

Bella Vos

Spring 26

DAT 350

MP1: Getting Data Driven Answers from Surveys

WHO: Demographic Analysis

- A total of 16 participants completed the survey. Most participants were ages 21-23 (87.5%) followed by ages 18-20 (12.5%).
- Most participants were Seniors (56.2%), followed by Sophomores (18.8%), Juniors (12.5%), and Graduate Students (12.5%).
- Most participants identified as Male (50.0%), followed by Women (43.8%) and Other (6.2%).

WHAT: Primary Exercise Type

- Most participants selected walking as their primary exercise type (68.8%), followed by strength training (43.8%) and intensive cardio (37.5%). No participants selected group fitness classes as their primary exercise type.
- Percentages represent the proportion of participants who selected each option; participants could select multiple responses.

WHEN: Exercise Timing

- Most participants exercised in the evening (25.0%), followed by the afternoon (18.8%) or reported not exercising regularly (18.8%).

- In terms of frequency, most participants exercised 5–6 days per week (37.5%), followed by 3–4 days per week (31.2%).

WHERE: Exercise Location

- Most participants exercised outdoors (43.8%), followed by at a campus gym (37.5%) or a commercial gym (18.8%).

WHY: Motivation Analysis

- The most common reasons for exercising were appearance (68.8%) and physical health (68.8%), followed by mental health (62.5%) and athletic performance (25.0%). No participants reported exercising primarily due to a doctor or professional recommendation.
- Most participants exercised at their chosen time due to their schedule (75.0%), followed by routine (37.5%) and consistency (31.2%).
- Participants most commonly chose their exercise location due to convenience (87.5%), followed by cost (31.2%) and social environment (18.8%). No participants cited safety as a deciding factor.
- The most common barriers to exercising more often were lack of time (68.8%), lack of motivation (50.0%), and feeling satisfied with their current routine (25.0%). No participants selected cost as a barrier.

How:

The survey was created using Google Forms and distributed online to college students through class group chats and personal networks. Participants had several days to complete the survey, and responses were collected anonymously with a disclaimer stating the data would be shared with the instructor.

Survey responses were exported as a CSV file and analyzed in Python using a Jupyter Notebook. The pandas library was used for data cleaning and calculating percentages, while matplotlib was used to generate visualizations.

A limitation of this study is the small and relatively homogeneous sample, which may limit generalizability. Additionally, responses were self-reported. Future studies could include a larger and more diverse population and collect numerical measures such as workout duration or intensity.

Discussion & Conclusion

Several trends emerged from the survey results. Most participants exercise multiple days per week, with physical health and stress relief being common motivations. Exercise timing and location were strongly influenced by convenience, suggesting accessibility plays a major role in maintaining consistent exercise habits among college students.

The small and homogeneous sample limits the generalizability of the findings. Future research could expand the participant pool and include additional quantitative measures for deeper analysis.