

## **A STUDY ON PSYCHOLOGICAL WELLBEING AMON PHYSICALLY ACTIVE AND INACTIVE ADULTS**

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### **Abstract**

**Purpose:** The purpose of the study was to assess and compare psychological wellbeing among physically active and inactive adults.

**Methodology:** A total number of sixty subjects (N=60) were selected randomly for the study. The age of the subjects was between 30 to 40 years. The subjects selected for the study were from Ganderbal district of Jammu & Kashmir. The selected subjects were divided into active (n=30), have inactive (n=30) on the basis of WHO norms. The Psychological wellbeing (PWD) Questionnaire developed by Ryff & Keyes, 1995 was selected as a tool for the study.

**Statistical Procedure:** Descriptive statistics (Mean, S.D), independent 't' test was employed. The level of significance was set at 0.05 level.

**Results:** There was a significant difference in autonomy subscale, environmental mastery, personal growth, positive relation, purpose in life & self-acceptance between active and inactive adults.

**Conclusion:** The study concluded that active adults are better in autonomy subscale, environmental mastery, personal growth, positive relation, purpose in life & self-acceptance environmental mastery than inactive adults.

**Key words:** Psychological wellbeing.

### **Introduction**

At a physiological level, physical activity guards against coronary heart disease, hypertension as well as some forms of cancer and diabetes (Scully et al., 1998), with one practical example being the heartbeat of a trained individual returning to a rate of normal function faster than untrained individuals (Sinyor, Schwartz, Peronnet, Brisson &

**Seraganian, 1983**). Health intervention strategies include general wellbeing promotion related to eating healthily, taking care of oneself, accessing social support and using problem solving techniques. As a component of general health and well-being, psychological well-being has been widely researched and evaluated over the last two decades (**Ryff, 1989**). Psychological well-being has undergone extensive empirical review and theoretical evaluation (**Wissing & Van Eeden, 1998**). There is currently no single consensual conceptual understanding of psychological well-being. The initial understanding of psychological well-being provided a depiction of the difference between positive and negative affect. Preliminary research was mainly concerned with the experiences of positive and negative affect, subjective well-being and life satisfaction that were formed around the Greek word 'eudemonia', which was translated as 'happiness' (**Ryff, 1989**). Happiness was described as the equilibrium between positive and negative affect. Many early scales, such as **Diener, Emmons, Larsen & Griffen's (1985)** Satisfaction with Life Scale on which a vast amount of research was conducted, used this initial subjective conception of well-being (**Diener et al., 1985**). The Satisfaction with Life Scale requires participants to indicate a cognitive rather than affective response in relation to global satisfaction with their quality of life.

## Methodology

A total number of 60 subjects were selected randomly for the study. The ages of the subjects were between 30 to 40 years. The subjects selected from Ganderbal district of J&K and belonged to different socio-economic groups. The Psychological wellbeing (PWD) Questionnaire developed by Ryff & Keyes, 1995 was selected for the purpose of the study. The scale measures six aspects of well-being and happiness: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. The questionnaire contains 18 questions. Against each item, a response format ranging from STRONGLY AGREE to STRONGLY DISAGREE is provided. The subjects were explained the purpose of the investigation and the importance of their contribution as a subject in the study. To differentiate between active have inactive the following WHO norms were applied. According to WHO an individual is active when

- He/she does at least 150–300 minutes of moderate-intensity aerobic physical activity.

- or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week.
- should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.
- may increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for additional health benefits.
- should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits, and
- to help reduce the detrimental effects of high levels of sedentary behaviour on health, all adults and older adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity.

The individual who does not fulfil above mentioned conditions was considered as an Inactive individual.

Prior to the administration of the test the subjects were briefed on the objectives and requirement of the different variable that was to be tested.

### **3.9 STATISTICAL ANALYSIS**

For the purpose of the study descriptive statistics (Mean, S.D), independent ‘t’ test was employed. The level of significance was set at 0.05 level.

### **ANALYSIS OF DATA AND FINDINGS OF THE STUDY**

In order to find the significant difference among the groups on selected variables the ‘t’ test was applied. The level of significance was kept at 0.05 level.

