



Investigate the link between Stress, Happiness And Physical activity.

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Abstract

Physical activity have a great impact in our mood. The study experimentally investigates the effect of physical activity on stress and happiness level, whether physically active people are more happy in comparison to people who are not so active. Adolescent participants (N=80) were asked to answer some questions through a survey regarding their stress and happiness level and how much they like performing physical activities in their daily routine. Participants who prefer to be more physically active, their happiness level has increased than who don't prefer to be much active. Furthermore such participants are able to deal with their stress in a more better way and feel a sense of relaxation after being in any sort of physical activity.

Keywords: Physical activity, stress, happiness.

Introduction

Health is defined as physical, mental and social well being and not just free from disease or illness. It is related to good quality of life which in turn is related directly to happiness. Health is the most important priority of every person and everything we do is to maintain a good lifestyle.

And it was seen that after covid people are way too concerned about their immunity and fitness. Much of the people have started opting for physical activities to increase their immunity and their fitness level. People adapt various methods like exercise, yoga ,intense workout ,and different dance forms like zumba, ballet etc all these activities are done for staying fit and healthy. Even physical activity is a factor that is considered to be positive. Staying physically active reduces health risk and improves the ability to do daily activities. It has a positive impact mainly on adolescence. Regular exercise can increase self-confidence, improve mood, help you relax, and reduce mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. Many studies have shown that people who are insufficiently

active have a 20% to 30% increased risk of death compared to people who are sufficiently active. Activities like walking, swimming make your stress free and it also gives a peace of silence. Many studies have found out that even a half an hour of walk can be beneficial to reduce stress level.

We have always heard this quote that “Health is Wealth” but don’t focus much on it until it’s something serious. Thought people focus a bit on physical health but mental health is completely been ignored. But nowadays after trying to make people aware of these terminologies people have started to open up and are willing to speak about their mental health. The most common problem faced by most of the people in their day to day life is stress and reason can be many. Stress is a feeling of emotional and physical tension. Such feelings arise when you are in the situation of frustration, anger or something that is very anxiety provoking. Stress occurs mainly when we feel that things are going out of control. It is a normal reaction that happens to everyone. Sometimes, a small amount of stress can help us to complete tasks and feel more energized. But stress can become a problem when it lasts for a long time or is very intense. In some cases, stress can affect our physical and mental health. It gives mental distress and also lowers our self esteem to face any situation. Stress can be reduced by either avoiding such anxiety provoking situations or by exposure to such situations. People generally use different techniques to reduce their stress level by getting involved in activities that gives them pleasure. Nowadays the level of stress has been increased not in adults but also in adolescents. Various work pressure, deadlines for submission, and many more stressors disturbs the mental peace. So to reduce these work loads and calm yourself down people should adapt a healthy diet and exercise should be included. Being physically active has been proven to be helpful in reducing stress. Physical activity can help lower your overall stress levels and improve your quality of life, both mentally and physically. Exercising regularly can have a positive effect on your mood by relieving the tension, anxiety, anger, and mild depression that often go hand-in-hand with stress. It can improve the quality of your sleep, which can be negatively impacted by stress, depression, and anxiety. It can also help boost your confidence levels. It might increase your happiness. Happiness is a pleasant emotion of intense joy. It is a state of emotional well being with the absence of any negative effect. It is something pleasurable experience and people find ways to find this state of mind. It is the satisfaction we get after accomplishing task we targeted to achieve it. It is defined as subjective well being that a person experiences. Happiness can increase only when the level of stress is reduced or when there is absence of stress. There might be a lot of ways to get happiness.. But physical activity is also a way to experience this feeling. Many studies have shown a direct relationship between happiness and physical activity. It has discovered that when you exercise, it increases endorphins, dopamine, adrenaline and endocannabinoid and these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress and even less physical pain. Even a basic physical activity of walking would have a positive impact on people’s well being. Performing physical activity on a regular basis has a positive impact on happiness. As it reduces stress and it would automatically increase happiness. Studies have found that physically active people are less apt to develop depression or anxiety than those who are sedentary. Even though as exercise increases the effects increase, even a small amount of

physical activity can boost your mood and increase happiness. When talking about physical activity it definitely have an impact on stress and happiness of people.

