

Southwestern University Community Perception on the Implementation of Active Workstations on Campus

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ABSTRACT

Physical inactivity is a leading health concern facing our nation. The implementation of active workstations on college campuses serves to help reduce the amount of sedentary activity and increase physical activity of the campus community. **PURPOSE:** To see if the Southwestern community not only utilizes active workstations, but also perceives them to have an impact on their physical activity, productivity, and stress levels. **METHODS:** Forty-three students and twenty faculty members participated in a questionnaire regarding the physical activity level (Godin Leisure Time Exercise Questionnaire), sedentary behavior, and perception and use of the active workstations located on campus. Student participants were recruited via flyers through online solicitation as well as at the active workstations while faculty in the Fondren Jones Science Building were emailed the questionnaire link. Data was analyzed using Qualtrics Reports, two-tailed independent t-tests, and Cohen's *d* to determine effect size. **RESULTS:** Ninety percent of students and eighty percent of faculty ranked as "Active" on the Godin Leisure Time Exercise Questionnaire. There was a significant difference ($t(36)$, $p=0.007$) between faculty ($n=18$) and students ($n=43$) over the belief that their productivity and/or concentration increased while working by using this active workstation compared to a standard desk. There was a significant difference ($t(33)$, $p=0.005$) between faculty ($n=18$) and students ($n=43$) over the belief that their stress and/or anxiety levels decreased while working by using this active workstation compared to a standard desk. Students were more likely to reduce sedentary activity when spending time with friends or family who would prefer to be seated when compared to faculty (Cohen's $d=0.53$). Students were more likely to believe that their physical activity increased with usage of the active workstation when compared with faculty (Cohen's $d=0.50$). **CONCLUSION:** Overall, students found active workstations to be more beneficial in regards to productivity, physical activity, and lowering stress levels when compared to faculty who use sit-to-stand desks. Positive student perception has led to more initiatives to increase the availability and accessibility of active workstations around the campus community. Specifically in areas in which students tend to spend long hours engaging in sedentary practices (i.e. studying).