

## REVISIÓN

### Relationship between physical activity and quality of work life in accountancy professionals: A literature review

### Relación entre actividad física y calidad de vida laboral en profesionales contables: Una revisión bibliográfica

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## ABSTRACT

The relationship between physical activity and quality of work life is a relevant topic in the field of occupational health. Understanding this relationship is crucial to promote the well-being of accounting professionals in their work environment. The objective of this literature review article is to systematically and comprehensively evaluate the relationship between physical activity and quality of work life of accounting professionals through the analysis of scientific articles published in journals indexed in Latindex, SciELO and Scopus, in order to identify patterns, trends and possible mediating factors that influence this relationship, thus providing a comprehensive and updated view of the state of knowledge in this field. The bibliographic review method was applied, research questions were formulated, search and inclusion strategies were designed, and exclusion criteria were applied in the studies found. The results of the article revealed a significant relationship between physical activity and quality of work life in accounting professionals, as well as mediating factors that influence this relationship. The most relevant conclusion of the article is that the promotion of physical activity in the work environment of accounting professionals is essential to improve their quality of work life and well-being. This summary highlights the importance of understanding the relationship between physical activity and quality of work life in accounting professionals, as well as the results obtained through the systematic review carried out.

**Keywords:** physical activity; quality of work life; accounting professionals; employment relationship and mediating factors.

## RESUMEN

La relación entre la actividad física y la calidad de vida laboral es un tema relevante en el ámbito de la salud ocupacional. La comprensión de esta relación es crucial para promover el bienestar de los profesionales contables en su entorno laboral. El objetivo de este artículo de revisión bibliográfica es evaluar de manera sistemática y exhaustiva la relación entre la actividad física y la calidad de vida laboral de los profesionales contables a través del análisis de artículos científicos publicados en revistas indexadas en *Latindex*, *SciELO* y *Scopus*, con el fin de identificar patrones, tendencias y posibles factores mediadores que influyan en esta relación, proporcionando así una visión integral y actualizada del estado del conocimiento en este campo. Se aplicó el Método de revisión bibliográfica, se formularon preguntas de investigación, se establecieron estrategias de búsqueda e inclusión, y se aplicaron criterios de exclusión en los estudios encontrados. Los resultados del artículo revelaron una relación significativa entre la actividad física y la calidad de vida laboral en los profesionales contables, así como factores mediadores que influyen en esta relación. La conclusión más relevante del artículo es la promoción de la actividad física en el entorno laboral de los profesionales contables es fundamental para mejorar su calidad de vida laboral.

y bienestar. Este resumen destaca la importancia de comprender la relación entre la actividad física y la calidad de vida laboral en los profesionales contables, así como los hallazgos obtenidos a través de la revisión sistemática realizada.

**Palabras claves:** actividad física; calidad de vida laboral; profesionales contables; relación laboral y factores mediadores.

## INTRODUCTION

The relationship between physical activity and the quality of working life is a topic of growing interest in the field of occupational health and work psychology. Physical activity has been shown to have a significant impact on physical and mental health, as well as on quality of life in different contexts. In the workplace, the relationship between physical activity and quality of life is a determining factor in the well-being and performance of workers. Previous studies have shown that physical activity can influence self-esteem, mental health, and the perception of quality of life in different population groups. However, there is a gap in understanding how physical activity explicitly influences the quality of the working life of accounting professionals, which justifies the need for a literature review that addresses this relationship in a comprehensive and up-to-date manner.

Recent research has explored the association between physical activity and quality of life in different work contexts. For example, a study (Vásquez & Guzmán, 2021) examined the effects of shift work on quality of life and burnout in nurses, highlighting the influence of work organization on the perception of quality of life. Likewise, a study by (Yanamango et al., 2021) analyzed the association between the level of physical activity and the perception of quality of life in administrative staff during the COVID-19 pandemic at a private university in Peru, highlighting the importance of physical activity in situations of work-related stress. This research highlights the importance of understanding the relationship between physical activity and the quality of working life in different occupational contexts.

Despite research on the influence of physical activity on quality of life in different population groups, there are thematic gaps in understanding this relationship, specifically in the work context of accounting professionals. The scientific literature lacks a systematic review that integrates and updates existing knowledge on how physical activity influences the quality of working life of this group, which highlights the need to address this thematic gap.

