

## The Association between Health-Related Quality of Life and Physical Activity in Different Domains with Other Factors in Croatian Male Police Officers

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**Abstract :** The purpose of the present study was to determine the associations between health-related quality of life (HRQOL) and physical activity (PA) in different domains. In this cross-sectional study, participants were 169 Croatian police officers (mean age 35.14±8.95 yrs, mean height 180.93±7.53 cm, mean weight 88.39±14.05 kg, mean body-mass index 26.90±3.39 kg/m<sup>2</sup>). The dependent variables were two general domains extracted from the HRQOL questionnaire: (1) physical component scale (PCS) and (2) mental component scale (MCS). The independent variables were job-related, transport, domestic and leisure-time PA, along with other factors: age, body-mass index, smoking status, psychological distress, socioeconomic status and time spent in sedentary behaviour. The associations between dependent and independent variables were analyzed by using multiple regression analysis. Significance was set up at  $p < 0.05$ . PCS was positively associated with leisure-time PA ( $\beta$  0.28,  $p < 0.001$ ) and socioeconomic status (SES) ( $\beta$  0.16,  $p=0.005$ ), but inversely associated with job-related PA ( $\beta$  -0.15,  $p=0.012$ ), domestic-time PA ( $\beta$  -0.14,  $p=0.014$ ), age ( $\beta$  -0.12,  $p=0.050$ ), psychological distress ( $\beta$  -0.43,  $p<0.001$ ) and sedentary behaviour ( $\beta$  -0.15,  $p=0.009$ ). MCS was positively associated with leisure-time PA ( $\beta$  0.19,  $p=0.013$ ) and SES ( $\beta$  0.20,  $p=0.002$ ), while inversely associated with age ( $\beta$  -0.23,  $p=0.001$ ), psychological distress ( $\beta$  -0.27,  $p<0.001$ ) and sedentary behaviour ( $\beta$  -0.22,  $p=0.001$ ). Our results added new information about the associations between domain-specific PA and both physical and mental component scale in police officers. Future studies should deal with the same associations in other stressful occupations.

**Keywords :** health, fitness, police force, relations

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