

IMPACT OF SELECTED PSYCHOLOGICAL WELL-BEING PARAMETERS ON EXERCISE BEHAVIOUR OF ADULTS.

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THEME: Growing community of healthy lifestyle and holistic wellness

INTRODUCTION

- The concept of health involves more than just the absence of physical disease.
- Exploring the impact of exercise and psychological health will assist to understand what it means to have a sound health in a sound body.
- How people feel during and after activity may be critical in determining whether they maintain their involvement.
- If physical activity is associated with psychological well-Being, it is obvious that an element of enjoyment must be present.
- Enjoyment is an important element of motivation in exercise and fitness sessions.
- Self-esteem is often the most important measure of psychological well-being.
- Several psychologist have reported that moderate exercise has a reducing effect on anxiety and stress.

METHOD

- Incidental sampling procedure.
- 39 female and 69 male adults.
- Total of one hundred and eight(108) participants who participated in recreational activities at recreational centers in Lagos and its environs.
- The mean age of the male participants was 40.164 ± 3.25
- The mean age of the female participants was 38.1243 ± 10

MEASURES

- A self developed validated -4 point Liker-T Scale, 25-item questionnaire.
- The response code- strongly agreed, agreed, disagreed and strongly disagreed.
- First part of the instrument- demographic characteristics, age and type of activity.
- Second part- subscales of mood, enjoyment, self-esteem, anxiety and stress.
- The third part- a subscale on exercise behavior.
- Instrument was validated by experts in psychometrics.
- The overall coefficient of determination (OI) was 0.74.

PROCEDURE

- Participants' consent were sought before instrument administration.
- The researcher with 10 research assistants explained the rationale for the study before administration.
- They were assured of confidentiality of all information given.

DESIGN AND ANALYSIS

- The descriptive survey research design was used.
- The descriptive statistics of percentage, mean and standard deviation was employed .
- The multiple regression analysis was also used in the research.

RESULTS

Table 1. Frequency and percentage distribution of types of activities of the participants.

Activities	Frequency	%
Dancing	26	24.1
Swimming	08	7.4
Badminton	11	10.2
Volleyball	19	17.6
Cricket	12	11.1
Walking	09	8.3
Judo	10	9.3
Soccer	13	12.0
Total	108	100%

Table 1 shows that 24.1% of the participants had the highest involvement in dancing activities while the least is swimming with 7.4% respectively.

Table 2. Descriptive statistics and internal consistency coefficient for psychological wellbeing parameters and exercise behaviour.

Sub-Scale	Mean	SD	Alpha &
Exercise Behaviour	29.23	6.32	0.76
Mood	24.46	5.23	0.65
Enjoyment	23.21	4.62	0.62
Self-Esteem	21.29	3.98	0.72
Anxiety	25.22	5.48	0.70
Stress	24.02	5.19	0.68

Table 2 shows that exercise behaviour recorded the highest mean and standard deviation of 29.23 and 6.32 and also with a coefficient alpha of 0.76, followed by anxiety and other sub-scales.

Table 3. Composite Impact of psychological wellbeing parameters on exercise behaviour showing the ANOVA. Summary of the Regression Analysis.

Mode	Sum Of Square	Df	Mean Square	F	Sig.
Regression	22962.581	5	3.262.416	284.021	0.000
Residual	5122.421	102	2.688		
Total	28085.006	107			

Table 3 revealed the analysis of variance summary of the regression, which shows the composite impact of psychological wellbeing parameters on the exercise behaviour variable.

Table 4. Parameter estimates of the relative contribution of the psychological wellbeing parameters on exercise behaviour

Variables	Unstandardized Coefficient		Standard Coefficient	T	Sig.
	B	Standard Error	Beta		
Mood	2.762	0.089	0.019	2.42	0.014**
Enjoyment	0.276	0.071	.062	3.69	0.001**
Self-Esteem	0.462	0.062	.272	8.55	0.000**
Anxiety	0.302	0.058	.091	11.6 2	0.012**
Stress	0.413	0.060	2.61	9.44	0.000**

Note =Significant @ 0.05**

Table 4 revealed the unstandardized coefficient and standardized regression weight of the B, the standard error of B, the Beta, the value of the T for the regression equation.

DISCUSSION

The findings in this research are in agreement with other researchers:

- McDonald and Hodgdon (1991) reported a clear relationship between exercise and mood.
- Kinecik and Harris (1996) posited that enjoyment allows for the development of intrinsic motivation.
- Doan and Scherman (1989) reported a positive effect of various personality measures including self-esteem/ concept and exercise behaviour.
- Exercise behaviour has been found in different studies to have a moderate effect on stress and anxiety levels of people(Crews and Landers (1987) and Taylor (2000)).

CONCLUSION

- The relationship between exercise behaviour and psychological wellbeing were found in this research.
- Exercise behaviour is consistently associated with positive mood state, enjoyment, self esteem, anxiety and stress
- All the sub-scales can enhance the wellness status of people.

THANK YOU FOR LISTENING..