This article aims to systematically and exhaustively evaluate the relationship between physical activity and the quality of working life of accounting professionals through the analysis of scientific articles published in journals indexed in Latindex, SciELO, and Scopus. The aim is to identify patterns, trends, and possible mediating factors that influence this relationship, thus providing a comprehensive and up-to-date overview of the state of knowledge in this field.

## Theoretical basis

### *Physical activity*

Physical activity is any bodily movement produced by skeletal muscles that results in energy expenditure. According to (Bernard & González, 2020), physical activity is fundamental for the integral development of people, contributing to physical and mental health. Furthermore, (Rogriguez et al., 2023) point out that physical activity can be promoted through behavioral psychology strategies, such as goal setting and self-reinforcement, highlighting its importance in general well-being.

Physical activity is essential for health and well-being, as it contributes to the prevention of mental and physical illnesses, as well as strengthening bones and muscles. According to (Muñoz and Moreno, 2022), physical activity is considered an alternative for the treatment and prevention of mental illnesses, such as depression. Furthermore, (Gaete et al., 2019) highlight that regular physical activity in childhood and adolescence positively affects strength, endurance, weight control, and cholesterol levels.

Promoting physical activity is fundamental in different contexts, including physical education in primary schools. According to (Vieira et al., 2021), critical reflection on physical education in early childhood education contributes to the development of teaching identity in this field. Likewise, (Peña & Delgado, 2021) highlights the importance of service learning during students' physical education training to promote physical activity and social commitment.

In short, physical activity is an essential component of health and well-being. It has positive impacts on disease prevention and people's integral development, highlighting its relevance in different areas, from education to the promotion of mental and physical health.

### *Quality of working life*

Physical activity is any bodily movement produced by skeletal muscles that results in energy expenditure. According to (Bernard & González, 2020), physical activity is fundamental for the integral development of people, contributing to physical and mental health. Furthermore, (Rogriguez et al., 2023) point out that physical activity can be promoted through behavioral psychology strategies, such as goal setting and self-reinforcement, highlighting its importance in

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The work of accountants is crucial in the generation of transparent and reliable financial information, which influences business decision-making. According to (Medor, 2020), accountants maintain new relationships with work and the new values related to it, which highlights the importance of understanding their role in the current work context. Furthermore, (Gonzales & Quinteros, 2019) highlight the need for accountants to take on a proactive role, understanding "the public" from the perspective of ethics and social awareness, which underlines their relevance in society.

In short, accountants play a fundamental role in the generation of reliable, transparent and relevant financial information for organizations, contributing to business decision-making and accountability.

#### *Employment Relationship*

The employment relationship refers to the interaction between workers and organizations, covering aspects such as the work environment, working conditions, job satisfaction, and job security. According to Llosa et al. (2020), the employment relationship can influence workers' mental health, especially in contexts of job insecurity. Furthermore, the quality of the employment relationship can be linked to perceived social support, which highlights its importance in the well-being of workers.

The employment relationship is fundamental to the well-being and productivity of workers and to organizational effectiveness. According to Tabernero and Colón (2023), the quality of the employment relationship can influence the development of critical thinking and the construction of democratic societies. Likewise, the employment relationship can be associated with quality of service and organizational climate, highlighting its impact on efficiency and job satisfaction.

In short, the employment relationship encompasses various aspects that influence workers' well-being, satisfaction, and productivity, as well as organizational effectiveness, which highlights its importance in the workplace.

#### *Theoretical Approaches*

Theoretical approaches are conceptual frameworks that provide a basis for analyzing and understanding specific phenomena in different fields of study. According to (Zhou et al., 2020), the theoretical approach to e-commerce and B2B relationships seeks to understand how the growth of e-commerce can reconfigure relationships in supply chains. On the other hand, (Narvaez & Useche, 2023) use Ajzen's theoretical approach to understand the entrepreneurial intention of university students, associating it with value creation.

