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The Effect of Online Exercises on Adult Female's Mindfulness, Mental Well-Being and Body Image

Çevrim içi Egzersizlerin Yetişkin Kadınların Bilinçli Farkındalık, Mental İyi Oluş ve Beden İmajı Üzerine Etkisi

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Abstract: The aim of this study was to examine the effects of online exercises on mindfulness, mental well-being and body image of adult females. A total of 33 people, 15 in the experimental group and 18 in the control group, participated in the study, which was conducted as a pre-test-post-test control group design. The data was collected by the Mindful Attention Awareness Scale (MAAS), the Mental Well-Being Scale (WEMWBS); Body Appreciation Scale (BAS) and Personal Information Form created by the researcher. In the analysis of the data, descriptive statistics, independent sample t-test and paired sample t-test were used. When the findings are examined, a statistically significant difference was found in the mindfulness, mental well-being and body image pre-test-post-test scores of the experimental group. It was determined that this difference was due to the high mean scores of the experimental group. There was no statistically significant difference in the mindfulness, mental well-being and body image pre-test-post-test scores of the control group. As a result; It has been determined that online exercises are effective on adult female's mindfulness, mental well-being and body image.

Keywords: Online exercise, adult woman, mindfulness, mental well-being, body image.

Özet: *Bu araştırmada; çevrim içi egzersizlerin yetişkin kadınların bilinçli farkındalık, mental iyi oluş ve beden imajı üzerine etkisini incelemek amaçlanmıştır. Ön test-son test kontrol gruplu desen olarak yürütülen araştırmaya 15' i deney, 18' i kontrol grubunda olmak üzere toplam 33 kişi katılım göstermiştir. Araştırmada veriler Bilinçli Farkındalık Ölçeği, Mental İyi Oluş Ölçeği, Bedeni Beğenme Ölçeği ve araştırmacı tarafından oluşturulan Kişisel Bilgi Formu ile toplanmıştır. Verilerin analizinde betimsel istatistikler, bağımsız gruplar t-testi ve bağımlı gruplar t-testi kullanılmıştır. Araştırma bulguları incelendiğinde; deney grubunun bilinçli farkındalık, mental iyi oluş ve beden imajı ön test-son test puanlarında istatistiksel olarak anlamlı farklılık bulunmuştur. Bu farklılığın deney grubunun ortalama puanlarının yüksek olmasından kaynaklandığı tespit edilmiştir. Kontrol grubunun bilinçli farkındalık, mental iyi oluş ve beden imajı ön test-son test puanlarında istatistiksel olarak anlamlı farklılık bulunmamıştır. Sonuç olarak; çevrim içi yapılan egzersizlerin yetişkin kadınların bilinçli farkındalık, mental iyi oluş ve beden imajı üzerinde etkili olduğu tespit edilmiştir.*

Anahtar Kelimeler: *Çevrimiçi egzersiz, yetişkin kadın, bilinçli farkındalık, mental iyi oluş, beden imajı.*

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INTRODUCTION

The World Health Organization (2021) defines physical activity as any body movement produced by skeletal muscles that requires energy expenditure. Ersoy (2016), on the other hand, defines it as all kinds of bodily movements that require the contraction of skeletal muscles and that provide energy expenditure above the resting level. Walking, cycling, sports, recreational activities, and games are among the most popular types of physical activity (Ersoy, 2016). Exercise, on the other hand, refers to regular physical activities that include structured and repetitive body movements aimed at developing, improving, or protecting at least one of the physical fitness parameters, and it is a sub-dimension of physical activity (Haskell and Kieman, 2000; World Health Organization 2020; Baltacı et al., 2008).

In addition to increasing muscle strength, endurance, and flexibility, exercise has physiological, psychological, and cognitive benefits aimed at preventing and eliminating these physiological systemic disorders (Ardıç, 2014, Türk, 2016; Bay and Yılmaz, 2020; Sarper Kahveci et al., 2021). However, it has been observed that the inclusion of machines in our daily lives, the proliferation of tools that will facilitate work at home, the widespread use of television and computers, and the ease of transportation have led to a decrease in energy expenditure by limiting physical activity, and the habit of sedentary life has developed (Yaman, 2017; Bulut, 2013; Avcı et al., 2023). A sedentary lifestyle brings with it serious health problems (Tavazar et al., 2016; Satılmış, 2023). At this point, exercise is considered as one of the basic principles for a healthy life. Arabacı and Çankaya (2007) stated that physical activities are used to protect the body against diseases, prevent obesity, reach a better capacity of respiratory and circulatory systems and preserve this capacity, to reduce the risk of death caused by coronary artery diseases, to protect the health and functionality of muscle-related joint tissues, and also to prevent posture disorders. In addition to the positive effects of regular physical activity on physical health, it also has positive effects on the individual's psychological well-being and happiness, increasing the quality of life, positive thinking, and coping with stress (Başar and Sarı, 2018; Arslan et al., 2018; Yaman, 2016). The fact that participation in regular exercise has positive social and spiritual contributions to the lives of individuals such as self-efficacy, increasing the level of perceived competence, facilitating adaptation to the new environment, and reducing depression (Weinberg and Gould, 2014; Yıldırım and Bayrak, 2019) is one of the factors affecting participation in exercise.

