

The Effects of Physical Activity on Health-Related Quality of Life Among Working Mothers Living in Amman: A Correlational Study [LETTER]

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Dear editor

We have read a paper by A. Aqab et al on The Effects of Physical Activity on Health-Related Quality of Life Among Working Mothers Living in Amman: A Correlational Study.¹ This study provides information about the association between the level of physical activity and quality of life domains, such as physical health, social relationships, environmental and psychological health. One of the key findings from this study was that there was a positive relationship between physical activity and overall quality of life and its domains. Meanwhile, there were no statistically significant differences found in the social domain. Another point has been made from this observation. This study reported that adherence to physical activity was a significant positive predictor of quality of life.¹

Based on the findings of this research, the sample group used in the study was quite similar in terms of their marital and educational status. A significant majority of the participants, roughly 89.3%, were married, while 73.2% had obtained a bachelor's degree. However, this may not provide a complete representation of the general population.¹ It's important to identify other possible factors that could contribute to women's lack of physical activity. A previous study found that women going through menopause tend to experience decreased physical activity.² As women go through menopause, their estrogen levels decrease, which could contribute to their tendency to be less physically active. This can lead to various physical and emotional issues, including fatigue, mood swings, weight gain, sleep disruptions, heart palpitations, and sexual dysfunction. Another adjustment should be made regarding the medical conditions of the mother. Identifying medical conditions of having a disease such as cancer, metabolic disease, and even a history of physical trauma could be related to limitations in physical activity.^{3,4}

A study by A. Aqab et al used a self-reported instrument, which could lead to respondents either underestimating or overestimating their responses.¹ An improvement for future research combining this with objective measurements or observations might be beneficial for more accurate results.⁵ This study also focuses on working mothers as samples. Future research should explore workplace-led physical activity interventions to enhance adherence to physical activity may bring valuable insights. Previous research suggests that physical activity during work hours can positively impact employees' psychological well-being.^{6,7}

In conclusion, we acknowledge and appreciate the findings obtained by the researchers. This study has the potential to support workplace wellness programs aimed at improving the psychological and physical health of working mothers.

Disclosure

The authors report no conflicts of interest in this communication.

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