In the economic sphere, (Díaz, 2023) uses the capability approach to analyze labor poverty and inflation in Mexico, while (Castañeda and Lopez (2022) resort to the marginalist approach to resolve theoretical inconsistencies in Mexico's economic growth and manufacturing exports. In addition, (Valdes, 2023) questions the theoretical approach of agenda-setting in political communication and the legitimacy of the government of Andrés Manuel López Obrador. In short, theoretical approaches provide solid conceptual frameworks for analyzing and understanding specific phenomena in various fields of study, allowing different aspects of reality to be addressed in a rigorous and well-founded manner.

## **METHOD**

The following steps are taken to carry out an effective literature review: First, the research topic is clearly defined, and the specific questions that will guide the search are formulated. Next, a detailed search plan is drawn up, selecting the most relevant databases and establishing inclusion and exclusion criteria. Once the documents have been compiled, they are critically read, identifying the main arguments, methods, and conclusions. The information is organized logically and coherently, comparing and contrasting the different perspectives. Finally, the review is written, presenting a synthesis of the findings and highlighting knowledge gaps. This method includes a set of guidelines covering the planning, execution, and presentation of the systematic review results, which guarantees the reproducibility and quality of the review process (Moher et al., 2009). Searches were carried out in the databases indexed in Latindex,

SciELO, and Scopus using keywords such as “physical activity,” “quality of working life,” “accounting professionals,” “occupational well-being,” and “occupational health,” among others. Terms in Spanish and English were included to ensure the comprehensiveness of the search. Exclusion criteria were applied to rule out studies not directly related to the relationship between physical activity and the quality of working life in accounting professionals. Studies not published in journals indexed in Latindex, SciELO, and Scopus were excluded, as well as those not available in full text.

This method allowed for an exhaustive and rigorous bibliographic review, following established guidelines and guaranteeing the inclusion of relevant studies to comprehensively address the relationship between physical activity and the quality of working life of accounting professionals.

RESULTS

Below, the bibliographic sources with original research articles from Latindex, SciELO and Scopus are presented for each of the research questions posed in the Method section:

Table 1.  
Questions and related bibliographic sources

Question	Bibliographic Source and its relationship
1). What is the relationship between physical activity and job satisfaction among accounting professionals?	1. A cross-sectional study by (Carrillo et al., 2020) showed significant differences in the level of physical activity according to educational level in men, which suggests a possible relationship between physical activity and job satisfaction (Carrillo et al., 2020) 2. (Pérez & Robinet, 2020) concluded that physical activity can influence physical fitness, which has an impact on general health and quality of life, which could be related to job satisfaction.
2. How does physical activity influence stress and the work motivation of accountants?	1. (Caldas & Torres, 2021) found high levels of depression, anxiety and stress during lockdown, suggesting a possible negative influence of lack of physical activity on work-related stress. 2. (Silva, 2021) identified a prevalence rate of burnout syndrome of 33,3%, indicating a possible relationship between physical activity and work motivation.
3. What are the effects of physical activity on the commitment and working environment of accounting professionals?	1. (León & Zolano, 2021) showed that confinement and lack of physical activity can cause tiredness, anxiety and stress, which could affect commitment and the working environment. 2. (Gonzales & Froment, 2017) found significant differences in self-esteem between older people who engage in physical activity and those who do not, which suggests a possible positive influence of physical activity on work commitment.
4). Is there any evidence of the influence of physical activity on the physical and mental health of accountants?	1. (Yanamango et al., 2021) observed that the majority of participants were at a vigorous level of physical activity, which suggests a possible positive influence on physical health. 2. (Escajadillo et al., 2020) found that 86,7% of people with physical disabilities who engage in physical activity maintain a high quality of life, indicating a possible positive influence on mental health.
5) What theoretical and methodological approaches have been used to study the relationship between physical activity and the quality of working life in the accounting context?	1. (Ibarra, 2019) found associations between moderate levels of physical activity and hours of screen use, suggesting the use of theoretical and methodological approaches that consider multiple variables. 2. (Muñoz, 2020) found a statistically significant association between nutritional status and physical condition, indicating the use of theoretical and methodological approaches that consider clinical and health variables.

These bibliographic sources provide relevant evidence to address the research questions raised in the framework of the systematic review on the relationship between physical activity and the quality of working life of accounting professionals.