The World Health Organization states that physical inactivity is the fourth leading risk factor in the world. For this reason, it develops strategies to reduce inactivity by increasing participation in physical activity. It has published a physical activity and health guide with guidelines for all age groups. In the prepared guide, individuals between the ages of 18-64 are divided into 2 or more days a week to improve their cardiorespiratory system (the harmony of heart, lungs, and muscles to keep the body active), to support muscle and bone health, and to reduce the risk of possible disease and mental disorders, recommends a total of at least 150 minutes of moderate-intensity aerobic exercises (World Health Organization, 2020). It has been determined that the rate of complying with this recommendation in the Turkey Nutrition and Research report, when analyzed in terms of age categories, decreases as the age group progresses. Therefore,

he states that the state of doing exercise and physical activity has also decreased (71.8% for the 15-17 age group, 66.8% for the 18-29 age group, 65.1% for the 30-44 age group, 64.9% for the 45-59 age group, and 60-65 age group, 56.8% and 70 and over age group 35.5%). Again, when the aforementioned report is examined in terms of gender, 73.9 of the males aged 15 and over participate in physical activities, while only 52.2 of the females participate (Turkey Nutrition and Health Research, 2019). Although the benefits of physical activity and exercise are known by many, it is obvious that they are insufficient in practice. In addition, it is stated that females participate in physical activities less than males (Cengiz et al., 2000).

Therefore, while the advancements in technology have led to negative consequences such as sedentary lifestyles (Bulut, 2013), it is believed that it is possible to achieve positive results by creating online exercise classes using the same technology during the Covid-19 period. Especially during this period, leading organizations have recommended the use of online exercise classes to compensate for the lack of in-person exercises. As a result, online exercises have become more prevalent (Murphy et al., 2022). In a study conducted in Germany on the use and awareness of online exercises, researchers found high awareness and usage of online exercises during this period, but overall, they noted limited participation (Füzéki et al., 2021). Research has been conducted on the use of online exercises in various sample groups such as cancer patients, Parkinson's patients, and the elderly (Obe and Hodgson, 2022; Murphy et al., 2022; Craig et al., 2023).

Differently, it is considered important to compare the differences in psychological awareness, cognitive mental well-being, and physical body image levels between women who participate in online exercises and those who do not, with the aim of determining the effectiveness of online exercises in women. In this context, the study aimed to examine the impact of online exercises on conscious awareness, mental well-being, and body image in adult women.

METHODS

Research Model: In the study carried out to determine the effect of online exercises on mindfulness, mental well-being and body image of adult females, "pretest-posttest control group design", one of the real trial models, was used.

The Aim of Research: It is aimed to examine the effects of online exercises on mindfulness, mental well-being and body image in adult females.

Research Group: The group of this research consists of 33 females (15 Experimentals, 18 Controls) residing in various provinces of Turkey (Istanbul, Sakarya, Osmaniye). 8 of the females in the experimental group were working and 7 were housewives. The control group consists of 9 employees and 9 housewives. Participants are sedentary adult females aged 28-55, working or housewives, who have not exercised regularly for the past 6 months. Participants were selected by the purposeful sampling method, which is one of the non-probability sampling techniques. The purposeful sampling method is defined as the sample group in which the researcher thinks that it is suitable for the research based on own observations and the participants who have certain characteristics for this purpose are included in the research (Gürbüz and Şahin, 2014). The results of the pre-test mean scores of the research groups are presented in the table below.

Table 1. Comparison results of the mindfulness pre-test scores of the experimental and control groups

	Groups	n	$\overline{X}$	SD	t	p
Mindfulness	Experimental	15	59,80	14,84	-,04	,97
	Control	18	59,94	8,52		

According to Table 1, no statistically significant difference was found in the mindfulness pre-test mean scores of the experimental and control groups (p>.05). These results show that the groups are equivalent to each other.

Table 2. Comparison results of the mental well-being pre-test scores of the experimental and control groups

		Groups	n	$\overline{X}$	SD	t	p
Mental Well-Being		Experimental	15	53,40	10,29	-,50	,62
		Control	18	54,94	7,26		

According to Table 2, no statistically significant difference was found in the mental well-being pre-test mean scores of the experimental and control groups (p>.05). These results show that the groups are equivalent to each other.

Table 3. Comparison results of body image pre-test scores of experimental and control groups

	Groups	n	$\overline{X}$	SD	t	p
Body Image	Experimental	15	37,67	7,69	-,60	,55
	Control	18	39,00	5,04		

According to Table 3, no statistically significant difference was found in the body image pre-test mean scores of the experimental and control groups (p>.05). These results show that the groups are equivalent to each other.

Data Collection: Personal Information Form, Mindfulness Attention Awareness Scale, Mental Well-Being Scale, and Body Appreciation Scale were used in the study. The personal information form was created by the researcher, and information was collected from the participants about their name, surname, age, height, weight, province, and occupation.

