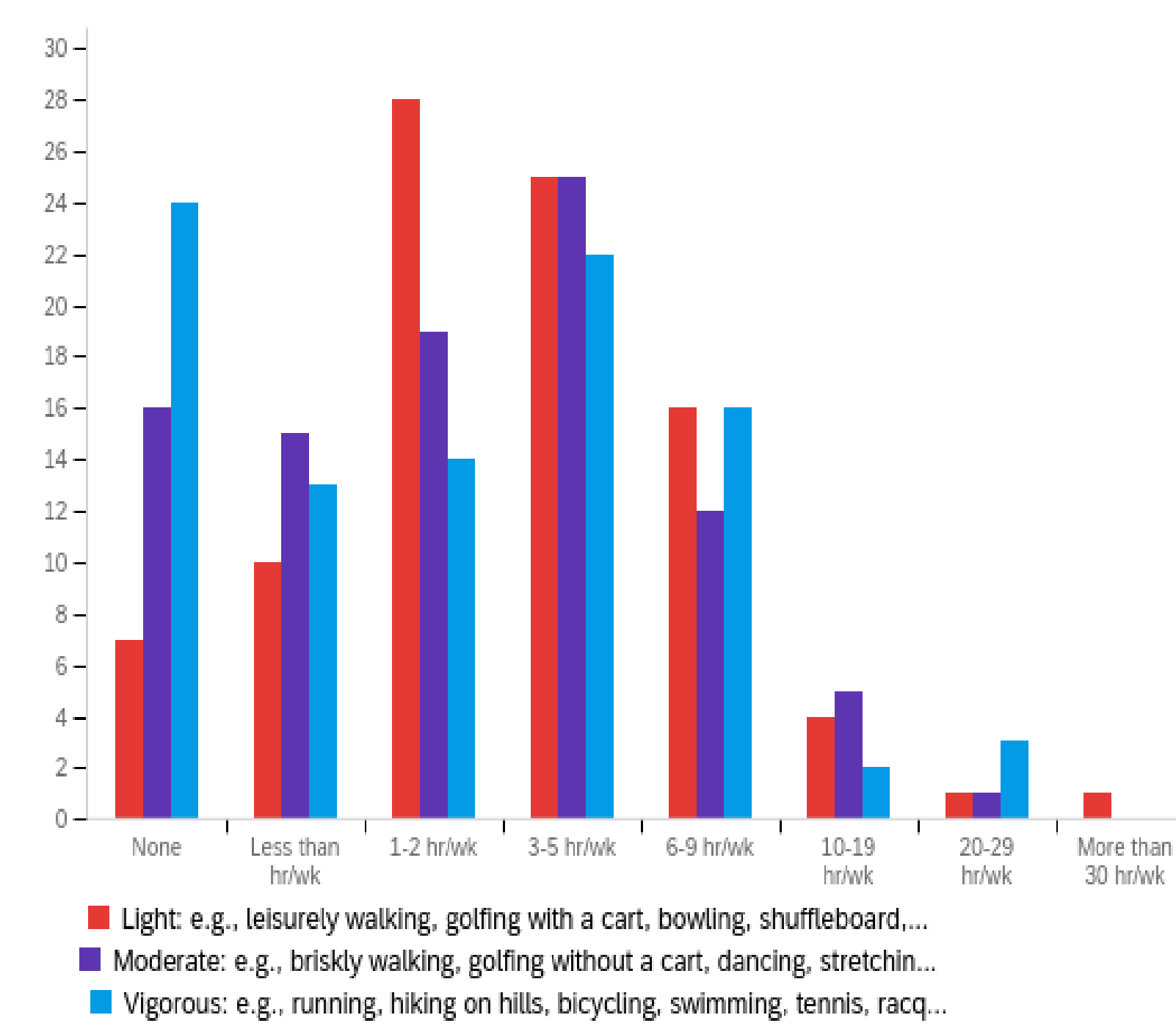
- Responses to questions about time spent exercising before and during admission to pharmacy school and the current barriers and motivators to exercise

