



Examination of the Correlation Between the Happiness and Psychological Well-Being Levels of the Exercisers(Diyarbakır Province)

Nurdan ATEŞ^{1A}

¹Dicle University, Faculty of Sports Science, Diyarbakır, Turkey.

Address Correspondence to N ATEŞ: e-mail: atesnurdan2121@gmail.com

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A: Orcid ID: 0000-0002-8626-970X

Abstract

In this study, it is aimed to determine the relationship between these two variables by examining the happiness and psychological well-being levels of exercisers in terms of different variables. The sample group of the research consists of 232 individuals, 159 women and 73 men, who exercise in the sports centers in Diyarbakır. Oxford Happiness Scale and Psychological Well-Being Scale were used as data collection tools. Parametric tests were applied due to the normal distribution of the data. ANOVA tests were used to determine the way of the difference. In addition, Pearson Correlation analysis was used to determine the relationship between happiness and psychological well-being of exercisers. The significance level was determined as .05. According to the findings obtained in the study, it was determined that the happiness and psychological well-being levels of the exercisers were above the medium level. It has been observed that the happiness and psychological well-being levels of the exercisers do not differ according to the age and gender variable. While a significant difference was observed in favor of those participating in social activities in the psychological well-being levels of individuals participating in social activities, no significant difference was observed in terms of happiness levels. Among the self-defining situations of individuals who exercise in daily life, it was observed that those who were peaceful were happier than those who were stressed, while those who were calm and peaceful had higher levels of psychological well-being than those who were stressed. As a result, it has been observed that there is a moderate, positive relationship between the happiness levels of the individuals who exercise and their psychological well-being levels.

Keywords: Happiness, Psychological Well-Being, Exercise

INTRODUCTION

Psychology has sought answers to many positive or negative concepts in human life (18). Happiness and psychological well-being are among these concepts. People may encounter negative events throughout their lives. The reactions and behaviors shown in the face of these negative situations are important in terms of social sciences and psychology (32).

Happiness is a concept that is effective in all areas of people, appears as the concept of subjective well-being in the literature, and attracts great attention by researchers. Happiness can be explained as a feeling of the positive dimension of the individual's emotions in contrast to the negative dimension and the general satisfaction of the individual with his/her life (8). Many studies have shown that being happy causes positive results and is a protective factor against psychological problems (20, 22).

The relationship between the concept of happiness and exercise has been revealed by many studies (23, 28). In cases where individuals are restless and not happy, it is necessary to examine the consequences of negative effects on the human body caused by psychological stress. The healing properties of exercise against the destruction caused by these negativities should be observed by examining the treatment process changes and biological effects. The basic function of cells in the organism are nutrient and oxygen transport. While exercise provides more oxygen to the organism, it also ensures that nutrients and oxygen reach almost every part of the body more intensely and comfortably. As a result, the vitality levels of cells and physical endurance increase. With the programmed exercise, the level of happiness increases and it is protected from the negative effects of stress (2).

Scientists have tried to understand the physical and psychological well-being and processes of individuals, taking into account different situational and personal variability. People can express their well-being using many different words and terms. Many concepts, which are not the same but are related, are used to express the healthy state of people. The concept of well-being includes concepts such as personal well-being, psychological well-being, positive or negative affect, and quality of life. All of the concepts used are related to the conditions that affect the health status of individuals in every aspect (13).

Psychological well-being refers to being able to respond effectively to negative events and manage the process effectively and successfully (21). Kiran (17) defined individuals who are psychologically better as individuals with higher level of psychological well-being, struggling with all obstacles in front of their personal development, and living in line with their goals and objectives.

Ryff (27) considered well-being as an effort to improve one's self, and for this reason, while investigating the concepts of psychological well-being or psychological well-being, he benefited from humanist existentialists and theorists working on the self. Therefore, the concept of psychological well-being; He expressed it in six dimensions: positive relations with other individuals, life goal, environmental dominance, self-acceptance, autonomy and personal development, and stated that it is expected that individuals with positive dimensions from these dimensions have high levels of satisfaction with life and psychological well-being.

Various health problems arise due to the stagnant lifestyle that emerges as a result of the constant change in social life. One of the effective methods to deal with these problems is exercise. People; In order not to experience health problems and to live an active social life, they can turn to exercise and sports. The problems caused by irregular and insufficient level of sports have led to the taking of necessary measures in most of the countries. In many countries, studies are carried out to increase the level of citizens doing sports and to protect public health (24).

