Relación Entre Los Niveles De Actividad Física, El Comportamiento Sedentario y La Procrastinación Académica En Estudiantes De Fisioterapia En Barranquilla

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RESUMEN

Objetivo: Evaluar la relación entre los niveles de actividad física y la procrastinación académica en estudiantes de fisioterapia en una universidad de Barranquilla-Colombia.

Materiales y Métodos: Se realizó un estudio observacional transversal en 346 estudiantes de Fisioterapia de la Universidad Simón Bolívar. Se aplicó la escala de Tuckman para medir la procrastinación académica; el Cuestionario Internacional de Actividad Física IPAQ formato corto; el Sedentary Behavior Questionnaire SBQ-s para medir el comportamiento sedentario; y el International Study of Childhood Obesity, Lifestyle and the Environment ISCOLE para medir el sueño.

Resultados: El 61,2% de los estudiantes fueron mujeres. El 31,6% mostró niveles altos de procrastinación. Un 50,7% no cumplía con las recomendaciones de actividad física y el 61,2% cumplía con las horas recomendadas de sueño entre semana y el 92,5% durante el fin de semana. La procrastinación académica es un factor asociado con mayor inactividad física (OR 2,8; IC 95%1,8-4,4; p 0,0001).

Conclusiones: En este estudio un tercio de la población tiene niveles altos y muy altos de procrastinación académica y más de la mitad no cumplen con la actividad física recomendada. El estudio sugiere que la procrastinación actúa como una barrera para adoptar hábitos activos saludables y resalta la necesidad de implementar estrategias universitarias que integren educación en salud, motivación personal, gestión del tiempo y promoción de la actividad física, con un enfoque accesible y adaptado a las características de esta población.

Palabras Claves: Procrastinación académica, Actividad física, Estudiantes, Conducta sedentaria y Trastornos mentales.

ABSTRACT

Objective: To evaluate the relationship between physical activity levels and academic procrastination in physiotherapy students at a university in Barranquilla, Colombia.

Materials and Methods: A cross-sectional observational study was conducted with 346 Physiotherapy students from Universidad Simón Bolívar. The Tuckman Procrastination Scale was used to assess academic procrastination; the short form of the International Physical Activity Questionnaire (IPAQ) to assess physical activity; the Sedentary Behavior Questionnaire (SBQ-s) to measure sedentary behavior; and the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) questionnaire to evaluate sleep patterns.

Results: 61,2% of the students were female. A total of 31,6% showed high or very high levels of academic procrastination. Additionally, 50,7% did not meet the recommended physical activity guidelines. Regarding sleep, 61,2% met the recommended hours during the week and 92,5% on weekends. Academic procrastination was identified as a factor associated with greater physical inactivity (OR 2,8; IC 95%1,8-4,4; p 0,0001).

Conclusions: In this study, one-third of the population presented high or very high levels of academic procrastination, and more than half did not meet the recommended levels of physical activity. The findings suggest that procrastination acts as a barrier to adopting healthy active habits, highlighting the need to implement university-based strategies that integrate health education, personal motivation, time management, and physical activity promotion, with an accessible approach tailored to the characteristics of this population.

Keywords: Academic procrastination, Physical activity, Students, Sedentary behavior, Mental disorders.

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