Results

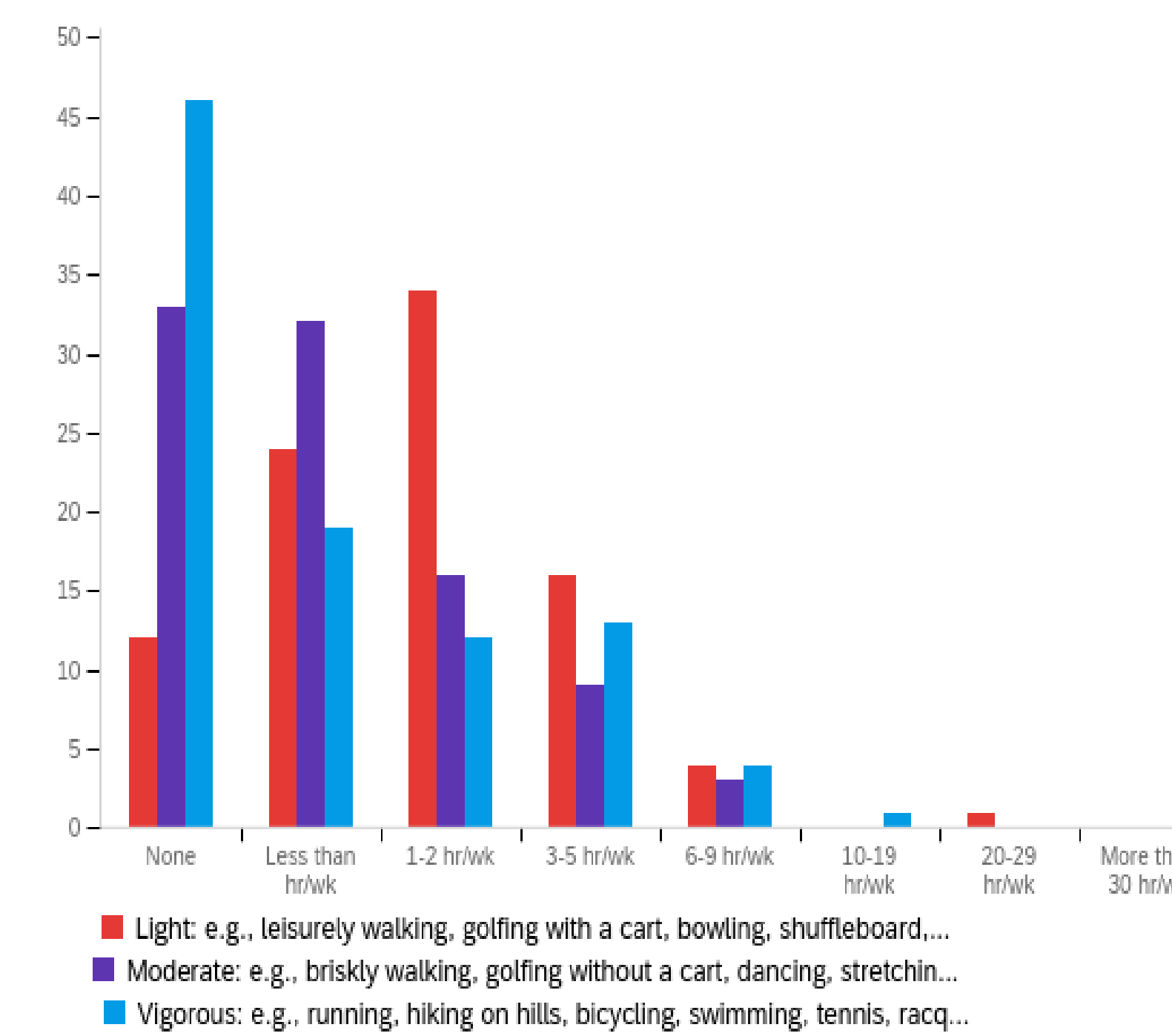
Demographics	Results (% , n)
Number of Hours Spent Working in a Week	
< 10	38.3% (41)
10-19	43% (46)
20-29	16.8% (18)
30-39	1.9% (2)
>40	0% (0)
Percent of Time Involved in SOP Student Driven Organizations	
≤25%	66.4% (71)
25-49%	23.4% (25)
50-74%	8.4% (9)
≥75%	1.9% (2)

- A total of 112 responses were collected with 91.5% being ≤ 29 years of age and 8.5% being 30-39 years of age.
 - 13.9% from the P1's, 26.9% from the P2's, 25.9% from the P3's and 33.3% from the P4's.
- A majority of the student respondents identify as cisgender male or cisgender female, 24.3% and 68.2% respectively, 6.5% of the students identify as agender, and 0.9% as omnigender.
- 87% of student respondents participated in a sport or activity while in high school, 29% of respondents participated while in college and only 2% participated while in pharmacy school.
 - The top 5 sports in which students were involved in include softball/baseball, soccer, volleyball, track/cross country and basketball.
- Of the students who work, 94% of them work within a pharmacy setting.

