

Effects of Physical Activity on Well-Being at Different Ages

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Abstract:

In today's society, people's material life has been greatly satisfied. However, their spiritual world is not rich. Depression, anxiety, and a lack of happiness are frequently encountered problems, and studies have found that physical activity can effectively improve mental health and promote happiness. Physical activity can enhance happiness. Age is a factor affecting sports activity and happiness, the research explores the extent to which different age groups' sports activities affect happiness. The paper starts exploring the issue of how sports activities can enhance happiness and promote mental health in teenagers, college students, adults, and the elderly. At different age stages, other influencing factors are different. Teenagers may have deviations due to reasons related to family and school education. Adults may be influenced by factors such as work, economic status, and marital status, while older people may be influenced by their physical health, relationships with their children, and psychological state, among other factors, in the relationship between sports and happiness.

Keywords: happiness; physical activity; different ages

1. Introduction

As times progress, people's material living standards have significantly improved, but their spiritual well-being has not been as satisfactory. According to survey research, the proportion of depression, anxiety, and mental disorders among both adults and minors has increased year by year, especially after the pandemic [1]. According to data from the World Health Organization (WHO), the number of depression sufferers worldwide has exceeded 300 million, accounting for 4.3% of the global population. This is a significant increase from the past. Furthermore, according to WHO statistics for 2023, depression

has climbed to the fourth most common disease in the world. Therefore, how to improve happiness and reduce depression, anxiety, and other psychological problems has become a hot topic in contemporary society. And sports are regarded as an important foundation for achieving national happiness.

Liumina used a regression analysis method to analyze the relationship between sports activities and public happiness, and the results showed that the public's happiness could indeed be improved by engaging in sports activities [2]. Zhou Rui found that the relationship between sports participation and subjective happiness is positively correlated, meaning that the

higher the overall level of sports participation, the higher the subjective happiness level, which was concluded by using the average analysis method and table comparison [3]. Meanwhile, Lee found that physical health status, social class identification, and socioeconomic status also participate in the influence of sports exercise on subjective happiness, and these factors play a partial mediating role [4]. Therefore, it is of great significance for this paper to further explore how various variables affect the relationship between physical activity and happiness.

Therefore, this article will conduct research and discussion on the relationship between sports activities and happiness due to age, and summarize it to help us better implement sports activities and promote the experience of national happiness.

2. The Association Among the Adolescents

2.1 The Importance of Adolescent Happiness

Adolescents are the future of the nation and the hope of the country, so the psychological problems of adolescents are of great importance. It not only concerns personal growth and development but also the fate of society and the country, so how to improve the level of adolescents' mental health and enhance their sense of happiness is an important part of the research.

2.2 The Significance of Physical Activity

Zhao Jiantao showed in his research that physical exercise, as an important means of school physical education, has important practical significance for the improvement of students' physical and mental health and the enhancement of their core competencies. It is one of the important means to enhance happiness. In addition, Wang Peng, in his thesis, used the method of t-test to compare and analyze the T value and p-value and found that there was a significant difference between the experimental group and the control group concluding that extracurricular physical activities increased interest, enhanced physical fitness, and improved students' sense of happiness, and that's just how it shows among teenagers [5].

2.3 The Role of Physical Activity in Promoting Happiness

Adolescents can obtain happiness through participating in sports activities: 1. Happiness brought by the body. Physical activities can enhance physical fitness, full of vitality, and a good physical state can make adolescents feel comfortable and confident. It can also release pressure.

Faced with numerous academic pressures, sports activities are a good way to relieve stress. 2. Happiness is brought by psychological growth. Participating in sports activities can cultivate perseverance and enhance self-confidence. It can also enhance communication and teamwork skills with classmates. By working together and cooperating to achieve victory, they may experience a strong sense of happiness. However, the relationship between sports activities and happiness will be affected by different regions, such as cities, counties, and towns. There will be significant differences in different family locations, which are related to the parents' ideas, education level, marital status, and family atmosphere [6].

3. The Association Among the College Students

3.1 Average Physical Activity

Through methods such as document research and questionnaire surveys, it was found that college students, regardless of their choice of science or arts, their educational level from undergraduate to graduate, or their gender, on average, are willing to spend 2.1 to 4 hours and 0 to 200 yuan to engage in sports activities to enhance their after-class entertainment and derive happiness and satisfaction from them [7].