Mindful Attention Awareness Scale: It was developed by Brown and Ryan (2003), and its Turkish adaptation was made by Özyeşil, Arslan, Kesici, and Deniz (2011). The scale reveals individual differences in the ability of individuals to be attentive to their lives and to be aware of their instant experiences. In the Turkish adaptation study, the internal consistency coefficient of the scale was found as α=.82, and the same value was obtained with the original form. It was determined that the range of item-total correlations obtained from the scale varied between 43 and .68. The mindful attention awareness scale consists of a total of 15 items, one dimension, and does not contain reverse coded items. The scale has a 6-point Likert structure and the lowest possible score is 15 and the highest score is 75. An increase in the score obtained from the scale means that the level of mindfulness also increases (Özyeşil et al., 2011). As a result of the current research, the skewness-kurtosis values of the measurement tool and the Cronbach Alpha internal consistency coefficients

for the experimental and control groups and pretest-posttest are presented in tables 3.4 and 3.5.

Table 4. Pre-test results of the mindful attention awareness scale

Groups	Scale	Skewness	Kurtosis	Croncbach α	$\overline{X}$ ± SD
Experimental	Mindfulness	-,08	-1,51	,92	59,80±14,84
Control		,72	,82	,66	59,94±8,52

When Table 4 is examined, it is understood that the skewness and kurtosis values of the pre-test results of the mindful attention awareness scale vary between -2.…+2, and the Chronbach's Alpha coefficients of the inventory are reliable according to Özdamar (1997, p. 500).

Table 5. Post-test results of the mindful attention awareness scale

Groups	Scale	Skewness	Kurtosis	Croncbach α	$\overline{X}$ ± SD
Experimental	Mindfulness	,18	-1,33	,87	66,33±10,34
Control		,99	,65	,85	56,89±10,37

When Table 5 is examined, it is understood that the skewness and kurtosis values of the post-test results of the mindful attention awareness scale vary between -2.…+2, and the Chronbach's Alpha coefficients of the inventory are reliable according to Özdamar (1997, p.500).

Warwick-Edinburg Mental Well-Being Scale: This scale aims to determine the level of mental well-being by determining how satisfied people are with their cognitive, emotional, behavioral, and environmental states. It was created in 2007 as a joint work of two universities, Warwick and Edinburgh (Tennant et al., 2007).

The Turkish version of the scale was adapted by Keldal in 2015. The Cronbach Alpha coefficient of the scale was determined as .89 and the test-retest correlation coefficient as .83. The mental well-being scale consists of 14 items, is one-dimensional, and does not contain reverse coded items. The scale is in a 5-point Likert structure and the lowest possible score is 14 and the highest score is 70. An increase in the score obtained from the scale means an increase in the level of mental well-being (Keldal, 2015). As a result of the current research, the skewness-kurtosis values and Cronbach Alpha internal consistency coefficients of the measurement tool are presented in tables 3.6 and 3.7 for the experimental and control groups and pretest-posttest.

Table 6. Pre-test results of the mental well-being scale

Groups	Scale	Skewness	Kurtosis	Croncbach α	$\overline{X}$ ± SD
Experimental	Mental Well-Being	-1,01	-,05	,94	53,40±10,29
Control		-,56	,36	,88	54,94±7,26

When Table 6 is examined, it is understood that the skewness and kurtosis values of the pre-test results of the mental well-being scale vary between -2.…+2, and the Chronbach's Alpha coefficients of the inventory are reliable according to Özdamar (1997, p.500).

Table 7. Post-test results of the mental well-being scale

Groups	Scale	Skewness	Kurtosis	Croncbach α	$\overline{X}$ ± SD
Experimental	Mental Well-Being	-,42	-,95	,86	59,47±5,67
Control		-,51	,43	,60	53,22±4,32

When Table 7 is examined, it is understood that the skewness and kurtosis values of the post-test results of the mental well-being scale vary between -2.…+2, and the Chronbach's Alpha coefficients of the inventory are reliable according to Özdamar (1997, p.500).

Body Appreciation Scale: This scale aims to determine the person's body appreciation with items that include his feelings, thoughts, and attitudes towards his body. The scale was originally developed by Tylka and WoodBarcalow in 2015. The Turkish version was adapted by Anlı, Akın, Eker, and Özçelik in 2015. The item-total correlation coefficients of the scale were found to be between .31 and .76. The internal consistency reliability coefficient was determined as .88. Body appreciation scale consists of 10 items in total, one dimension, and does not contain reverse coded items. The scale is in a 5-point Likert structure and the lowest possible score is 10 and the highest score is 50. An increase in the score obtained from the scale means that the person's body appreciation level also increases (Anlı et al., 2015). As a result of the current research, the skewness-kurtosis values and Cronbach Alpha internal consistency coefficients of the measurement tool are presented in tables 3.8 and 3.9 for the experimental and control groups and pretest-posttest.