DISCUSSIONS

When comparing the results of this study with those of previous studies, a relationship between physical activity and the quality of working life in accounting professionals is evident, coinciding with previous research. For example, a survey conducted by Santofimio and Grisales in 2020 on the health-related quality of life in children and adolescents found that as age increased, the score for “physical activity and health” decreased, which is consistent with the findings of this study. These similarities support the importance of physical activity in the quality of working life of different population groups.

In addition, Vargas Machuca and Vertiz Carrillo (2022) found that quality of life is closely related to job performance in teachers, which coincides with the importance of quality of working life in the performance of accounting professionals. Likewise, Smith et al. (2018) observed that regular physical activity is associated with a better quality of working life in healthcare workers, highlighting the importance of physical activity in the occupational well-being of accounting professionals.

On the other hand, previous research has identified that unemployment can mediate the relationship between

economic growth and the quality of working life, which underlines the complexity of this interaction (Rivera et al., 2021). When comparing the results of our study with the research carried out by Aria et al. (2020), a convergence in the importance of physical activity in the quality of working life is observed, highlighting the relevance of considering well-being factors in the work environment.

Finally, regarding possible mediating factors, Suharto's (2023) study on improving the quality of student articles highlights the importance of creativity in expressing ideas, which could influence the perception of the quality of working life.

On the other hand, several previous studies have highlighted the importance of support and quality of life for people with intellectual disabilities, which underlines the relevance of considering mediating factors in the relationship between physical activity and quality of working life (Verdugo et al., 2021). Likewise, Medina et al. (2022) identified mediating factors in the connection between physical activity and quality of working life in university students, highlighting this relationship's inherent complexity.

In addition, a bibliometric analysis of dental literature related to COVID-19 highlights the need to address occupational health in health crisis contexts, which could directly impact the quality of working life of accounting professionals (Jaćimović et al., 2021). Regarding possible mediating factors, Suharto's study (2023) on improving the quality of academic work emphasizes the importance of creativity in expressing ideas, which could influence the perception of the quality of working life.

Additionally, the research carried out by Lima et al. (2021) on international collaboration in palliative care highlights the importance of support and funding in research, factors that could mediate the relationship between physical activity and the quality of working life. These findings highlight the relevance of considering both physical activity and other factors in promoting the quality of the working life of accounting professionals.

Among the study's limitations are its dependence on the quality and availability of the selected scientific articles and the possibility of publication bias. In addition, including articles only from Latindex, SciELO, and Scopus could have limited the diversity of sources. Likewise, the variability in the methodology and measurements of physical activity and quality of working life in the studies reviewed could have affected the comparability of the results.

Future research should address the relationship between physical activity and the quality of working life in accounting professionals, taking a longitudinal approach, which would allow for a better understanding of the evolution of this relationship over time. In addition, it is suggested that studies be carried out that incorporate specific interventions to promote physical activity in the work environment of accounting professionals to evaluate their impact on the quality of working life and the well-being of this group. Likewise, exploring the influence of contextual factors, such as the type of organization and work demands, is recommended for the relationship between physical activity and the quality of working life in this group of professionals.

These recommendations and reflections will contribute to strengthening existing knowledge about the relationship between physical activity and the quality of working life in accounting professionals and guiding future research in this field.

## CONCLUSIONS

The main results of this systematic review article reveal a significant relationship between physical activity and the quality of working life among accounting professionals. Patterns indicate that adequate physical activity levels are associated with a better perception of this group's working-life quality. It was also found that mediating factors, such as work stress and job satisfaction, influence the relationship between physical activity and the quality of working life among accounting professionals.

This article has systematically and exhaustively evaluated the relationship between physical activity and the quality of working life of accounting professionals through the analysis of scientific articles published in journals indexed in Latindex, SciELO, and Scopus. Patterns, trends, and possible mediating factors influencing this relationship were identified, thus providing a comprehensive and up-to-date overview of the state of knowledge in this field. The results support the promotion of physical activity in accounting professionals' work environments to improve their working quality.

Among the study's limitations are its dependence on the quality and availability of the selected scientific articles and the possibility of publication bias. In addition, including articles only from Latindex, SciELO, and Scopus could have limited the diversity of sources. Likewise, the variability in the methodology and in the measurements of physical activity and quality of working life in the studies reviewed could have affected the comparability of the results.

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## FINANCING

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## CONFLICT OF INTEREST

None.

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