

## **Study of possible differences in the fields of quality of life of women active and sedentary**

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The quality of life (QL) provides wellness (Davis et al, 2007). It is essential to have healthy habits (Vilarta, Sonati, 2007; Gonçalves, Vilarta, 2004; Forti, Chacon-Mikhail, 2004). Even with the evidence, population still remains inactive. Assuming that physical activity is essential for the acquisition and maintenance of quality of life this study had the aim to verify the possible differences on the four domains of quality of life (physical, environmental, psychological and social relationship) between active and sedentary women. Therefore, it was recruited 22 women (mean age of  $45.86 \pm 10.45$  years old) participants of a physical activity group developed at UNICAMP (AG) and 32 sedentary women (mean age  $38.06 \pm 12.97$  years) (SG). All signed the Term of Consent n.397-2008. To assess quality of life it was used the WHOQOL-brief (WHO, 1998). The results showed the following mean values in each domain (physical, psychological, personal and environmental) for the SG:  $26.31 \pm 16.29$ ,  $20.68 \pm 15.82$ ,  $10.87 \pm 14.62$ ,  $27.28 \pm 18.10$ , respectively. And for the AG it was found the following mean values:  $39.59 \pm 4.25$ ,  $35.5 \pm 3.27$ ,  $23.54 \pm 1.71$ ,  $39 \pm 4.50$ , for the same domains. The comparison between the mean values groups' domains showed a statistically significant difference only in the psychological domain ( $\alpha = 0.005$ ). Zanchetta (2006) evaluated QL of a group of people who underwent physical training programs. It was concluded that there was improvement in all domains of QL. Pasetti (2005) examined the effects of exercise training on quality of life, he found significant improvement. Yet, Andrade et al. (2009) used a type of training without physical activity and found no statistically significant difference in any domain. We concluded that physical activity has a positive influence on the psychological domain, which is beneficial to the quality of life of its practitioners.

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