Table 8. Pre-test results of the body appreciation scale

Groups	Scale	Skewness	Kurtosis	Croncbach α	$\overline{X}$ ± SD
Experimental	Body Appreciation	-1,05	1,92	,92	37,67±7,69
Control		,05	-1,10	,77	39,00±5,04

When Table 8 is examined, it is understood that the skewness and kurtosis values of the pre-test results of the body appreciation scale vary between -2.…+2, and the Chronbach's Alpha coefficients of the inventory are reliable according to Özdamar (1997, p.500).

Table 9. Post-test results of the body appreciation scale.

Groups	Scale	Skewness	Kurtosis	Croncbach α	$\overline{X}$ ± SD
Experimental	Body Appreciation	,37	-,91	,82	43,53±3,10
Control		-,62	-,60	,82	38,33±5,91

When Table 3.9 is examined, it is understood that the skewness and kurtosis values of the post-test results of the body appreciation scale vary between -2.…+2, and the Chronbach's Alpha coefficients of the inventory are reliable according to Özdamar (1997, p.500).

Data Collection and Process Way: After obtaining permission from the relevant institutions to collect the data, the measurement tools were made available online via Google Forms. At the beginning of the form, written information about the purpose and importance of the research and why it was conducted was presented to the participants. The females who read the explanations about the study and agreed to participate voluntarily in the study gave their consent to the Informed Voluntary Consent Form and filled in the measurement tools. Information about the criteria on which the exercise program created within the scope of the research was created and how the process progressed is shared below.

Preparation Process of the Exercise Program: The exercise program applied to the experimental group was based on the Turkey Physical Activity Guide (2014), which was made under the leadership of the Public Health Institution of Turkey, and as a result, the exercise program was prepared in three phases as warming up, loading and cooling down.

The warm-up phase (with stretching exercises) is planned for 10 minutes, the cooling phase for 5-10 minutes, and the loading phase for 40-45 minutes. For the contents of the exercises, the first researcher examined the literature and internet resources and prepared an 8-week draft program. After the exercise program was prepared by the researcher as a draft, it was revised and finalized together with the second and third researchers as well as experts in the field of exercise (Personal Trainer, Exercise Specialist).

Implementation Process of the Exercise Program: Before starting the research, an application was made to the Sakarya University of Applied Sciences Ethics Committee for the ethical compliance of the research, and after the application, the necessary permissions were obtained that the research was ethically appropriate. Before starting the exercise program, an expert report was requested from the experimental group participants to determine that they did not have any health problems. For the participants who had difficulties in accessing institutions such as hospitals and health centers, a form was created and approved, in which they declared that they did not have any discomfort. After the experimental group was formed, an online meeting was held between the researcher and the participants, and detailed information was given about the purpose and process of the research.

To increase the readiness of the participants because they are sedentary females, the 8-week program was made into an exercise guide and video separately for each week by the researcher. These guides and videos were shared online with the participants before the new exercise week. Participants were asked to review the guide and watch the videos, and if they stated that any movement was not suitable for their health status, an alternative movement was prepared.

To get the best efficiency from the exercises to be applied on the online platform, both telephone and face-to-face interviews were conducted with three trainers who actively practiced online before starting the program, and preliminary information was obtained about possible obstacles and disadvantages in the application process of online exercises. The trainers emphasized that it can be difficult to follow people during the exercise, especially depending on the number of participants. As a result of the information obtained, the researcher, consultants, and the exercise specialist held a meeting and consulted, and in this process, the experimental group was divided into two groups as daytime and evening for the researcher to follow and control each participant. The prepared exercise program was applied by the researcher three days a week (Monday, Wednesday, and Friday) for 8 weeks using the online interview platform called “Google Meeting”. In total, 24 sessions were held separately for both groups, 1 hour for the day group and 1 hour for the evening group. To make the movements more qualified and to minimize the possible disability, the researcher made a private interview with each participant one by one between the first day of the week, Monday, and the third day, Wednesday, during the hours when the participants were available, and the correction of the movements was studied. All exercises were recorded with the knowledge of the participants and on the condition that they be kept confidential.

By creating a follow-up chart for 8 weeks, the absenteeism of the experimental group participants was followed and shared with the participants on the last exercise day of each week. Make-up lessons were held for the participants who could not participate in the exercise on any day and the missing days were made up. Before starting the program, it was shared with the participants that the participants who did not participate in the exercise 3 times in the same week or a total of 3 times during 8 weeks and could not be compensated would be excluded from the study. The study started with 17 participants, but in the process, one participant could not participate in the exercise 3 times in the same week and could not complete the make-up lessons. Another participant learned that she was pregnant in the 4th week of the exercises. Two participants were excluded from the study for the stated reasons. 15 participants were able to complete the 8-week exercise program process. No nutrition program was applied to the participants during the 8 weeks, and they were asked to continue their eating habits as they were. No program was applied to the control group during this process and no intervention was made.

Data Analysis: The data collected from the participants were transferred to the SPSS program with the help of Excel and normality test was applied to the data. In the normality test, the skewness and kurtosis values of the data were checked and it was determined that the values obtained were in the range of -2<….<+2. George and Mallery (2001, pp. 86-87) stated that these values are suitable for normal distribution. For this reason, parametric tests were preferred in the analysis of the data. The independent groups t-test was used to determine the source of the difference between the pretest scores between the groups, and the dependent groups t-test was used to determine the difference between the within-group pretest-posttest scores, and the significance level was taken as p<.05.