Achievement motivation of exercise was positive with perceived efficacy, self-efficacy, orientation towards exercise; on the other hand, it is seen to be negatively related to depression (19). Exercising at a certain level provides benefits for the individual in coping with negative situations such as depression, stress, sadness, and grief, as well as protecting mental and psychological health (29). The psychological well-being of individuals is directly proportional to their psychological endurance. If individuals have a psychological resilience that can resist various sources of stress and reduce the effects of negative situations they encounter, their psychological well-being may increase in parallel with their resilience (25). Since the number of studies

on the happiness and psychological well-being levels of exercisers is low, the objective of this study is to enhance the existing body of knowledge by researching the correlation between the levels of happiness and psychological well-being among exercisers.

METHOD

In the descriptive survey, the correlational survey model have been put to use as it aims to explain the correlation between the psychological well-being and happiness levels of exercisers.

Population and Sample of the Research

Individuals over the age of 18 who regularly attend sports centers in Diyarbakır city constitute the universe of the research. A total of 232 subjects, 159 female and 73 male, who accepted to take part in the research voluntarily constitute the sample of the research.

Data Collection Tools

In the data collection form of the research, "Personal Data Form" was applied to measure the demographic characteristics of individuals who exercise regularly, "Oxford Happiness Scale" to measure their happiness levels, and "Psychological Well-Being Scale" to gauge their psychological well-being levels. The scales were administered to volunteer participants using the online questionnaire method.

Personal Data Form

It was prepared by the analyst to measure the demographic qualities of exercisers through variables such as gender, age, sports/exercise/physical activity status, participation in social activities and self-identification status in daily life.

Oxford Happiness Scale

The measurement tool crafted by Hills and Argyle(15) to measure the happiness levels of individuals was adapted into Turkish by Doğan and Çötök (10). This scale, which has a single dimension, consists of 7 items. The 7th and 1st items in the scale work in reverse. The measurement tool is a 5-point Likert-type scale, which is answered as "Totally Agree" - "Totally Disagree". According to the answers given, the higher score to be taken from the scale indicates the higher level of happiness, while the lower score indicates the lower level of happiness. The Cronbach's alpha coefficient of the measurement tool was found to be .74. The Cronbach Alpha coefficient of our research was found to be .73.

Psychological Well-Being Scale

The Turkish adaptation of the "Psychological Well-Being" measurement tool was employed to gauge the extent of psychological well-being (9, 31). Comprising 8 items, the scale employs a 7-point Likert scale (1=totally disagree, 7=totally agree). Higher scores on the scale state higher psychological well-being levels, while lower scores remark lower psychological well-being levels. The Turkish version exhibited a Cronbach's alpha internal consistency coefficient of .80. In our study, the Cronbach's Alpha internal consistency coefficient was determined to be .88.

Analysis of Data

The data acquired from the study were subjected to examine in the SPSS.22 package program. Throughout the data analysis phase, various statistical methods were employed. Descriptive statistics were utilized to summarize the data, while the independent samples t-test was applied to make pairwise comparisons between groups. For the examination of differences among multiple groups, a one-way analysis of variance (ANOVA) was conducted. To investigate the association between happiness and psychological well-being, the Pearson correlation test was employed. The significance level of .05 was considered in the interpretation of the results.

RESULTS

The demographic data of the individuals participating in the research and the statistical results showing the relationship between the applied scales separately and with each other are given in tables below.

Table 1: Results Regarding Demographic Variables of Individuals Exercising

Variables	Groups	n	%
Age	18-20 years	59	25,4
	21-25 years	114	49,2
	26 year and +	59	25,4
	Total	232	100
Gender	Women	159	68,5
	Men	73	31,5
	Total	232	100
Regularly Attending Social Activities Except Exercise	Yes	115	49,6
	No	117	50,4
	Total	232	100
How Do You Describe Yourself In Daily Life?	Calm	73	31,5
	Peaceful	26	11,2
	Stressful	97	41,8
	Aggressive	36	15,5
	Total	232	100

A total of 232 exercisers, 25.4% of whom are 18-20 years old, 49.2% are aged 21-25, and 25.4% are aged 26 and older, participated in the study. While female individuals constitute 68.5% of the exercisers taking in the survey, 31.5% are male individuals. While 49.6% of the individuals taking part in the survey regularly participate in social activities other than exercise, 50.4% do not participate regularly. 31.5% of the individuals taking part in the research describe themselves as calm in daily life, 11.2% as peaceful, 41.8% as stressful and 15.5% as aggressive.

