

The Effect of a 12-Week Physical Exercise Program in Adults on Satisfaction with Life, Self-Esteem, Healthy Lifestyle Behaviors and Perceived Social Support

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KEYWORDS Physical Activity. Stress Management. Quality of Life. Self-Confidence. Self-actualization

ABSTRACT The aim of this study was to examine the effect of a 12-week physical exercise program in adults on satisfaction with life, healthy lifestyle behaviors, perceived social support and self-esteem. The main findings of the present study showed that an interaction effect for group and time existed in self-esteem, physical activity, friend and special person ($p < .05$). When the analyses made for the concept of perceived social support were examined in the study, while a statistically significant difference was observed in a positive direction in the pre-test and final test point averages for the sub-dimensions of "friend" and "special person" of the experimental group, it was observed that there was no difference at all in the "family" sub-dimension. In conclusion, it is thought that participating in regular physical activity is effective in preserving the bodily functions of individuals and in being psychosocially healthy individuals.