# Impact of Perceived Barriers on Participation of Leisure Time Physical Activity among University Students: Moderating Role of Guilt

**Running Head: Perceived Barriers, Guilt, Leisure Time Physical Activity**

*Ghulam Ishaq[1], Dr. Rafia Rafique [2] Kanza Fasial [3]

1. MS (Health Psychology), Ph.D. (Candidate), Visiting Faculty Member, Institute of Applied Psychology University of the Punjab, Lahore
2. Ph.D. (UK), Assistant Professor, Coordinator (MS-Health Psychology), Institute of Applied Psychology University of the Punjab, Lahore
3. MS (Clinical Psychology), Ph.D. (Candidate), Visiting Faculty Member, Institute of Applied Psychology University of the Punjab, Lahore

* Presenter

## Abstract

**Introduction.** Leisure time physical activity is considered as the footing of healthy lifestyles and is cited as a key stratagem for reducing the risk of chronic conditions and diseases including Coronary Heart Disease (CHD), Hypertension, Diabetes and Obesity. Regular leisure time physical activity improves psychological or mental health. Benefits such as maintenance of ideal body weight, prevention of premature death and enhanced psychological well-being have been attributed to participation in regular leisure time physical activity. The present study was intended to find the impact of perceived barriers and guilt on participation of leisure time physical activity with role of guilt.

**Methods.** The co-relational research design was employed to assess the hypothesis of the current study. The sample of this study was university students; drawn conveniently and comprised of 158 male students and 142 female students with an age range of 18 to 30 years ($M$ =24.13, $SD$ =2.21). This study was conducted at Institute of Applied Psychology, University of The Punjab. This study took 9 month for completion. Survey method was use to collect data for current study. Perceived barriers, guilt scale and leisure time physical questionnaire were use during survey.

**Result.** The perceived barriers (lack of time, lack skills and lack of resources) and predicted negatively to the participation leisure time physical activity whereas anticipated guilt predicted positively to the participation leisure time physical activity. Anticipated guilt moderate the relationship between perceived barriers and leisure time physical activity.

**Discussion and Conclusion.** This study identified potential environmental and interpersonal barriers such as lack of time, resources and skills that prevent students from performing physical activity. These barriers will continue to prevent students from engaging in physical activity regardless of knowledge about its benefits. The findings also revealed that anticipated guilt

facilitate the participations of leisure time physical activity. Current study findings provide useful information for future planning and implementation of physical activity interventions for students.

Key words: perceived barriers, lack of time, skills, resources, physical activity