

Effects of Exercise on Levels of Depression

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KEYWORDS Depression, Regular Exercising, Healthy Living, Quality of Life

ABSTRACT The aim of this study was to investigate the effect of exercise on depression levels. Beck Depression Inventory (BDI) was applied to a total of 605 subjects at different exercise levels. The BDI score of non-exercising group was 13.18, while the average score of those who exercise was found to be 8.93. Non-exercising group showed higher depressive symptoms than the exercising group. Gender had no significant difference on the levels of depression ($p > .05$). Non-exercising group was found to be more depressive than the exercising group ($p < .01$). It was observed that exercising resulted in a low level of depression and the level of depression was reduced as the exercise time was increased. It can be said that exercise had a positive effect on reducing depression. People should be motivated and encouraged for having the habit of regular exercise to improve the quality of life.