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# **The Relationship between Levels of Physical Activity, General Health and Quality Of Life among Middle-Aged Women in city of Rasht**

fatemeh sattarzadeh\*,

**Background:** Physical activity plays an important role in quality of life and General Health. This study aimed to evaluate relationship between levels of physical activity, general health and quality of life among middle-aged women in Rasht city. **Materials and Methods:** The present research, was a cross sectional survey. Random samples of middle-aged women in of Rasht were entered to the study. Sampling method was multistage. Sample size was estimated 300 person with 37/41 1/49 age Non-random target. The physical activity level was measured by the Baeckee standard questionnaire, General Health levels was measured by the Goldberg and Hiller 1979 questionnaire (GHQ) and quality of life levels was measured by the Iranian version of 12-item Short Form Health Survey (SF-12). For data analysis, the Kolmogorov-Smirnov and Pearson correlation coefficient were used and significant level was accepted if P

**Keywords :** Keywords: Physical Activity, General Health and Quality of Life, Middle-Aged Women.

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