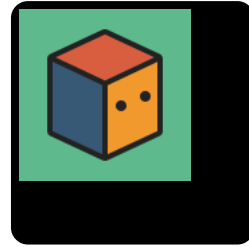




Search itsdatagal



It's Data!

Coursera Data Management and Visualization Assignments

ARCHIVE

Data Management Course: Assignment 1

My Data Choice:

I chose the AddHealth study to analyze because I have a teenage daughter and am interested in her research. I would like to look at the area of Feelings, especially that of negative feelings expressed by the students. I know how much teens struggle with emotions and want to know if there are activities that can help them with the difficult feelings that typically surface.

I would like to explore the association between physical activity and reports of negative feelings. Does physical activity help teens feel better about themselves and their lives?

Literature Review:

I searched Google Scholar for “what is the relationship between activity and mood in teens” and found several articles of use.

 Message

Follow

Dashboard

Mahoney, J. L., Schweder, A. E. and Stattin, H. (2002), *Structured after-school activities as a moderator of depressed mood for adolescents with detached relations to their parents*. J. Community Psychol., 30: 69–86. doi: 10.1002/jcop.1051.

This study investigated whether participation in structured after-school activities helps adolescents who have a detached relationship with their parents and are depressed. Students who participated in after-school activities and perceived having a high level of support from their activity leader reported lower levels of depressed mood than those not participating.

Norris, Richard, Carroll, Douglas and Cochrane, Raymond. (Jan.1992), *The effects of physical activity and exercise training on psychological stress and well-being in an adolescent population*. J. Psychosomatic Res., 36(1): 55–65.

This study divided 147 adolescents into four groups: high intensity aerobic exercise, moderate intensity aerobic exercise, flexibility training or a control group. They evaluated their self-reported well-being before and after a 10 week program and found that those who reported greater physical activity reported less stress and lower levels of depression.

Kirkcaldy, B.D., Shephard, R.J. and Siefen, R.G. (Nov 2002), *The relationship between physical activity and self-image and problem behaviour among adolescents*. Soc. Psychiatry and Psychiatric Epidemiol. 37(11): 544-550.

This study examined associations between participation in endurance sport and self-report data on self-image, physical and psychological health and overall lifestyle in a sample of 1000 German high-school students. The results showed that adolescents who engaged regularly in physical activity had lower anxiety-depression scores and had higher physical and psychological well-being scores than their less active counterparts.

Penedo, Frank J. and Dahn, Jason R. (Mar 2005), *Exercise and well-being: a review of mental and physical health benefits associated with physical activity*. Current Opinion in Psychiatry 18(2): 189–193.

The authors reviewed studies of diverse populations (in ethnicity, gender and age) evaluating the relationship between exercise, physical activity and physical and mental health. Results of the studies consistently suggest that physical activity has beneficial effects across several physical and mental-health outcomes.

My Hypothesis:

Participants who scored 3 or less on at least 5 of the negative feelings questions (1-7, 9, 10, 12-14, 16-19) were more likely to report having participated in physical activity (Daily Activity questions 4, 5, or 6) at least 3 times a week.