The relationship between exercise and self-esteem, sleeping patterns, anxiety and energy levels.

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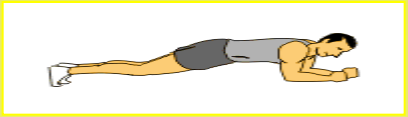

Abstract

This research project was attempting to determine the relationships between the amounts of exercise people do and the effects on their self-esteem, sleeping patterns, anxiety and energy levels, data was collected from a sample size of 200 people of mixed gender and ages of 18 to 63 years. The participants were Dublin college students and random Facebook friends. A booklet of 4 questionnaires was distributed. A quasi-experiment research design was used. The independent variable was the fitness level of the participants: their fitness level was estimated based on the amount of exercise that they performed weekly: the more exercise they did the higher their resultant fitness would be. The dependent variable was the measurement of various physiological and psychological factors in the groups.

Introduction

The purpose of this present research is not only to highlight that people in the current generation have become less active, but that the problem of depression, anxiety and self-esteem is still a worldwide issue (WHO, 2014). Not only do people need to be more active but more educated on the positive benefits of regular exercise (ACSM,2004). Exercise has shown to have been as affective as Cognitive Behavioural therapy when treating patients with anxiety and depression (Parker et al, 2011).

This thesis aimed to research the relationship between exercise and self-esteem, sleeping patterns, anxiety and energy levels among the 200 participants. This poster is a summary of the main aims of this present research the method and the findings.

Method

Design

A quasi-experiment research design was used. The IV was the fitness level of the participants and the DV was the measurement of various physiological and psychological factors in the group.

Materials

The participants were given a booklet containing 4 questionnaires to complete. Firstly they were asked their age, their gender and whether they participated in exercise on a regular basis. The re was two questionnaires devised by the researcher and the other two questionnaires were Leary's (1983) 'The fear of Negative Evaluation Scale' and (Rosenberg, 1965) 'The Self-Esteem Scale'.

Participants

The age group of the participants ranged from 18 to 63 years old. In total, two hundred participants were given. Questionnaires to complete. Participants were chosen from Dublin colleges and online.

Procedure

Participants from the Dublin College were given a very brief explanation on the thesis topic. Each questionnaire took about 15minutes. Participants were thanked for their time.

Results

Correlation analysis indicated that the correlation co-efficient between total self-esteem and exercise was r = -.090 and p > .05. This indicates a weak, negative and non-significant correlation; therefore no relationship was found between exercise and self-esteem for the participants in the present study. Therefore, the null hypothesis was retained. Correlation analysis indicated that the correlation co-efficient between anxiety and exercise was r = .095 and p > .05 for males and females. This indicates a weak, positive correlation between anxiety and exercise. Such that, there is no relationship between anxiety and exercise. The correlation analysis indicated that the correlation co-efficient between energy and exercise was r = .039. This indicates a weak positive correlation and it is non-significant at the level p > .05. Furthermore, the null hypothesis was retained. The correlation analysis indicated that the correlation co-efficient between sleep and exercise was r = -.144 and p < .05. This shows a negative and moderate to large result. Furthermore, the correlation was significant at p < .05. Therefore the null hypothesis was rejected.

Discussion

Limitations of the research may include a small sample size and an uneven mix of gender and age. Results may have been different if the sample was monitored (Baekeland & Lasky 1966). The results differed from some of the previous research and could have been caused by a number of factors, notably a disparity in the amount of people who exercise regularly versus those that do not, a lack of a scale measuring exercises with different intensities, and chance fluctuations due to a person's particular mood on the specific day that they were questioned. As the present research differed in comparison to previous findings, it demonstrates that more research needs to be completed in order to obtain a better understanding of exactly how exercise benefits or affects people's bodies.

References

American College of Sports Medicine: Exercise is Medicine (2014), EIM Global Partners USA.

World Health Organisation (2014) Mental Health: a state of well being.