*TABLE-1: Descriptive statistics of autonomy subscale among physically active and inactive adults*

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean	t	Df	Sig. (2-tailed)
Autonomy Subscale	Active	30	14.87	1.93	.351	2.017	58	.048
	Inactive	30	14.03	1.19	.217			

The results indicate that there was significant difference in autonomy subscale between active and inactive,  $t(58) = 2.017$ ,  $P = 0.048$ , which is less than 0.05. That is the average score of active ( $M=14.87$ ,  $SD=1.93$ ) was statistically different from that of inactive ( $M=14.03$ ,  $SD=1.19$ ). Thus, it could be concluded that there was a significant difference in autonomy subscale between active and inactive adults.

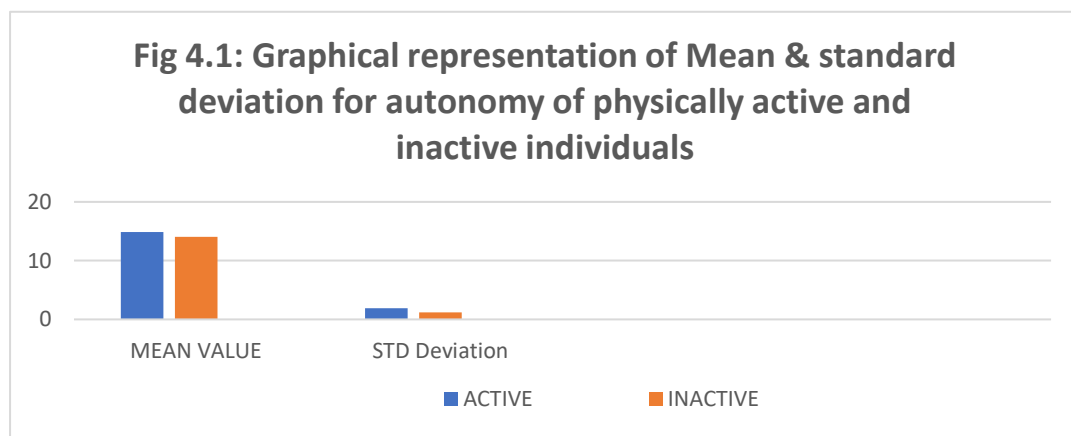


TABLE-2: Descriptive statistics of environmental mastery among physically active and inactive adults

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Environmental Mastery	Active	30	14.87	2.31	.423	2.94	58	.005
	Inactive	30	13.43	1.33	.243			

The results indicate that there was significant difference in environmental mastery between active and inactive,  $t(58) = 2.94$ ,  $P = 0.005$ , which is less than 0.05. That is the average score of active ( $M=14.87$ ,  $SD=2.31$ ) was statistically different from that

of inactive ( $M=13.43$ ,  $SD=1.33$ ). Thus, it could be concluded that there was a significant difference in environmental mastery between active and inactive adults.

