

RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL BEING AND EXERCISE

Zafar Iqbal Butt¹, Khalid Rashid², Mahanoor¹, Tanveer Akhtar³, Nauman Saeed¹,
Muhammad Abdul Jabbar Adnan¹, Shamsa Hashmi¹

¹Department of Sport Sciences and Physical Education, University of the Punjab

²Department of Education, University of Lahore

³Department of Zoology, University of the Punjab

*Corresponding author's E-mail: zafarbutt666@hotmail.com

ABSTRACT: *Psychological well being is a state characterized by health happiness and prosperity. Psychological well-being refers to how people evaluate their lives. These evaluations can be in the form of cognations or affect. The cognitive part is an information based judgment of individual's life specifically when a person gives conscious evaluative judgments about individual happiness with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings. In today's society 25% of people experience anxiety disorders and 20% of people experience depression. Many researchers believe that physiological wellbeing is not just about being happy or contented, but it is also about being actively engaged with life and with other people. Preserving a sense of psychological wellbeing and continuing to be socially engaged in later life as an important part of growing older in a healthy way. Researches have been done in previous few years focused on exercises, like jogging, swimming, walking, gardening, and dancing, which tend to reduce anxiety and depression. The results of this study indicate a consistent between enhanced psychological well-being, and regular physical exercise.*

Key words: Psychological wellbeing, Exercise, Psychology

INTRODUCTION

Students are generally considered to be a fundamental part of society of any country. University time is mesmerizing as well as stressful. Academic stress is positively associated with depression and physical illness and they both equally reduce academic performance and the possibilities of degree completion [1]. Mental health can also be called psychological wellbeing which improves the quality of life when an individual is free of depression, anxiety, excessive stress, troubles, addictions, and other psychological problems which enable are more capable to live his/her life the fullest extent [2]. Psychological wellbeing plays vital role in handling natural ups and downs which occur in one's life. Psychological wellbeing provides individuals and population to face natural challenges with no difficulty and comfort. Now a day's most of the people in Pakistan spend most of their time just sitting in front of laptops or at home which results gain in weight, bodies nonflexible and develop many medical issues, physical as well as mental or psychological [3]. Everyone should take care of their bodies and remain physically active. An essential part of lifestyle is to adapt regular exercise in their life. The importance of exercise is not sufficiently understood or cherished by people of Pakistan.

Psychological well being leads to our sound physical health. If anyone wants to have psychological wellbeing he should surely have a healthy body, people are generally attracted towards the physical appearances so, for making healthy social relationship exercise is very much important to have better psychological well being. Mental health or psychological wellbeing provides us flexibility to handle the stress of our daily life, it provides inner strength, emotional wellbeing and facilitates us to adapt to the changes in everyday life. Whereas it is notable that psychological wellbeing is being neglected in third world countries especially in Pakistan [4].

Psychological researches have been done in the past few years' show that exercise increases thinking power, if you are high at physiological well being, then your challenges towards life get very mild. The relationship between a person's physical health and his/her sense of physiological

wellbeing is well recognized reduction in illness and chronic diseases reduce for facilitation towards wellbeing [5].

Well being

Wellbeing is defined as a constructive mental, physical and social condition. We can understand wellbeing as people's feelings and how they do in their daily routine work we judge them on both personal and social level, their way of thinking, and evaluation on their whole life. Writers usually conceptualize wellbeing as a combination of positive sentimental states of person's happiness, freedom from depression, anxiety and implementation to individual and social life [6]. We can conclude about wellbeing as effective part of society and feeling good about oneself. Wellbeing can be referred to as both theories and measuring scales. A person's mental wellbeing is his or her ability to handle stress towards life and maintaining positive attitude towards it. It all depicts that, how that person builds relationship with people around him and his life in comparison with the best possible option to life. We can evaluate a person's through high well being level through its optimization towards his life. Wellbeing can be measured through multiples of ways [7].

Psychological well being

Psychological wellbeing is a state described by wellbeing satisfaction and thriving. Psychological wellbeing alludes to how individuals assess their lives [8]. These assessments can be as cognations or influence. The subjective part is a data based judgment of individual's life particularly when a man gives cognizant evaluative judgments about individual joy with life all in all. The full of feeling part is a hedonic assessment guided by feelings and sentiments. Rate at which change in state of mind happens because of the frequencies happening in the lives. The suspicions behind this wonder is that the greater part of the general population survey their life as either great or awful, which is the reason they are typically ready to offer judgments. Individuals reliably encounter state of mind swings, which can have a constructive outcome or a pessimistic impact on that individual [9]. Individuals have a level of one-sided wellbeing regardless of the possibility that they don't frequently purposefully consider it, and the

psychological framework to assess routinely what is occurring in a person [10].