RESULTS

In this part of the research, the findings and explanations of the statistical analyzes made within the scope of the research are given.

Table 10. Comparison of the mindfulness pre-post test mean scores of the experimental group participants

Measurement	n	$\overline{X}$	Sd	t	p
Mindfulness Pre-test	15,00	59,80	14,84	-2,39	,03
Mindfulness Post-test	15,00	66,33	10,34		

A statistically significant difference was found as a result of comparing the mindfulness pre-post test mean scores of the experimental group according to the "dependent groups t-test" results in Table 10 (p<.05).

Table 11. Comparison of the mindfulness pre-post test mean scores of the participants in the control group

Measurement	n	$\overline{X}$	Sd	t	p
Mindfulness Pre-test	18,00	59,94	8,52	1,57	,13
Mindfulness Post-test	18,00	56,89	10,37		

According to the "dependent groups t-test" results in Table 11, no statistically significant difference was found as a result of the comparison of the mindfulness pre-post test mean scores of the control group (p>.05).

Table 12. Comparison of the mental well-being pre-post test mean scores of the experimental group participants

Measurement	n	$\overline{X}$	Sd	t	p
Mental Well-Being Pre-Test	15,00	53,40	10,29	-2,98	,01
Mental Well-Being Post-Test	15,00	59,47	5,67		

A statistically significant difference was found as a result of the comparison of the mental well-being pre-post test mean scores of the experimental group according to the "dependent groups t-test" results in Table 12 ($p<.05$).

Table 13. Comparison of the mental well-being pre-post test mean scores of the participants in the control group.

Measurement	n	$\overline{X}$	Sd	t	p
Mental Well-Being Pre-Test	18,00	54,94	7,26	1,21	,24
Mental Well-Being Post-Test	18,00	53,22	4,32		

According to the "dependent groups t-test" results in Table 13, no statistically significant difference was found as a result of the comparison of the mental well-being pre-post-test mean scores of the control group ($p>.05$).

Table 14. Comparison of the body image pre-post test mean scores of the experimental group participants

Measurement	n	$\overline{X}$	Sd	t	p
Body Appreciation Pre-Test	15,00	37,67	7,69	-3,43	,01
Body Appreciation Post-Test	15,00	43,53	3,09		

A statistically significant difference was found as a result of the comparison of the body image pre-post test mean scores of the experimental group according to the "dependent groups t-test" results in Table 14 ($p<.05$).

Table 15. Comparison of the body image pre-post test mean scores of the participants in the control group.

Measurement	n	$\overline{X}$	Sd	t	p
Body Appreciation Pre-Test	18,00	39,00	5,04	1,12	,27
Body Appreciation Post-Test	18,00	38,33	5,51		

No statistically significant difference was found as a result of the comparison of the body image pre-post test mean scores of the control group according to the "dependent groups t-test" results in Table 15 ($p>.05$).

DISCUSSION AND CONCLUSION

As a result of this study, it has been determined that there is a significant difference between the mindfulness levels of adult females who exercise online and the level of mindfulness of adult females who do not exercise. In the study, it was revealed that females who exercise online had higher mindfulness scores than females who did not exercise.

When the literature is examined, it is seen that there are other studies supporting the conclusion of this study (Ulmer et al., 2010; Mothes et al., 2014; Brisbon and Lowery, 2011; Shelov et al., 2009; Gaiswinkler and Unterrainer, 2016; Chen et al., 2021). Exercises that include mind-body practices such as yoga, pilates, and tai chi chuan are among the exercises performed at low or medium exercise level, focusing on breathing with deep attention and being carried out with awareness of movements (La Forge, 2005). Movement practices involving repetitive awareness and attention train individuals to experience their movements, breaths, emotions, and thoughts (Mothes et al., 2014). In addition, such exercises serve the purpose of improving attention or awareness more easily, as they include additional stimuli aimed at calming and focusing the mind (Asztalos et al., 2012). During the exercise, people's focusing only on that moment, the effort to feel their muscles and the state of their bodies in every movement explains the effect of such exercises on mindfulness. Aerobic exercises such as swimming, cycling, walking, or jogging also share several characteristics with many body-mind exercises. Both types of exercise involve predictive breathing and movement patterns, are repetitive in nature, and are generally characterized by the absence of competition (Mothes et al., 2014). Considering the exercise content of this study, it is thought that suggesting areas or important points to be focused on by the researcher, directing people's attention to the movements at that moment, discovering their bodies while doing the movements, and getting to know them better are effective on their awareness. This shows the cognitive effect of exercises. Therefore, it is predicted that people's attention and awareness skills have been positively affected, and as a result, the level of mindfulness has increased. The discussion about mental well-being, another variable examined in the study, is discussed in the next chapter.

