

11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 56

Type: Oral

Relationships Between Physical Fitness Components and Mental Health Outcomes Among University Students

Thursday, October 2, 2025 11:45 AM (15 minutes)

Physical fitness plays a vital role, not only in maintaining physical health but also in promoting mental well-being, particularly among young adults. While existing studies highlight the benefits of cardiovascular endurance and muscular strength on mental health and quality of life, research examining the contribution of other physical fitness components remains limited. Addressing this gap is an emerging priority in physical fitness research. This study explored the relationships between health-related physical fitness components and mental health outcomes among university students. A total of 233 students (30% male; 70% female), aged 18-25 years ($M = 19.25$, $SD = 1.10$), from a state university in Davao City, Mindanao, Philippines, participated in the study. Participants completed the Depression, Anxiety, and Stress Scale (DASS-21) and the Short Form Health Survey (SF-36) and underwent standardized physical fitness assessments. Correlational and regression analyses revealed significant associations between mental health outcomes and all fitness components, except for BMI and flexibility. Cardiorespiratory endurance and muscular fitness emerged as the strongest predictors of mental health outcomes. These findings support the implementation of university-based fitness programs that prioritize both muscular and cardiorespiratory fitness to better support holistic mental health and overall well-being among students.

Keywords: Health Promotion in Higher Education, Inclusive Fitness Interventions, Physical Activity for Sustainable Development, Student Well-Being, Youth Mental Health

Author: Mr ACOSTA, Bhen Joshua (University of the Philippines Mindanao)

Co-authors: Dr GUINTO, Maria Luisa (University of the Philippines Diliman); Dr CAGAS, Jonathan (University of the Philippines Mindanao)

Presenter: Mr ACOSTA, Bhen Joshua (University of the Philippines Mindanao)

Session Classification: Physical Activity, Health, and Well-being

Track Classification: Physical Activity, Health, and Well-being