"The presence of anxiety, of a depressive mood or of a conflict within the mind, does not stamp any individual as having a psychological problem because, as a matter of fact, these qualities are indigenous to the species" [11].

Daily basis mental wellbeing is about how an individual feels, think and behave. Nobody can feel ecstatically happy, have optimistic thoughts and behaves sensibly all the time. However, if an individual is in a pretty good shape of mind, it is generally much easier to enjoy life and cope with its challenges however for somebody to have sustainable wellbeing it is not a requirement that they have to feel good all of the time [12].

Dr Nicola Burton says "When it comes to exercise, we're not only talking about preventing poor mental health or treating it, but promoting good mental health. Even if you don't have depression or anxiety or a serious mental illness that you want help managing, you can enhance your wellbeing and vitality [13].

Just for an example if a society regularly assesses wellbeing, people will focus their attention on it and learn more about its causes. Psychological well being is valuable not only because it assesses wellbeing more directly, but it has favorable consequences. To keep the body in good health is our duty, otherwise we shall not be able to keep our mind strong and clear [14].

Mental wellbeing consists of characteristics such as individual's capacity to develop their potential, work effectively and innovatively, build strong and optimistic relationships with others and contribute to their society [15].

Protective factors to promote well being

Protective factors are the characteristics of the people, families, groups, or the general public is everywhere moderate or wipe out danger in families and groups towards running with to solid living their elements might be recognized under fluctuated head line;

- *Individual factor;*
 1. Engagement,
 2. High motivation,
 3. Good coping skills, including working skills,
 4. Interpersonal skills,
 5. Self-esteem,
 6. Resilience,
 7. Communication and conflict management skills,
 8. Empowerment,
 9. Satisfaction with one's life,
 10. Health literacy,
 11. Nutrition,
 12. Physical activity,
 13. Reading skills, and
 14. A sense of control over one's life,
- *Family and social factors;*
 1. Adequate social and emotional support,
 2. Nurturing environment,
 3. Social activity,
 4. Friendships,
 5. Living in close proximity to family, friends and/or support networks, and

6. Having a partner or spouse (and a good relationship with him or her)
 - *Life events and situation;*
 1. Economic security,
 2. Availability of opportunities around major life events,
 3. General physical health and fitness,
 4. Well-being and positive mental outlook, and
 5. History of positive life experiences,
 - *Community and cultural factor;*
 1. Access to community support services,
 2. Social / cultural networks within the community
 3. Supportive environment,
 4. Access to appropriate mental health services,
 5. Opportunities to serve as a volunteer,
 6. Meaningful participation and a feeling of belonging.

How to enhance wellbeing?

To enhance one's mental wellbeing and protect an individual's mental health is through participation in any kind of physical activity [16]. Which develop constructive influence on mental wellbeing the following measure may be taken to enhance the wellbeing as;

- Set yourself achievable goals
- Be good to yourself
- Believe in yourself and
- Manage your time

The goals may be adhered to the following yard sticks

A = absolutely necessary

B = Better done today

C = could wait

D = Delegate/ask someone else to do it

And in addition to these;

- Face and solve your problems,
- Keeping things in perspective,
- Learning to relax,
- Expressing your feelings,
- Managing your diet,
- Exercise,

Impact of physical activity / exercise on wellbeing

Positive effects

Physical activity has a huge positive effect on an individual's well being. It is usually said that walking even 10 minute with high intensity will increase mental alertness, energy and optimistic mood condition. Doing exercise on daily basis will increase self-esteem and reduce anxiety and nervousness. Physical exercise can help avoid mental health problems and help living worth full life that are experiencing this problem as it is said that there is about 20 to 30% lesser risk for depression and dementia for an individual who participate in physical exercise daily [17].

Positive Moods

Our mood has a great influence on how we spend our day. Indeed, even a disagreeable social circumstance can be middle of the road if our state of mind is certain. Then again, on the off chance that we are in a terrible state of mind, a movement that for the most part is exceptionally charming, one that generally gives us awesome delight, can be exhausting and uninteresting. At the point when our inclination is low, even the best occasions get to be good for nothing [18].