Table 2: ANOVA Test Results of Happiness and Psychological Well-Being Levels of Exercisers by Age Variable

Scale	Age	n	\bar{X}	ss	f	p
Oxford Happiness Scale	18-20 years (1)	59	22,81	4,94	1,27	0,28
	21-25 years (2)	114	22,12	4,72		
	26 years and + (3)	59	23,32	4,93		
Scale of Psychological Well-being	18-20 years (1)	59	39,8	8,10	2,19	0,11
	21-25 years (2)	114	39,46	9,83		
	26 years and + (3)	59	42,44	8,68		

In the statistical analysis, no statistically significant disparity was analyzed in the happiness and psychological well-being levels of the exercisers when the age variable was considered ($p>0.05$).

Table 3: T-Test Results of Happiness and Psychological Well-Being Levels of Exercisers by Gender Variable

Scale	Gender	n	\bar{X}	ss	t	df	p
Oxford Happiness Scale	Women	159	22,47	4,87	-0,64	230	0,90
	Men	73	22,9	4,78			
Scale of Psychological Well-being	Women	159	40,23	8,88	-0,20	230	0,38
	Men	73	40,48	9,86			

In the statistical analyzes performed, any statistically significant disparity was observed in the happiness and psychological well-being levels of the exercisers in regard to variable of gender ($p>0.05$).

Table 4: T-Test Results of Exercisers' Levels of Happiness and Psychological Well-Being According to the Variable of "Regularly Attending Social Activities Except Exercise"

Scale	Regularly Attending Social Activities Except Exercise	n	\bar{X}	ss	t	df	p
Oxford Happiness Scale	Yes	115	23,75	4,27	3,67	230	0,32
	No	117	21,48	5,10			
Scale of Psychological Well-being	Yes	115	42,95	7,97	4,53	230	0,02*
	No	117	37,71	9,56			

* $p < 0,05$ significance level

In the statistical analysis, any statistically significant disparity was not observed in the happiness levels of exercisers, when the variable "Regularly Attending Social Activities Except Exercise" was examined ($p > 0.05$). However, a statistically significant distinction has been analyzed on behalf of those who regularly participate in social activities other than exercise in the psychological well-being levels of the individuals participating in the exercise ($p < 0.05$).

Table 5: ANOVA Test Results of Happiness and Psychological Well-Being Levels of Exercisers According to the Variable of "How Do You Describe Yourself In Daily Life?"

Scale	How Do You Describe Yourself In Daily Life?	n	\bar{X}	ss	f	p	scheffe
Oxford Happiness Scale	Calm (1)	73	23,26	3,44	5,87	0,01**	2-3
	Peaceful (2)	26	25,46	3,43			
	Stressful (3)	97	21,39	4,83			
	Agressive (4)	36	22,47	6,82			
Scale of Psychological Well-being	Calm (1)	73	42,49	8,41	5,40	0,01**	1-3
	Peaceful (2)	26	44,31	6,98			
	Stressful (3)	97	38,24	9,41			
	Agressive (4)	36	38,56	9,77			

* $p < 0,05$ significance level** $p < 0,01$ significance level

In the statistical analysis, a statistically significant disparity was observed in the level of happiness and psychological/mental well-being of exercisers, when the variable of how do you describe yourself in daily life is considered. In conclusion of the Post-Hoc analyzes carried out to understand which groups this disparity is between, a positive difference was observed between the exercisers, who see themselves as peaceful in the happiness scale, and those who exercise, who see themselves as stressful ($p < 0.05$). In conclusion of the Post-Hoc analysis employed to see between which groups the significant disparity emerged in the psychological well-being scale, a significant difference was observed between the exercisers, who saw themselves as calm, and those who saw themselves as stressed, in favor of those who were calm ($p < 0.05$). In addition, it has been found a significant difference between the exercisers who see themselves as peaceful and those who are stressed, in favor of those who are peaceful ($p < 0.05$).

Table 6: Results of Pearson Correlation Analysis Between Happiness and Psychological Well-Being Levels of Exercisers

Happiness	Psychological Well-being	
	r	0,65*
p	0,00**	

** $p < 0,05$ relevancy level

When the answers given to the scales by the exercisers participated in the research were examined, in conclusion of the statistical analyzes employed to see what kind of relationship there was between the Oxford Happiness Scale and the Psychological Well-Being Scale according to various variables, it has been determined a statistically positive and moderate relationship according to the answers given by the exercisers to the scales observed ($r = 0.65$).