Physical activity, stress and happiness have a direct connection between each other. It is seen in most studies that people who are more physically active tend to be more happier than those who are less active. It is also scientifically proven that stress is much reduced by being involved in such activities and when stress reduces automatically the level of happiness increases. Exercise can provide stress relief for your body while imitating effects of stress, such as the flight or fight response, and helping your body and its systems practice working together through those effects. This can also lead to positive effects in your body including your cardiovascular, digestive and immune systems and by helping protect your body from harmful effects of stress. Many a times it so happens that you get so much involved in other activities like a long walk or run, or several laps in the pool, you may often find that you've forgotten the day's irritations and concentrated only on your body's movements and it results increase energy and optimism, that can help you stay calm, clear and focused in everything you do. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers. Better physical health generates a sense of well-being that motivates greater social involvement. All of these things work together to replace feelings of loneliness with those more aligned with happiness. All the observational studies reported positive associations between physical activity and happiness. As little as 10-min physical activity per week or 1 day of doing exercise per week might result in increased levels of happiness. New research shows people who set aside time to exercise are actually happier than those who don't. Not only are they happier (75 percent vs. 25 percent), but they also report being more successful. So it is proven in most of the studies that the level of happiness increases and level of stress decreases in people who are more active than those who are inactive.

Methodology

Research Question

The research questions of this study are:

Does performing physical activity have an impact on stress and happiness of adolescence?

Does it increase stress or happiness?

Aim

The aim of the study is to investigate the link between stress, happiness and physical activity. It aims to find what impact physical activity would have on stress and happiness of adolescence. It observes whether people who are more physically active are happier or not. The reason for this study is to find that performing physical activity would increase happiness and reduce stress level.

Objectives

To study the effect of performing physical activity on stress and happiness of adolescence. Assess whether being physically active increases happiness or not. Check whether people who are less active or people who are more active and difference in happiness and stress level. Determine the stress and happiness in relation to physical activity.

Hypothesis

Null non directional hypothesis: There will be no significant differences in daily performing physical activities and its effect on stress and happiness.

Alternative non directional hypothesis: There will be at least one significant difference in daily performing physical activities and its effect on stress and happiness.

Null directional hypothesis: Happiness will be lower than or equal to stress when daily performing physical activities.

Alternative directional hypothesis: Happiness will be significantly higher than stress when daily performing physical activities.

Variables

Stress, Happiness and Physical activity.

Operational definition:

Independent variable: Physical activity.

Level 1: People who are physically active.

Level 2 : People who are not physically active.

Dependent variable: Happiness and stress level from physical activity.

Participants

Adolescence between age 18 to 30

Inclusion criteria

Whoever fits in the age group of 18 to 30 years.

Universe of population

All the adolescents of age group from 18 to 30 years.

Results

Table 1

Variables		Stress	Happiness	Physical activity
1. Stress	Pearson's r p value	–		
2. Happiness	Pearson's r p value	1.000 ** *	–	
3. Physical activity	Pearson's r p value	1.000 ** *	1.000 ***	–
		< .001	<.001	–

$p < .05$, ** $p < .01$, *** $p < .001$

Table 1 shows the Pearson correlation examined the relationship between stress, happiness and physical activity. Scales scores were computed by adding the total of each scale. For the stress the value * $p < .05$ Indicates that it is statistically significant, we reject null hypothesis. For happiness the value is ** $p < .01$ which indicates highly statistically significant, meaning that the result is not by chance. In physical activity the value*** $p < .001$ Indicates rejecting the null hypothesis. There is a strong correlation between happiness and physical activity showing that happiness increases when performing physical activity. There is no or less effect of stress when performing physical activity. The results were showing that when physical activity is increased, it increases happiness and decreases the stress level. The results were positive, high in strength and statistically significant.

Table 2

Descriptive Statistics

	Gender	Age	Stress	Happiness	Physical activity
Valid	80	81	81	81	81
Missing	1	1	0	0	0
Mean	1.188	23.087	73.136	103.012	98.741
Std. deviation	0.393	2.696	325.070	457.819	438.801
Minimum	1.000	19.000	24.000	19.000	37.000
Maximum	2.000	30.000	2962.000	4172.000	3999.000

Table 2 shows descriptive statistics in which the mean and std deviation for gender is 1.188 and 0.393, the mean and std deviation for age is 23.087 and 2.696. The mean and std deviation for stress is 73.136 and 325.070, for happiness the mean is 103.012 and std deviation is 457.819. For physical activity the mean is 98.741 and std deviation 438.801.

Discussion

The purpose of this study was to find the correlation between stress, happiness and physical activity. In particular, the study revealed that adolescents who were more physically active, had an increased level of happiness than the population who were inactive. An important aspect of this study was that the correlation between happiness and physical activity was highly statistically significant and was positive. Other research papers also supported this study and it showed strong evidence that physical activity increases happiness and well being of a person and reduces stress. From this study it can be concluded that physical activity plays an important role for reducing stress, anxiety and depression. It increases happiness level when people are more active physically. So physical activity act as a buffer for against stress.

Reference

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