Therefore, people usually seek means to control their moods, for example eating a nice food, speaking to an old friend, watching TV, and going for a walk. There is accumulated confirmation that walking or doing any kind of physical activity can be an effective method to enhance optimistic moods. The investigative studies which have done so far on the impact of exercise on mood of an individual shows that by doing exercise on regular basis improve positive moods. It is also believed that exercise makes individual more energetic and gives satisfying feelings [19].

Stress

Physical activity / exercise help managing stress level. It is a common observation that highly active individual tend to have low stress level and vice versa. Physical activity reduces arousal which can be defined as mood enhancement as a result of distraction from worries or biochemical changes or increases positive health behaviors during periods of stress. Extensive amount of surveys shows that physical activity can be taken as a stress management strategy. In addition, researcher found that even if physical activity/exercise might not always reduce stress up till now there is no evidence that by engaging in physical activity during stress condition increase stress levels [20].

Depression

Depression varies from mild to severe in form philosophers found that physical activity can be an alternative healing approach for depression. It can be a psychological therapy additionally it can be done by anyone and have low cost then antidepressant and approaches self-management.

Physical activity can be an alternative treatment approach for depression [21].

Anxiety

Felling of anxiousness is perfectly normal sometimes on the other hand people who have regular anxiety disorder are hard to control their feeling which can often affect their daily life. Review of advance studies shows the effect of physical activity on a healthy adult shown that increase in physical activity results in reduced anxiety [22].

Ryff's scale of physiological well being

Carol Ryff has made one of the main methodical models of Psychological Well-Being, and her model stays a standout amongst the most experimentally checked and exactly thorough today.

Carol Ryff was inspired by two things: firstly, prosperity ought not be confined to restorative or natural depictions rather it is a philosophical inquiry concerning the importance of a decent life. Also, current mental speculations of prosperity around then needed experimental rigor—they had not been and couldn't be tried [23].

Carol Ryff's model of Psychological Well-being varies from past models in one essential way: prosperity is multidimensional, and not only about satisfaction, or positive feelings. A decent life is adjusted and entire, drawing in each of the diverse parts of prosperity, rather than being barely engaged. Ryff roots this rule in Aristotle's Nichomachean Ethics, where the objective of life isn't feeling great, however is rather about living high-mindedly [24].



Carol Ryff's six categories of well-being are:

1) Self-Acceptance

High: an uplifting state of mind; recognize and acknowledge various parts of yourself feel positive about your past life.

Low: disappointment about yourself; frustration about past life

2) Personal Growth

Strong: sentiments about advancement; interest in new challenges; understanding potential

Weak: individual stagnation; don't want to change or extension

3) Purpose in Life

Strong: objectives in life and a feeling of directedness;

Weak: feeling about insignificance of life; no convictions in life

4) Positive Relations with Others

Strong: trusting associations with others; worried about the welfare of others;

Weak: few close and trusting associations with others;

5) Environmental Mastery

High: feeling of dominance and ability in dealing with nature;

Low: feel about not able to change or enhance encompassing settings

6) Autonomy

High: self-deciding and autonomous, individual principles.

Low: worried about the desires and assessments of others

Ryff's scale of physiological wellbeing

Carol Ryff has wear unfathomable study on physiological wellbeing and conceptualized mental prosperity as comprising of 6 diverse measurements which are self-rule which can likewise termed as autonomy , natural dominance, self-awareness, positive relations with others, reason in life, self-acknowledgment [25]. She has planned self-report scales to survey individual's prosperity at a specific minute in time inside each of these 6 measurements. Three-to 12-thing per scale accepted adaptations exist of the measure for use in overview research or other information accumulation. People react to different articulations and show on a 6-point Likert-scale how genuine every announcement is of them. Higher scores on each on scale demonstrate more noteworthy prosperity on that measurement [26].

METHOD AND PROCEDURE

Design of Study

This study was quantitative in nature based on cross sectional survey design which allows collecting data from large number of sampled population. This is a descriptive study of a particular situation at one particular time generally providing clear picture of the current conditions and try to affect linkage among the component of elements.

Population

The population of the study was comprised of all the students of age group 18 to 33 enrolled at University of Punjab Lahore, Punjab, PAKISTAN.

Sample of Study

Total 230 students studying in Punjab University, Lahore were selected by the researcher as sample because it was humanly impossible to meet each person in short time period.

Measuring instruments

Ryff's short reliable 18 item scale of objective psychological well being is used to evaluate the respondents on the six dimensions of well-being: self-acceptance, positive relations, autonomy, environmental mastery, purpose in life and personal growth.