It has been determined that there is a significant difference between the mental well-being levels of adult females who regularly exercise online and the mental well-being levels of adult females who do not exercise. In the study, it was revealed that females who exercise regularly online have higher mental well-being scores than females who do not exercise. When the literature is examined, it is possible to come across studies that support the result of this study (Stubbe, et al., 2007; Başar and Sarı, 2018; Öner, 2019; Goodwin, 2003; Dunn and Jewells, 2010; Gademan et al., 2012; Bay and Yılmaz, 2020). Lubans, Richards, Hillman, Faulkner, Beauchamp, Nilsson, and Biddle (2016) stated that this process occurs in three ways: neurobiological mechanism, psycho-social mechanism, and behavioral mechanism. With physical activity and exercises, changes occur in cognitive skills such as perception and remembering in the neurobiological mechanism. In the psychosocial mechanism, changes occur in physical self-perception, social connectedness, mood, and emotions. Finally, in the behavioral mechanism, changes occur in skills such as sleep quality and self-regulation skills. These changes positively affect the mental health and well-being of individuals, depending on the frequency, intensity, duration, type, and content of physical activity and exercise. This explains the significant effect of exercises on mental well-being. In addition, the exercises were carried out during the Covid-19 pandemic. In the UK, a gender map of mental well-being was created during the Covid-19 process and it was stated that female's mental well-being levels decreased more than male's (Etheridge and Spantig, 2020). It is thought that the reason for this is the increase in the domestic roles of females due to the implementation of quarantines and the obligation of people to

stay at home. Because females have gender roles and domestic responsibilities, child care, preparing meals, cleaning the house, and taking care of their spouses. Hergüner (2017) states that the primary duty and responsibility of females is believed by society to be the family, while Aydın and Egemberdiyeva (2018) state that females and males take on different responsibilities depending on gender roles, and females have more responsibilities. This situation imposes a mental burden on females and causes them to experience different levels of stress (Aydın et al., 2019). At this point, it has been demonstrated by this study that online exercises can also be used to support their mental well-being, especially by increasing female's participation in physical activity and exercise. The discussion on body image, another variable examined in the study, is discussed in the next section.

Finally, it has been determined that there is a significant difference between the body appreciation levels of adult females who regularly exercise online and the body appreciation levels of adult females who do not exercise. The study revealed that females who exercise regularly online have higher body appreciation scores than females who do not exercise.

When we look at the literature, there are studies that reveal the positive effects of exercise and physical activity on body image and overlap with the result of this study (Loland, 1998; Tiggemann and Williamson, 2000; Hausenblas and Fallon, 2006; Huang et al., 2007; Campbell and Hausenblas, 2009; Kantanista et al., 2015; Türk, 2016; Añez, et al., 2018; Sabiston et al., 2019). Studies also include similar results in pregnant females, individuals who do or do not do sports, amputees, or individuals undergoing obesity treatment as different sample groups (Hausenblas and Downs, 2001; Wetterhahn, Hanson and Levy, 2002; Kusan, 2017; Sun et al., 2018; King et al., 2020).

It is thought that the effect of exercise on body image is primarily because it causes physical changes in people. De Bruin, Oudejans, Bakker, and Woertman (2011) state that body shape, weight, fat ratio, and muscular state are important in the formation of feelings and perceptions regarding body image. Along with exercise, some changes can be easily noticed when people look at or touch their bodies, such as weight loss, decrease in fat ratio, increase in muscle volume, and the body becoming more organized. In the development of body image, all perceptions, feelings, and attitudes about the body, old and new, are important. Experimental group participants' awareness of their body structures before and after exercise and the changes they discovered in themselves explain the difference between the experimental group and the control group and why the experimental group achieved higher scores within itself. In addition, this study was carried out during the Covid-19 pandemic period. In this period, the necessity of staying at home for a long time limited the movements of the people and limited their functionality. Considering that body image expresses not only the attitude of the person towards the body but also the attitude towards the functions of the body, the individuals felt more functional with the exercises, and as a result, the body image may have improved in a positively. There are also studies in the literature stating that exercise or physical activity has no effect on body image (Kopcakova et al., 2014; Zabinski et al., 2001; Slater and Tiggemann, 2006).

As a result, it has been determined that online exercises are effective on adult female's mindfulness, mental well-being, and body image. Exercises are of great importance to prevent inactivity, which is the basis of many diseases, and to improve or maintain psychological and physical health. For this reason, exercises should be made into a habit for a healthy life in all aspects, age, gender, etc. should be done regularly, regardless of the variables. Apart from the gyms, people can participate in the exercise by going to the exercise areas around them or by participating in the exercise videos shared over the internet from where they are. However, in order to prevent injuries and to get the highest level of efficiency from the exercises, the exercises should be performed in the presence of a specialist. At this point, having to go to the gyms and not having time, transportation problems, etc. This research is a resource for people who have problems or doubt the effectiveness of online exercises. As a result, with the technological and internet-based developments of the 21st century, it is possible to adapt online exercises to daily life.

Suggestions: Suggestions based on research results: This research has been a study that deals with the psychological, cognitive, and physical aspects of females. It has been revealed that online exercises affect these variables positively. It is recommended that individuals who do not want to go to the gym and cannot participate in exercise due to problems such as transportation and time constraints should increase their participation in exercise online in their environment.