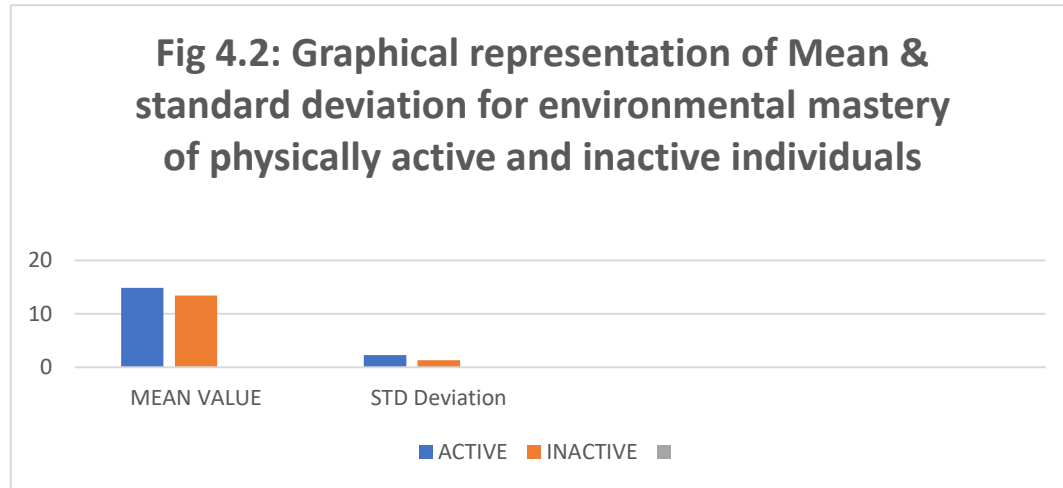
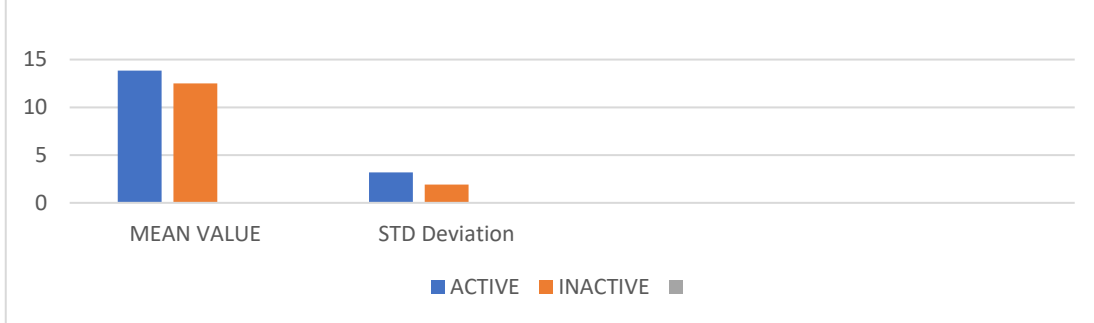


TABLE-3: Descriptive statistics of personal growth among physically active and inactive adults

Variable	Group	N	Mean	Std. Deviation	Std. Error	t	Df	Sig. (2-tailed)
Personal Growth	Active	30	13.83	3.17	.580	1.967	58	.05
	Inactive	30	12.50	1.92	.352			

The results indicate that there was significant difference in personal growth between active and inactive,  $t(58) = 1.967$ ,  $P = 0.05$ , which is less than 0.05. That is the average score of active ( $M=13.83$ ,  $SD=3.17$ ) was statistically different from that of inactive ( $M=12.50$ ,  $SD=1.92$ ). Thus, it could be concluded that there was a significant difference in personal growth between active and inactive adults.

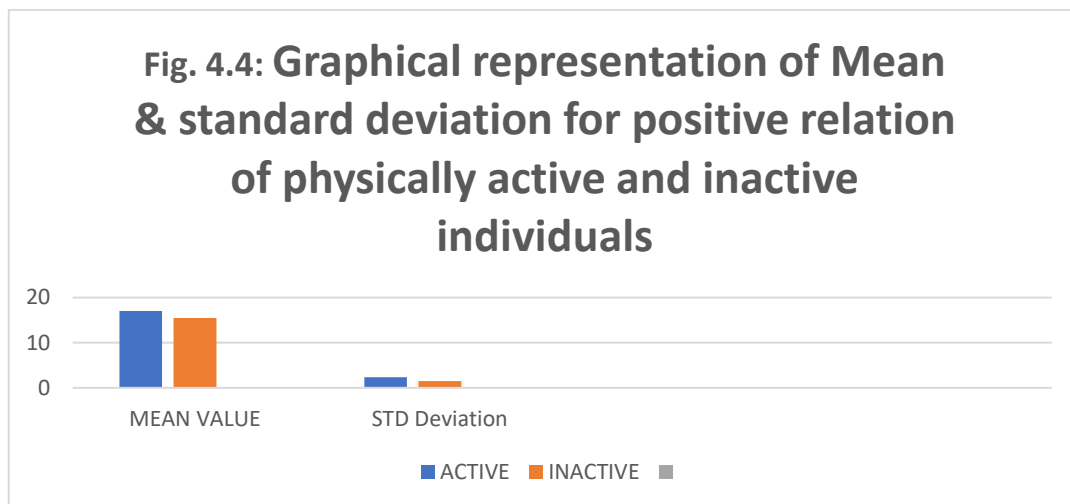
**Fig. 4.3: Graphical representation of Mean & standard deviation for personal of physically active and inactive individuals**