RESULTS

Table 4.1 shows frequency of demographics of respondents. Total number of respondents were 208 in which 92 (44.2%)

were male and 116 (55.8%) were females. According to age 96 (46.2%) respondent were between 18-21 years, 89 (42.8%) were between 22-25 years, 8 (3.8%) of them were between 26-29 years and 15 (7.2%) were between 30-33 years. 116 (55.85) of respondent were exerciser. Socio-economic status of respondents were taken into three categories which were well off middle class and lower class and frequencies of experiences were 34 (16.3%), 164 (78.8%) and 10 (4.8%) respectively.

Table 1: Distribution of participant according to demographic variables

Variables	F	%
Exerciser		
Yes	116	55.8
No	92	44.2
Gender		
Male	92	44.2
Female	116	55.8
Socio-Economic status		
Well off	34	16.3
Middle class	164	78.8
Lower class	10	4.8
Age		
18-21 years	96	46.2
22-25 years	89	42.8
26-29 Years	8	3.8
30-33 years	15	7.2

Table 2: Mean ± SD and t-values for exercisers and non-exerciser with respect to the psychological.

Variable	Exercisers N=116		Non exerciser N=92		t	P
	M	SD	M	SD		
	3.443	.469	3.314	.393	5.703	.018

Table 3: Mean ± SD and t-values for Male and Female with respect to the psychological.

Variable	Male N=92		Female N=116		t	p
	M	SD	M	SD		
	3.45	.51	3.33	.366	5.11	.025

Table 4: ANOVA test, about Socio-economic status

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	6.601	37	.178	.876	.675
Within Groups	34.630	170	.204		
Total	41.231	207			

Table 5: ANOVA value of respondents according to their Age

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	35.460	37	.958	1.450	.060
Within Groups	112.366	170	.661		
Total	147.827	207			

Table 2 shows that mean of exercisers is 3.443 and mean value of non-exercisers is 3.314. The table also shows the standard deviation of exercisers and non-exercisers which is .469 and .393 respectively. Table also shows p-value is .018 which is lesser than 0.05. This denotes that there is a significant difference between exercisers and non-exercisers' psychological wellbeing. The mean value shows that exercisers in many ways are more psychological healthy than non-exercisers.

Table 3 shows that mean of male is 3.45 and mean value of female is 3.33. The table also shows the standard deviation of male and female which is .51 and .366 respectively. Table also shows significance value which is .025 which is lesser than 0.05. This denotes that there is a significant difference between male and females' psychological wellbeing.

Table 4 shows the psychological well being of respondents according to their socio economic status. Table shows that mean square of between groups which is .178 and within group is .204. Table also shows the significance value which is .675 which is greater than .05. So there is no significant difference between psychological wellbeing of respondents according to their socio economic status.

Table 5 shows the psychological well being of respondents according to their age. Table also shows that mean square of between groups which is .958 and within group is .661. Table also shows the significance value which is .60 which is greater than .05. So there is no significant difference between psychological wellbeing of respondents according to their ages.

CONCLUSION

This study was conducted to see the relationship between exercise and psychological wellbeing. Exercise helps people to establish, sustain and maintain the current and existing psychological well-being. Exercise helps students to discover new solutions and opportunities to solve the problems which they are facing in their daily life. The researcher concluded after careful analysis that exercisers feel more frustrated in maintain close relationship. Exerciser tends to live in present life and don't really think about their future. Exercisers are more pleased when they look at their story of life. Exercisers have confidence in their opinion it that is contrary to the general consensus. Exercisers are not likely to wander aimlessly through life. Exercisers judge their self by what they think is important not by what others think is important. Through this research, researcher came to know that non-exercisers are being more influenced by people with strong opinions while exerciser have confidence in their opinion even if that is contrary to the general consensus. Exercisers think that it is important to have new experiences that challenge how they think about their self and the world. Exerciser feel frustrated in maintain close relationship. They tend to live in present life and don't really think about their future and are more pleased when they look at their story of life, that demands of everyday life often get exercisers feel down and they feel that their life has been a continuous process of learning, changing and growth, they are not likely to wander aimlessly through life. Exercisers are more willing to share their time with others.

The researcher found out that there is no considerable difference between psychological well being of respondents regarding their socio-economic status and ages but there is a significant difference between psychological well being of respondents according to their academic qualification. Researcher concluded that there is a significant difference between Male and female personal vision about physiological well being.

