

# Factors Influencing Quality of Life among Women Participating in Health Dance

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**Abstract:** The purpose of this study was to identify factors influencing quality of life among women participating in health dance. This study used a cross-sectional survey to analyze the collected data using a questionnaire answered by 192 women from August to September in 2013. Self-esteem, health status, marital status and psychological happiness accounted for 53.4% of the variance in quality of life among those participating in health dance.

**Key words:** Quality of Life, BMI, Body Image, Psychological Happiness, Self-esteem, Leisure Satisfaction, Dance

## 1 Introduction

### 1.1 The necessity of this study

The lengthening of women's life expectancy has increased the number of elderly women. Managing their health has become important for national competitiveness in terms of medical expenses and their influence within the family. Exercise such as swimming, aerobics, weight-lifting has been recommended to middle-aged and elderly women. Recently health dance has become popular because it is viewed as enjoyable form of exercise [1]. Health dance is not physically demanding and is not only recommended to middle aged women but to elderly women as well.

This research attempts to analyze factors related to quality of life [QOL] in terms of BMI, body image, self-esteem, psychological happiness, leisure satisfaction, which were reported on in previous research on an individual basis as QOL of women participating health dance.

## 2 Methods

### 2.1 Design

This is a cross-sectional research designed to identify factors affecting the QOL of middle-aged and elderly women practicing health dance.

## **2.2. Sample**

Research subjects were women participating in health dance programs offered by cultural centers within large cities for more than three months.

## **2.2 Data Collection**

Data was gathered by researchers visiting locations where health dance programs were conducted. They were asked to answer the survey questions on their own, which took about 10-15 minutes.

## **2.3 Instruments**

### **Body Image**

The tool was developed by Rowe [2] and modified by Cho and Song [3]. The Cronbach's  $\alpha$  were from .65 to .83 for the subscale in Cho and Song's study [3] and in this study the Cronbach's  $\alpha$  was .70.

### **Self-esteem**

Self-Esteem scale was developed by Rosenberg [4] and translated into Korean by a researcher. The Cronbach's  $\alpha$  was .76 in Rosenberg's study [4] and the Cronbach's  $\alpha$  was .76 in this study.

### **Psychological Happiness**

This scale was developed by Yang [5] and modified by Lee [6]. The Cronbach's  $\alpha$  was .93 in Lee's study [6] and in this study Cronbach's  $\alpha$  was .91.

### **Leisure Satisfaction**

Beard and Ragheb [7] developed LSS [Leisure Satisfaction Scale]. LSS was translated by Lee [8] and the modified version by Kim [9] was used in this study. The Cronbach's  $\alpha$  was .94 in this study.

### **Quality of Life**

The light version of WHOQOL-100 developed by WHO was used. WHOQOL-BREF translated by Kwon [10] has 26 items in total. The Chronbach's  $\alpha$  was .77 in Kwon's study [10] and the Chronbach's  $\alpha$  was .93 in this study.

## **2.4 Analysis**

Collected data were analyzed using Win SPSS 21.0. Analysis was conducted by independent t-test and ANOVA and stepwise multiple regression was used to identify factors influencing quality of life.

### 3 Results

#### 3.1 Difference in QOL according to General Characteristics

Among the characteristics of research subjects, marital status, health status and economic status affected their QOL.

#### 3.2 Factors influencing QOL

Factors influencing subjects' QOL were self-esteem, health status, marital status and psychological happiness and these accounted for 53.4% of the variance in QOL [Table 1].

**Table 1.** Factors influencing QOL

Variables	B	SE	$\beta$	t	p	R2	F	P
Constant	1.286	.248		5.180	<.001	53.4	47.65	<.001
Self-esteem	.570	.096	.368	5.941	<.001			
Health status	-.301	.054	-.312	-5.593	<.001			
Marital status	-.629	.141	-.241	-4.466	<.001			
Psychological happiness	.228	.056	.261	4.097	<.001			

Health status reference =good; Marital status reference=married

### 4 Conclusion

This research reached the conclusion that middle-aged women participating in health dance had higher QOL when they were married and their health and economic status were good. These results are similar to previous research results. This research implies the need to place more attention on women living alone whose health status is average.

Among various factors, self-esteem and psychological happiness were identified as being important. It is indicating that psychological factors were more important than physical or leisure activities with regard to the QOL of middle-aged and elderly

women participating in health dance. When health dance programs are implemented there is a need to increase self-esteem and consider psychological aspects in order to enhance the QOL of middle-aged and elderly women.

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