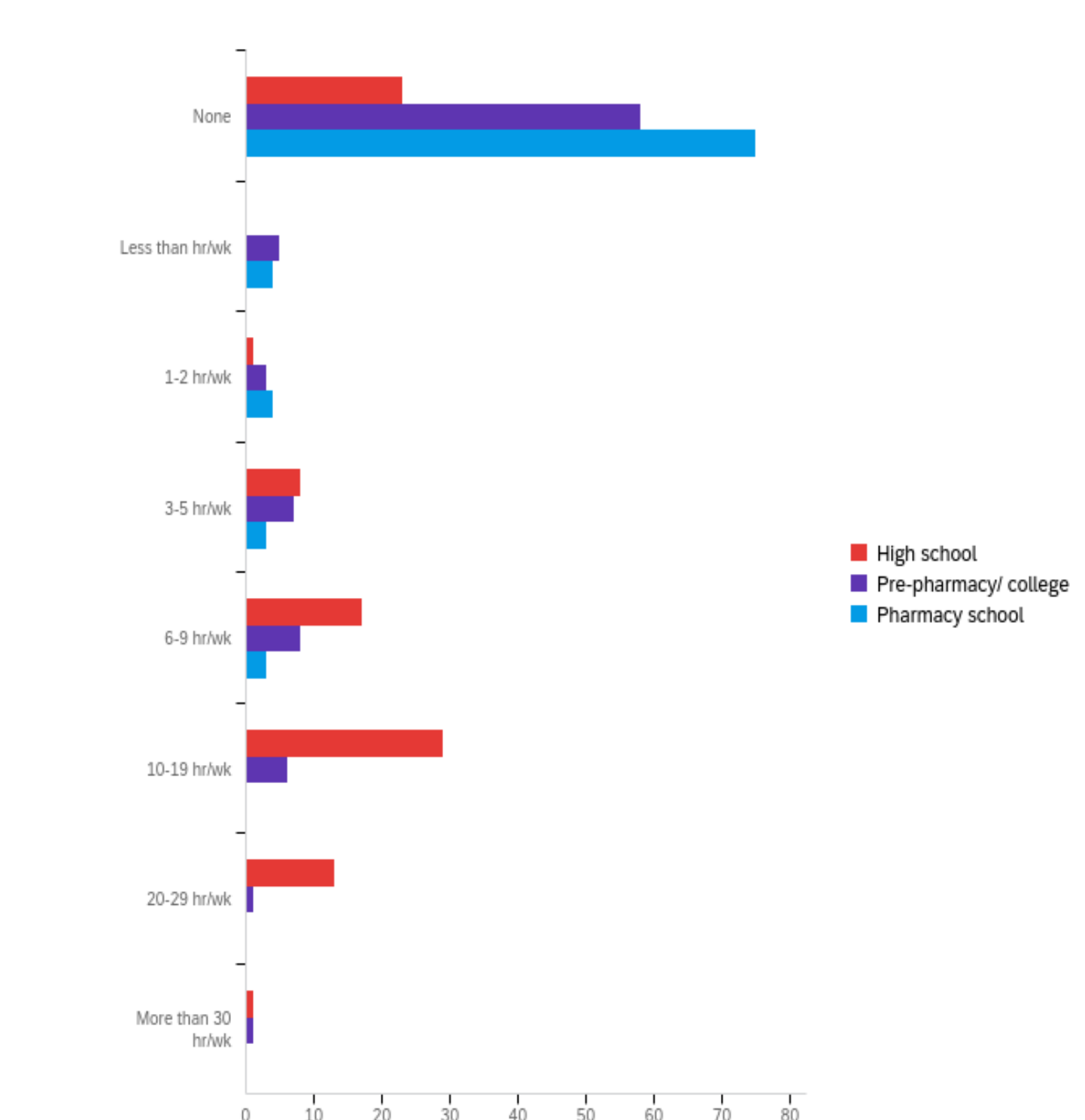
Graph 1: Individual time spent exercising per week before admission to pharmacy school. (Morgenstern Exercise Survey)