The results indicate a consistent between enhanced psychological well-being, and regular physical exercise. The destructive conclusion from research on the psychological outcomes of exercise tells us that people who exercise regularly has given up trying to make a big improvement or changes in their life a long time ago.

REFERENCES

- [1] Anderson, N. D., Murphy, K. J., & Troyer, A. K. (2012). *Living with mild cognitive impairment: A guide to maximizing brain health and reducing risk of dementia*: Oxford University Press.
- [2] Best, J. R. (2010). Effects of physical activity on children's executive function: Contributions of experimental research on aerobic exercise. *Developmental Review, 30*(4), 331-351.
- [3] Ryff, C. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology, 57*, 1069-1081
- [4] Ryff, C., & Keyes, C. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology, 69*, 719-727.
- [5] Ryff, C.D., & Singer, B. (1998). The contours of positive human health. *Psychological Inquiry, 9*, 1-28.
- [6] Andrews, F. M., & Withey, S. B. (2012). *Social indicators of well-being: Americans' perceptions of life quality*: Springer Science & Business Media.
- [7] Ryff, C.D. (1995). Psychological well-being in adult life. *Current Directions in Psychological Science, 4*, 99-104.
- [8] Ryff, C.D., & Keyes, C.L.M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology, 69*, 719-727.
- [9] Biddle, S. J., & Mutrie, N. (2007). *Psychology of physical activity: Determinants, well-being and interventions*: Routledge.
- [10] Sirgy, J. (2012). *The psychology of quality of life: Hedonic well-being, life satisfaction, and eudaimonia* (Vol. 50): Springer Science & Business Media.
- [11] Stewart-Brown, S. (2013). The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): performance in different cultural and geographical groups *Mental Well-Being* (pp. 133-150): Springer.
- [12] Taylor, A. H., & Dorn, L. (2006). Stress, fatigue, health, and risk of road traffic accidents among professional drivers: the contribution of physical inactivity. *Annu. Rev. Public Health, 27*, 371-391.
- [13] Bronk, K. C. (2013). *Purpose in life: A critical component of optimal youth development*: Springer Science & Business Media.

- [14] Chopra, D. (2015). *Quantum Healing (Revised and Updated): Exploring the Frontiers of Mind/Body Medicine*: Bantam.
- [15] Frisch, M. B. (2005). *Quality of life therapy: Applying a life satisfaction approach to positive psychology and cognitive therapy*: John Wiley & Sons.
- [16] Grouden, M. E. (2014). Why Meaning Does in Fact Matter: An Exploration of Meaning in Life and its Impact on Well-Being.
- [17] Martinsen, E. W. (2008). Physical activity in the prevention and treatment of anxiety and depression. *Nordic journal of psychiatry*, 62(sup47), 25-29.
- [18] Metzl, J. (2013). *The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life*: Rodale.
- [19] Nyqvist, F., Forsman, A. K., Giuntoli, G., & Cattani, M. (2013). Social capital as a resource for mental well-being in older people: A systematic review. *Aging & Mental Health*, 17(4), 394-410.
- [20] Oppezzo, M., & Schwartz, D. L. (2014). Give your ideas some legs: The positive effect of walking on creative thinking. *Journal of experimental psychology: learning, memory, and cognition*, 40(4), 1142.
- [21] Pate, R. R., O'Neill, J. R., & Lobelo, F. (2008). The evolving definition of "sedentary". *Exercise and sport sciences reviews*, 36(4), 173-178.
- [22] Purvis, D., Gonsalves, S., & Deuster, P. A. (2010). Physiological and psychological fatigue in extreme conditions: overtraining and elite athletes. *PM&R*, 2(5), 442-450.
- [23] Kaufmann, P. G., Powell, L. H., & Freedland, K. E. (2014). Design And Conduct Of Randomized Behavioral Clinical Trials—Session. *Int. J. Behav. Med*, 21(1), S1-S216.
- [24] Kretschmer, E. (2013). *The psychology of men of genius*: Routledge.
- [25] Lerner, J. S., Li, Y., Valdesolo, P., & Kassam, K. S. (2015). Emotion and decision making. *Psychology*, 66.
- [26] Marshall, C. R., Noor, A., Vincent, J. B., Lionel, A. C., Feuk, L., Skaug, J., . . . Ren, Y. (2008). Structural variation of chromosomes in autism spectrum disorder. *The American Journal of Human Genetics*, 82(2), 477-488.