

**SALUD MENTAL, CALIDAD DE VIDA RELACIONADA CON LA
SALUD Y CONDICIÓN FÍSICA EN JÓVENES DE UN PROGRAMA
ACADEMICO EN UNA UNIVERSIDAD DE LA CIUDAD DE
BARRANQUILLA**

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Trabajo de Investigación como requisito para optar el título de Magister en
Actividad Física y salud

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RESUMEN (extenso mínimo de 500 palabras y máximo 1000 palabras)

Objetivo: Establecer la relación entre la salud mental, calidad de vida relacionada con la salud y condición física en jóvenes de un programa académico en una universidad de la ciudad de Barranquilla.

Materiales y Métodos: Se realizó un estudio descriptivo de alcance correlacional en 107 estudiantes universitarios. Se administró el Cuestionario DASS-21 para determinar los síntomas depresivos, ansiedad y estrés; la calidad de vida relacionada con la salud se identificó a través del Cuestionario SF-12 y el Test de 2 kilómetros y la prueba de dinamometría para determinar la condición física.

Resultados: Se encontró una relación directa entre el VO₂ máximo y las dimensiones de función física ($r=0,20$; $p=0,03$), salud general ($r=0,22$; $p=0,02$) y el componente de salud física ($r=0,22$; $p=0,02$). Asimismo, entre la fuerza prensil y las dimensiones de rol físico ($r=0,22$; $p=0,02$), salud general ($r=0,24$; $p=0,01$) y el componente de salud física ($r=0,19$; $p=0,04$). Una mayor proporción de estudiantes con mayor fuerza prensil no presentaron síntomas de ansiedad (58,8%), de depresión (55,9%) y de estrés (59,4%).

Conclusiones: La población manifestó ansiedad y considerables síntomas depresivos y estrés, promedio regular en calidad de vida relacionada con la salud y bajo en el componente de salud mental; nivel bajo de fuerza muscular y consumo máximo de oxígeno. Se evidenció una asociación directa en la mayoría de las dimensiones del componente de salud física y la condición física, hallando una relación positiva entre la ansiedad y fuerza prensil.

Palabras clave: Salud mental, calidad de vida relacionada con la salud, condición física (Consultado en DeSC)

ABSTRACT

Objective: To establish the relation between the mental health, quality of life related to the health and physical condition in young people of an academic program in a university of the city of Barranquilla.

Materials and methods: A descriptive study of scope was realized correlational in 107 university students. There was administered the Questionnaire DASS-21 to determine the depressive symptoms, anxiety and stress; the quality of life related to the health was identified across the Questionnaire SF-12 and the Test of 2 kilometers and the test of dynamometry to determine the physical condition.

Results: One found a direct relation between the maximum VO₂ and the dimensions of physical function ($r=0,20$; $p=0,03$), general health ($r=0,22$; $p=0,02$) and the component of physical health ($r=0,22$; $p=0,02$). Also, between the grip strength and the dimensions of physical roll ($r=0,22$; $p=0,02$), general health ($r=0,24$; $p=0,01$) and the component of physical health ($r=0,19$; $p=0,04$). A students' major proportion with major grip strength they did not present symptoms of anxiety (58,8 %), of depression (55,9 %) and of stress (59,4 %).

Conclusions: The population showed anxiety and considerable depressive symptoms and stress, regular average in health-related quality of life and low in the mental health component; low level of muscle strength and maximal oxygen consumption. A direct association was evidenced in most of the dimensions of the physical health component and physical condition, finding a positive relationship between anxiety and grip strength.

Key words: mental health, health-related quality of life, physical fitness.

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