

Physical Activities and Faculty Productivity in the Workplace: Basis for a Wellness Program

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Abstract

One of the common challenges that both local and international educational sectors face today involves decreased productivity and satisfaction associated with poor general well-being ascribed to higher stress levels caused by the demands of the teaching profession. One significant contributor to this rampant issue is their health status, which can be improved by incorporating physical activities into their routines. The relationship between physical activity and work productivity has been a topic of interest in recent years. The current study examined the relationship between incorporating physical activities and faculty productivity in the workplace as a basis for creating an institution's wellness program. A quantitative approach was employed, utilizing two questionnaires: one to assess the respondents' engagement with physical activities, including their occupational, transportation, Housework, House Maintenance, and Caring Family, and Recreation, Sports, And Leisure-Time Physical Activity, and the second which assesses their work productivity. This research highlights the multifaceted nature of the relationship between physical activity and work productivity among faculty members of the National University Mall of Asia. Although physical activity has been linked to various health benefits, such as improved cognitive function and reduced stress, the current suggests that these advantages may not necessarily lead to better work productivity among faculty members teaching various subjects. Results showed a very low correlation between physical activity levels and work productivity. The study also revealed that other moderating factors could affect the correlation, such as age, gender, and work demand or nature. The findings suggest that promoting physical activity in the workplace may have a positive impact on work productivity, and further research is needed to explore the mechanisms underlying this relationship.

Keywords: Physical Activity, Work Productivity, Work satisfaction, Motivation, Philippines