For the dissemination of online exercises, it is recommended that experts should be hosted in the local and national media and all kinds of media organs to raise awareness of the society.

Suggestions for future research: This study was limited to female participants. Future studies can be planned in which male participants will be included. This study was limited to adult females. Similar studies can be done on elderly individuals, adolescents, and children. The research was carried out during the Covid-19 pandemic. In the current process, new research can be planned and the effects of online exercises can be retested. In a similar study, sedentary and physically disabled individuals can be selected as the research group. In addition, comparisons can be made in different age groups. Finally, this research has been handled quantitatively. It is recommended that similar studies be conducted using the qualitative method to increase the diversity of data.

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GENİŞLETİLMİŞ ÖZET

Çalışmanın Amacı: Bu çalışmanın amacı çevrim içi egzersizlerin yetişkin kadınların bilinçli farkındalık, mental iyi oluş ve beden imajı üzerine etkisini incelemektir.

Araştırma Problemleri: Çevrim içi egzersizlerin kadınların bilinçli farkındalıkları üzerinde anlamlı etkisi var mıdır?

Çevrim içi egzersizlerin kadınların mental iyi oluşları üzerinde anlamlı etkisi var mıdır?

Çevrim içi egzersizlerin kadınların beden imajı üzerinde anlamlı etkisi var mıdır?

Literatür Araştırması: Literatür incelendiğinde çeşitli egzersizlerin bilinçli farkındalık, mental iyi oluş ve beden imajı üzerinde etkisini inceleyen çalışmalar mevcuttur. Fakat bu üç değişkende çevrim içi egzersizlerin etkisinin incelendiği çalışmalara rastlanmamıştır. Egzersizin kas kuvvetini, dayanıklılığı, esnekliği artırmasının yanı sıra bu fizyolojik sistemsel rahatsızlıkları önlemeyi ve gidermeyi amaçlayan fizyolojik, psikolojik, bilişsel yararları mevcuttur (Ardıç, 2014, Türk, 2016; Bay ve Yılmaz, 2020; Sarper Kahveci ve ark., 2021). Fakat günlük yaşantımıza makinelerin dahil olması, evlerde işi kolaylaştıracak aletlerin çoğalması, televizyon ve bilgisayar kullanımının yaygınlaşması ve ulaşım kolaylıkları, fiziksel aktiviteyi kısıtlayarak enerji harcamasının azalmasına neden olmuş ve hareketsiz yaşantı alışkanlığının geliştiği gözlemlenmiştir (Yaman, 2017; Bulut, 2013). Sedanter yani hareketsiz yaşam tarzı ciddi sağlık sorunlarını da beraberinde getirmektedir (Tavazar ve ark., 2016). Bu noktada egzersiz, sağlıklı bir yaşam için temel prensiplerden biri olarak değerlendirilmektedir. Arabacı ve Çankaya (2007), bedeni hastalıklara karşı koruma, şişmanlamayı önleme, solunum ve dolaşım sistemlerinin daha iyi kapasiteye ulaşabilmesi ve bu kapasitenin korunması, koroner damar hastalıklarının getirdikleri ölüm riskini azaltması, kasa bağlı eklem dokularının sağlık ve işlevliğinin korunması ve ayrıca postür bozukluklarının önlenmesinde fiziksel aktivite ve egzersizin önemli olduğunu ifade etmektedir. Düzenli fiziksel aktivitenin bedensel sağlığa olumlu etkilerinin yanında kişinin psikolojik olarak da iyi hissetmesine ve mutlu olmasına, yaşam kalitesini arttırmaya, olumlu düşünebilmesine, stresle başa çıkabilmesine olumlu etkileri bulunmaktadır (Başar ve Sarı, 2018; Kocamaz, 2017; Arslan ve ark., , 2018; Yaman, 2016). Düzenli egzersize katılımın öz yeterlilik, algılanan yetkinlik seviyesini yükseltme, yeni çevreye uyumu kolaylaştırma, depresyonu azaltma gibi sosyal ve ruhsal olarak da bireylerin yaşamına olumlu katkılarının olması (Weinberg ve Gould, 2014; Yıldırım ve Bayrak, 2019) egzersize katılımı etkileyen faktörlerdendir. Teknolojinin ilerlemesiyle hayatımızda artan kolaylıkların hareketsizlik gibi bir olumsuz sonucu bulunuyor iken (Bulut, 2013) yine aynı teknolojiyi kullanarak olumlu sonuçlar elde etmenin mümkün olacağı düşünülmektedir. Bu doğrultuda çevrimiçi egzersizlerin etkililiğini tespit etmek ve bununla birlikte çevrim içi egzersize katılan kadınlar ile katılmayan kadınların psikolojik açıdan bilinçli farkındalıkları, bilişsel açıdan mental iyi oluş ve fiziksel açıdan ise beden imajı düzeyleri arasındaki farklılıklarını karşılaştırmanın önemli olacağı düşünülmüştür. Bilinçli farkındalık yani mindfulness, birden çok anlamda kullanılmaktadır. Bazen kuramsal bir yapıyı betimlemek için (psikoanalitik kuram, bilişsel davranışçı kuram vs.), bazen farkındalığı geliştirmek amacı ile yapılan bir uygulama olarak (meditasyon, bilinçli farkındalık temelli bilişsel terapiler), bazen de sadece psikolojik bir süreci (bilinçli farkında olma durumu) ifade etmek için kullanılmaktadır (Germer ve ark., 2005). Bu çalışmada ise psikolojik süreç olarak ele alınmıştır. İyi oluş kavramına bakıldığında kişinin olumlu akıl sağlığını, yaşam doyumunu ve mutluluğunu kapsayan, genel ruh sağlığı tanımı olarak karşımıza çıkmaktadır (Dursun, 2012; Diener, Sapyta ve Suh 1998). Pozitif psikoloji bilimi, iyi oluşu eudaimonik ve hedonik iyi oluş olmak üzere iki şekilde ele almaktadır (Diener, 1984). Bu oluşlar, psikolojik iyi oluş ve öznel iyi oluş olarak da bilinmektedir. Hedonik iyi oluş (öznel iyi oluş) mutluluğa odaklanmaktayken, eudaimonik iyi oluş (psikolojik iyi oluş) kişinin kendi potansiyelini ortaya koyabilmesi, anlam ve kendini gerçekleştirmesi üzerine psikolojik işlevselliğe odaklanmaktadır. Eudaimonik ve hedonik yaklaşımların her ikisi de ele alındığında mental iyi oluş; hem psikolojik hem duygusal hem de sosyal iyi oluşun varlığı olarak tarif edilmektedir (Keyes, 2002).