*TABLE-4: Descriptive statistics of positive relation with others among physically active and inactive adults*

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean	t	Df	Sig. (2-tailed)
Positive Relation With Others	Active	30	17.00	2.33	.426	2.959	58	.004
	Inactive	30	15.50	1.50	.274			

The results indicate that there was significant difference in positive relation with others between active and inactive,  $t(58) = 2.959$ ,  $P = 0.004$ , which is less than 0.05. That is the average score of active ( $M=17.00$ ,  $SD=2.33$ ) was statistically different from that of inactive ( $M=15.50$ ,  $SD=1.50$ ). Thus, it could be concluded that there was a significant difference in positive relation with others between active and inactive adults.



*TABLE-5: Descriptive statistics of purpose in life among physically active and inactive adults*

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Purpose In Life	Active	30	15.27	2.27	.415	3.206	58	.002
	Inactive	30	13.60	1.71	.313			

The results indicate that there was significant difference in purpose in life between active and inactive,  $t(58) = 3.206$ ,  $P = 0.002$ , which is less than 0.05. That is the average score of active ( $M=15.27$ ,  $SD=2.27$ ) was statistically different from that of inactive ( $M=13.60$ ,  $SD=1.71$ ). Thus, it could be concluded that there was a significant difference in purpose in life between active and inactive adults.

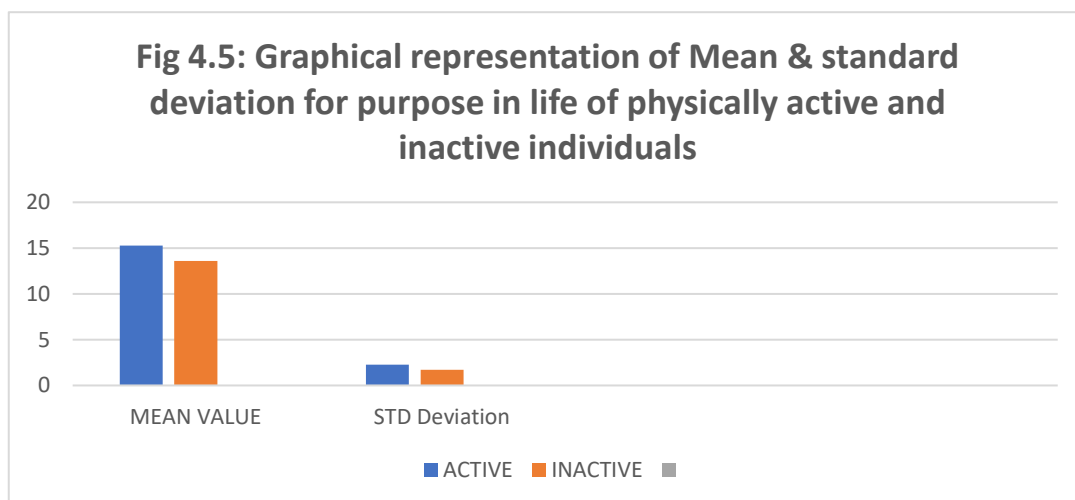
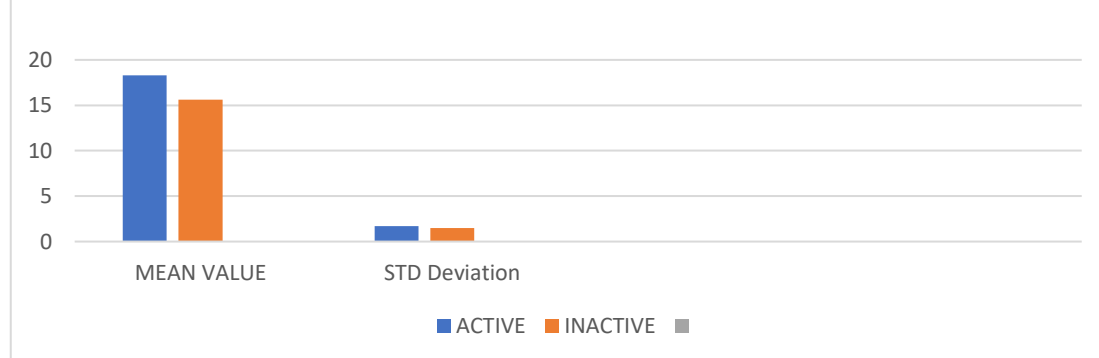