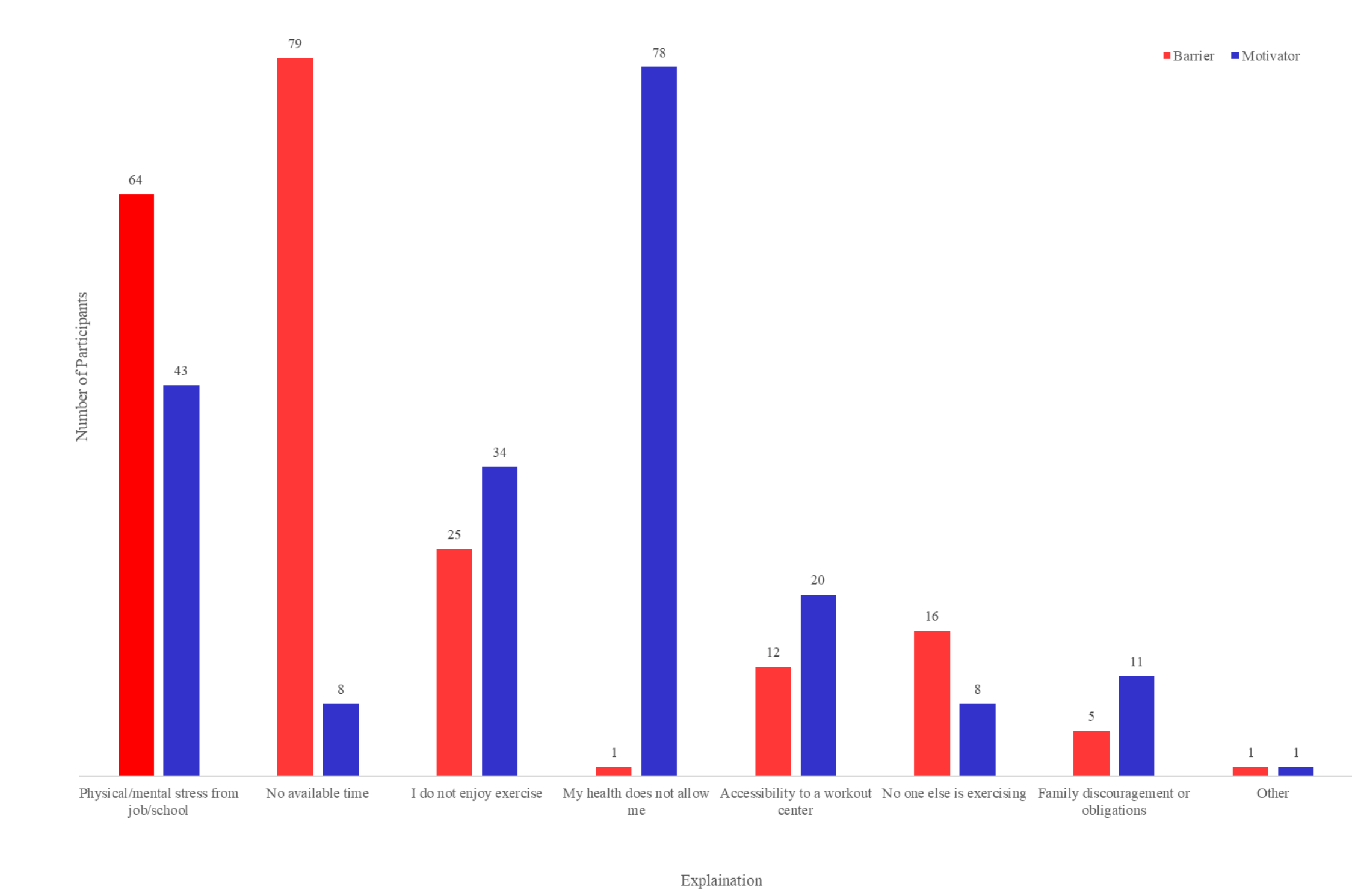
Graph 2: Individual time spent exercising per week while currently in pharmacy school. (Morgenstern Exercise Survey)



Graph 3: Time Dedicated to Sports in High School, Pre-Pharmacy/College and Pharmacy School



Barriers and Motivators to Exercise



Discussion

In conclusion, based on the information gathered from the students at Southern Illinois University of Edwardsville School of Pharmacy, exercise habits do change from before admission to pharmacy school to while in pharmacy school. The data that we collected showed an inverse trend that as students' education level increases their time exercising decreases. The greatest barriers to exercise were found to be limited time and the physical or mental stress from work and school. Many students also answered that they do not exercise because others around them are not exercising. To overcome these barriers and encourage more exercise at Southern Illinois University of Edwardsville School of Pharmacy, we encourage student organizations to employ more exercise activities such as sports tournaments or other exercise activities that interest the students. Also, offer classes or guest speakers to provide guidance on self-care to cope with physical or mental stresses from school or work.

Limitations

- Only studied in one location
- Only about 1/4 of the students from Southern Illinois University of Edwardsville School of Pharmacy responded to the survey, so the results may not be generalizable to the school or general population.