3.2 The Limiting Factors of Sports Activities

Although some students are willing to spend time and effort on sports activities, the overall level of exercise among college students is at a low standard, with about 81.7% at a moderate to low level of physical exercise, which is closely related to the school's emphasis on sports activities, the limitations of the sports facilities, and the weather conditions. Regarding the data, the survey showed that the correlation coefficients between sports exercise and self-efficacy, resilience, and subjective well-being were 0.525, 0.475, and 0.528 respectively. Therefore, physical exercise is positively correlated with these three factors, and the greater the amount of exercise, the higher the degree of perceived happiness.

3.3 The Contribution of Physical Activity to Happiness

Sports activities can promote physical health, improve psychological well-being, bring happiness and satisfaction to college students, actively participate in sports activities, and make sports a part of students' lives. It not only enriches leisure time but also enhances physical health and greatly improves happiness. There is a positive correlation

between sports exercise and these three factors, and the greater the amount of exercise, the higher the perceived level of happiness [8].

4. The Association Among the Adults

4.1 As a Form of Leisure Adults

For adults, physical activities are one of the leisure ways after work. The sports activities mentioned in the article also include interest in sports activities without personally participating in them, such as watching sports events or conducting online sports activities.

4.2 Online Sports Activities

When adults watch sports events, they may feel great happiness and satisfaction when their favorite team wins. Some exciting or tense moments during the game may also promote the enhancement of this sense of happiness [9]. Watching sports events or conducting online sports activities has become a new trend due to the pressure from work, family, etc. on adults. However, in case of having enough time and energy, some physical activities that can be personally participated in, such as basketball and volleyball, can also be conducted. According to a survey, more than 60% of adults engage in physical exercise during leisure time, whether it is self-participated physical exercise or watching sports events, etc. The correlation between these and happiness is positive, but the sociological factors of sports participation also have an impact on this correlation [10].

5. The Association Among the Old

5.1 Psychological care problem

As an important group in the social population, the elderly face various health problems from a physical perspective as their body functions gradually decline. From a psychological perspective, the elderly may feel lonely, anxious, or depressed due to the lack of children's company, social activities, and the cultivation of hobbies. Some elderly people may have psychological health problems.

5.2 Physical Activity Enriches the Spiritual World

Physical activities can not only physically but also psychologically enable the elderly to live a more fulfilling life and maintain a positive attitude. Hu Kun mentioned in his paper that the average score of the elderly's social support level was 60.67+10.84. The fact that 5/3 of the population

had a score between 50-70 indicates that the elderly have a high level of social knowledge, which also shows that social knowledge level can fully promote the elderly's social participation degree, mobilize personal emotions, and improve their mental health level. Thus, it enhances their subjective well-being [11]. The subjective happiness of the elderly obtained from physical exercise has no significant difference in gender variables, but there is a significant difference in age variables. Gu Ruili indicates the influence of physical exercise on subjective well-being analyzed the data and calculates the statistical methods through statistical analysis, calculating and summarizing the P-value analysis. All P-values are greater than 0.05, indicating that the variance homogeneity requirement is met and there is a statistical difference [12].

5.3 Other Cofounders

As people age, both physical fitness and mental state may affect the extent of physical activities and the degree of happiness and satisfaction. However, other collaborative factors such as marital status, educational level, economic level, and family relationships have not been excluded, so we cannot determine whether these factors have an impact on the relationship between sports activities and happiness, or the extent of the impact.

6. Discussion

6.1 Recommendations

6.1.1 Family aspect

In terms of family, parents can encourage their children to engage in more extracurricular sports activities such as basketball and swimming, which not only enrich children's after-school lives but also serve as a skill development. In the process, children will also experience happiness and satisfaction. Meanwhile, parents should also set a good example for their children, and the importance of subconsciously influencing children's participation in sports activities cannot be overstated. Chenxiaofei mentioned in his research that family physical exercise should be systematic, comprehensive, scientific, and reasonable. Increasing family physical exercise can regulate mental and physical states, promote good health, and enhance overall well-being of residents [13].

6.1.2 The aspect of education

In terms of schools, schools can allocate more class time for physical education, so that they can release pressure and relax their minds under the pressure of academic studies.

Schools can organize more sports-related activities, such as sports meets and marathon races. Schools should enhance students' autonomous and collaborative learning methods to promote their learning of motor skills, thereby improving their interest in sports, improving their health levels, and enhancing their psychological well-being [14]. By increasing sports activities, students' awareness of sports can be raised, and they can cultivate a sense of happiness themselves in the process.