TABLE-6: Descriptive statistics of self-acceptance among of physically active and inactive adults

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Self-Acceptance	Active	30	18.30	1.70	.311	6.438	58	.001
	Inactive	30	15.63	1.50	.273			

The results indicate that there was significant difference in self-acceptance between active and inactive,  $t(58) = 6.438$ ,  $P = 0.001$ , which is less than 0.05. That is the average score of active ( $M=18.30$ ,  $SD=1.70$ ) was statistically different from that of inactive ( $M=15.63$ ,  $SD=1.50$ ). Thus, it could be concluded that there was a significant difference in self-acceptance between active and inactive adults.

Fig. 4.6: Graphical representation of Mean & standard deviation for self-acceptance of physically active and inactive individuals



## Discussion

There was a significant difference in autonomy subscale, environmental mastery, personal growth, purpose in life, positive relation with others and self-acceptance between active and inactive adults. The average score of autonomy subscale among active ( $M=14.87$ ,  $SD=1.93$ ) was statistically different from that of inactive ( $M=14.03$ ,  $SD=1.19$ ). The average score of environmental mastery among active ( $M=14.87$ ,  $SD=2.31$ ) was statistically different from that of inactive ( $M=13.43$ ,  $SD=1.33$ ). The



average score of personal growth among active ( $M=13.83$ ,  $SD=3.17$ ) was statistically different from that of inactive ( $M=12.50$ ,  $SD=1.92$ ). The average score of purpose in life among active ( $M=17.00$ ,  $SD=2.33$ ) was statistically different from that of inactive ( $M=15.50$ ,  $SD=1.50$ ). The average score of positive relation with others among active ( $M=15.27$ ,  $SD=2.27$ ) was statistically different from that of inactive ( $M=13.60$ ,  $SD=1.71$ ). The average score of self-acceptance among active ( $M=18.30$ ,  $SD=1.70$ ) was statistically different from that of inactive ( $M=15.63$ ,  $SD=1.50$ ).

Low levels of self-reported physical activity are independently associated with diminished psychological wellbeing among adolescents. Longitudinal studies may provide further insights into the relationship between wellbeing and activity levels in this population. Ultimately, randomised controlled trials are needed to evaluate the effects of increasing physical activity on psychological wellbeing among adolescents (**Michael et al., 2007**). Regular physical exercise has been characterized as a positive health behavior having physiological benefits. It may also yield psychological benefits. The purpose of the present study was therefore to explore the association between physical exercise frequency and a number of measures of psychological wellbeing in a large population-based samples. The relation between physical exercise and psychological health has increasingly come under the spotlight over recent years. While the message emanating from physiological research has extolled the general advantages of exercise in terms of physical health, the equivalent psychological literature has revealed a more complex relation (**Scully et al., 1998**).

In terms of gender, research has suggested that there is no significant difference between men and women on measures of psychological well-being (**Roothman, Kirsten & Wissing, 2003**). Furthermore, the perception of physical health and spirituality can mediate the relationship between context and psychological wellbeing (**Temane & Wissing, 2006**).

## CONCLUSIONS

The following conclusions are drawn from the study:

- I. There was a significant difference in autonomy subscale between active and inactive adults. Hence, we conclude that active adults have better autonomy than inactive adults.
- II. There was a significant difference in environmental mastery between active and inactive adults. Hence, we conclude that active adults have better environmental mastery than inactive adults.
- III. There was a significant difference in personal growth between active and inactive adults. Hence, we conclude that active adults have better personal growth than inactive adults.
- IV. There was a significant difference in positive relation with others between active and inactive adults. Hence, we conclude that active adults have better positive relation with others than inactive adults.
- V. There was a significant difference in purpose in life between active and inactive adults. Hence, we conclude that active adults have better purpose in life than inactive adults.
- VI. There was a significant difference in self-acceptance between active and inactive adults. Hence, we conclude that active adults have better self-acceptance than inactive adults.

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