DISCUSSION AND CONCLUSION

In this research, it is purposed to analyze the happiness and psychological well-being levels of exercisers in Diyarbakır in terms of some variables and to reveal the relationships between these variables. In addition to the physical effects of exercise, it is important to reveal the psychological effects on the individual. When the literature is examined, there are similar studies with different sample groups. However, no similar research was found, especially within the framework of Diyarbakır province.

When the happiness levels of the exercisers were considered in terms of the age variable, it has not been observed any statistically significant distinction. In a study on primary school teachers, it was determined that the effect of economic and non-economic factors on happiness did not differ significantly with the age variable (14). This supports our work. Contrary to our study, Eryılmaz and Ercan (12) found that young adults were happier than adolescents in their study on subjective well-being of adolescents. When the psychological well-being levels of the exercisers were considered in terms of the age variable, no significant difference was observed. Tekkurşun Demir et al., (30) did not observe any difference in the mental well-being levels of the sportsman with regard to variable of age in their study on the decision-making styles and mental well-being levels of individual and team sportsman. This is in line with the findings of our study. In his study, Bilir (4) observed that mental well-being, basic psychological needs, autonomy and competence needs differed statistically by age groups.

When the happiness levels of the exercisers in the study were examined with regard to the variable of gender, any significant difference was not observed. In support of our study, Elmas et al. (11) could not observe a statistically significant disparity with regard to gender variable in their study in which they examined the relationship between physical activity levels and psychological well-being of university students. Habibzadeh and Allahviridiyani (14) found that there is a significant correlation between the gender of teachers and happiness as a result of their studies with primary school teachers. When the mean scores of the psychological well-being levels of the exercisers were analyzed for the gender variable, no significant difference was observed. In a study on the psychological well-being of university students, it has been observed that there was not any statistically significant disparity according to the variable of gender (5). Again, as a result of a study on university students' psychological well-being, emotional intelligence and personality traits, no significant difference was observed between the psychological well-being levels of the participants in terms of gender (26). The results of these studies show parallelism with the results of our study.

No significant disparity was observed between the happiness levels of the exercisers according to their participation in a social activity other than exercise. Huppert (16) states that being social is directly connected to psychological/mental well-being and happiness. Contrary to our research, Canbay (6) found a positive relationship between students' social skills and happiness levels in his study on the correlation between social skill levels and happiness levels of high school pupils. In the study of Ulukan et al. (32) in which they examined the happiness levels of pupils studying physical education and sports school, they found that there was not any statistically significant disparity when the students' happiness levels were compared with their social activity levels. This result supports our study. When the average scores of the psychological well-being levels of the exercisers are examined according to their participation in social activity, it is seen that the psychological well-being levels of the individuals participating in social events differ statistically in a positive way compared to the individuals who do not participate. At this point, it can be concluded that the psychological well-being levels of participants in social activities and exercise are higher than those who do not take part in social events. Aydin et al. (3) found that the psychological resilience levels of candidate teachers who participated in social activities were higher than those who did not. The result of the findings of this study is in parallel with the result of the research we have done.

It has been observed that the exercisers are more happy than the individuals who are stressed, among the average of the happiness levels of self-identification in daily life. Ulukan (32) examined the relationship between teachers' happiness and resilience levels and observed that calm teachers were statistically more positively psychologically stronger than stressed teachers. This also supports our study.

A statistically significant ($r=65$) relationship was observed in the examination of the relationship between the average happiness levels of the exercisers and the average psychological well-being levels. As a result, a

positive correlation was observed between the happiness of exercisers and their psychological well-being. According to these results, as the happiness levels of the exercisers increase, their psychological well-being levels also increase. Thus, from the results obtained, it can be said that the happiness level of exercisers is a predictor of their psychological well-being. Again, Cantez (7) observed a positive correlation between happiness and psychological well-being in their study in which they examined the relationship between happiness, resilience and self-efficacy levels of university students. Açıkgöz (1) observed a similar result in his study with medical school students.

As a result of the study, it was determined that there is a moderate, positive relationship between the happiness levels of the individuals who exercise and their psychological well-being levels. This study, which can be a reference for future studies, can provide more effective results by expanding the sample size.

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