6.1.3 Social aspect

In terms of society, more encouragement should be given to the establishment of gyms and swimming pools. People can exercise anytime, anywhere. Simply taking a walk in the park can also bring happiness. Companies should also encourage employees to engage in more sports activities. For example, a weekly or monthly attendance card can be implemented. If employees regularly and healthily engage in a certain amount of sports activities, they can be rewarded. For the elderly, there can be senior community activities set up, where elderly people can engage in physical activities in their communities or neighborhoods, which not only ensures their safety but also encourages them to participate in sports. Social activities such as square dancing should also be encouraged to enhance their physical health and enrich their spiritual world. LiShiqi mentioned that increasing square dancing can significantly improve the elderly's level of happiness, and increase their satisfaction and interest in life [15]. It is also possible to build dedicated square dance venues or expand the size of the square. This will encourage more elderly people to participate.

6.2 Looking Ahead

6.2.1 Individual level

On the individual level, sports activities can improve mental health. Due to the modern lifestyle, people are increasingly facing various kinds of pressure. Sports activities can relieve stress, boost self-confidence, and also improve sleep. On the physical level, sports activities can enhance physical fitness and immunity. When facing diseases, we can stay calm and have a healthy body, enjoy a better life, and thus enhance our sense of happiness.

6.2.2 Social aspect

On the social level, sports activities are a very social activity. People can enrich their social life by participating in various sports clubs and joining like-minded friends. It can also improve people's teamwork skills. In this process, people can feel a sense of belonging and accomplishment, thus enhancing their sense of happiness. Sports activities can promote education development. Sports

activities are an important part of education. They not only reflect students' physical performance but also their physical fitness, teamwork skills, competitive awareness, and innovative ability. On the social level, sports activities can promote economic development. Sports activities are closely related to the sports industry. Developing the sports industry can not only create job opportunities and market demand but also meet people's participation in sports as their awareness of a healthy lifestyle improves. Developing the sports industry can drive the development of related industries, and the hosting of sports events can drive tourism, catering, accommodation, transportation, and other related industries. It not only brings business opportunities but also enhances the happiness of tourists and hosts. Sports can promote social harmony and enhance social cohesion. They can promote cultural exchanges and enhance world peace and development by promoting cooperation and friendship between people from different cultures through sports activities. They can break through the constraints of race, gender, age, occupation, etc., only because of their common interest in sports activities. They can enhance the sense of happiness for people of all countries and nations.

6.2.3 Policy aspects

A sports policy can be formulated, with increased investment in sports, to promote the national fitness program, and the government should strengthen its guidance and management of the national fitness program. Encourage social forces to participate in the development of sports. Promote the prosperity of sports, thereby enhancing people's sense of happiness. The relationship between sports activities and happiness. They are mutually reinforcing. By making efforts from various perspectives, including individuals, society, and policies, the role of sports activities in enhancing happiness can be fully leveraged. Promote the comprehensive development of individuals and harmony in society, and enhance happiness not only for individuals but also for the whole society and nation.

7. Conclusion

There is a clear positive correlation between physical activity and happiness. In the population, people can not only obtain psychological health through physical activity but also physical health. This paper reveals the background and progress of research on the relationship between physical activity and happiness, as well as some shortcomings, and then summarizes them.

Physical activity can indeed promote the improvement of happiness. However, the subjective happiness experience of each person is different, so it is difficult to accurately

describe the extent to which physical activity affects happiness. Therefore, the correlation between physical activity and happiness cannot be accurately expressed by data. The relationship between physical activity and happiness is influenced by many factors. For example, adolescents may be influenced by family relationships, peer relationships, academic pressure, and school regulations to determine whether they can participate in sports activities to obtain happiness. However, for the elderly, the influencing factors include marital relationships, economic status, health and mental problems, etc. Therefore, under the influence of multiple factors, the degree of correlation between physical activity and happiness completely cannot be calculated. Because it is strongly related to individual factors and environmental factors.

Physical activities can improve mental health, promote physical health, enrich people's spiritual world, strengthen the body, and enhance immunity. This allows people to live in a happy and satisfied living environment. On the social level, sports activities can promote economic development, bring business opportunities, and drive other industries such as tourism and catering. By improving the average economic efficiency, it can enhance the average level of happiness in society. In terms of policy, we can formulate sports policies to increase investment in sports and promote the flourishing of the sports industry, making sports activities an essential part of people's daily lives. This not only achieves cultural integration and promotion but also enhances the wealth of the nation's psychological and spiritual well-being.

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