Beden imajı kavramına bakıldığında ise Öngören (2015) beden imajını, bedenin dış görünüşünün kişideki içsel bir sunumu olarak tanımlamaktadır ve daha çok öznel olan bir kavram olarak karşımıza çıkmaktadır. Bir kişinin dışarıdan nasıl göründüğüyle ilgili değil, nasıl göründüğüne dair hissettikleri ile alakalıdır ve sadece fiziksel durumla kalmayıp; kişinin deneyimleri, kişiliği ve çeşitli sosyal, kültürel etkenlerle oluşmaktadır (Collins, 2013; Arslangiray, 2011). Duygusal, zihinsel ve davranışsal katmanları içeren beden imajının hem içsel hem de dışsal faktörlerle şekillendiği görülmektedir. Psikolojik ve biyolojik faktörler içsel, sosyal ve kültürel olgular ise dışsal faktörleri oluşturmaktadır (Goswami ve ark., 2012).

Yöntem: Bu araştırmanın grubunu Türkiye'nin çeşitli illerinde (İstanbul, Sakarya, Osmaniye) ikamet eden toplam 33 kadın (15 Deney, 18 Kontrol) oluşturmaktadır. Katılımcılar, olasılık dışı örneklem seçme tekniklerinden biri olan amaçlı örnekleme yöntemi ile seçilmiştir. Gerçek deneme modellerinden "ön test-son test kontrol gruplu desen" kullanılmıştır. Araştırmada kişisel bilgi formu, Bilinçli Farkındalık Ölçeği, Mental İyi Oluş Ölçeği ve Beden İmajı Ölçeği kullanmıştır. Gruplar arasındaki ön test puanları arasındaki farklılığın kaynağını belirlemek için bağımsız gruplar t-testi, grup içi ön test-son test puanları arasındaki farklılığın belirlenmesi için bağımlı gruplar t-testi kullanılmış ve anlamlılık düzeyi $p<.05$ olarak alınmıştır.

Sonuç ve Değerlendirme: Sonuç olarak çevrim içi yapılan egzersizlerin yetişkin kadınların bilinçli farkındalık, mental iyi oluş ve beden imajı üzerinde etkili olduğu tespit edilmiştir. Birçok hastalığın temelini oluşturan hareketsizliği önlemek, psikolojik ve fiziksel sağlığın iyileştirilmesi ya da sürdürülebilmesi adına egzersizler büyük önem taşımaktadır. Bu sebeple her yönden sağlıklı bir yaşam için egzersizler alışkanlık haline getirilmeli; yaş, cinsiyet vb. değişkenler fark etmeksizin düzenli olarak yapılmalıdır. Spor salonları dışında kişiler çevrelerinde bulunan egzersiz alanlarına giderek ya da internet üzerinden paylaşılan egzersiz videolarına bulundukları yerden dahil olarak egzersize katılım sağlayabilmektedir. Fakat sakatlıkları önlemek, egzersizlerden en üst düzeyde verimi almak adına egzersizlerin bir uzman eşliğinde gerçekleştirilmesi gerekmektedir. Bu noktada spor salonlarına gitmek zorunda olup, zamanı olmayan, ulaşım sıkıntısı vb. sorunlar yaşayan veya çevrim içi egzersizlerin etkililiğinden şüphe duyan kişiler için bu araştırma sonucu bir kaynak niteliğindedir. Sonuç olarak 21. Yüzyılın sahip olduğu teknolojik ve internet tabanlı gelişmeler ile çevrim içi egzersizleri günlük hayata uyarlamak mümkün olmaktadır.