

# The Effect of Physical Activity on Changes in Happiness Levels in People with Different Personality Trait

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## Abstract

According to studies, physical activity and exercises have a positive effect on happiness and health of people.undoubtly, this effect in people with various physiological personality are different. There fore,the purpose of this research is to investigate the effect of physical activity on changes in happiness levels in people with different personality traits.

**Methods:** the method of study is semi-experimental with pre-test/post-test research design. The statistical population were workers of industrial plastic production companies of zahedan.thus, within the companies five randomly were selected and then from among workers 72 people were randomly selected with age range 20-45 years. Participants participated in in period of 16 session aerobic exercise.In order to collect data two questionnaires were used. For Data analysis using t test and using spss software.

**Results:** results showed that aerobic exercise has significant effect in changes happiness in all of subjects. But when the effects of aerobic exercise on changes of happiness of participant were studied seperatly based on personality traits the results showed that only has significant in people with no neurosis, extavent, conscientious,adjusted acceptance and no acceptance while aerobic exercise has no significant effect on changes of happiness in people with neurotic,introvent,inconscieentious and unadjusted.

**Conclusion:** The results showed that psychological effects of physical activity in individuals with personality traits are different. so that, physical activity has the most effect on changes in happiness levels in people with extravert personality and had lowest effect in people with neurosis and unadjusted.

**Key words:** Personality, Traits, Aerobic exercise, Happiness

## INTRODUCTION

Sport and physical activity is one of the effective ways to improve the prevention of mental illness (convil, 2003). Personality is a set of individual differences that are affected by the development of an individual: values, attitudes, personal memories, social relationships, habits, and skills(McAdams, D.P.; Olson, B.D. (2010). Mischel, W., Shoda, Y., & Smith, R. E. (2004).Different personality theorists present their own definitions of the word based on their theoretical positions(Engler, B. (2009).

The term “personality trait” refers to enduring personal characteristics that are revealed in a particular pattern of behaviour in a variety of situations.)

The character is one of the key issues in contemporary psychology (Hnjry 1376) Allport believes that the psychological dynamics of the characters are organized into individual physiological index that determines the behavior and thoughts. schultz McGraw using Nhlyl factor that can be used between personality differences, five major purpose of the 1-neurosis that the tendency of people to experience anxiety, stress,pity,saving hostile impulse lovemaking depression and low self-esteem.Extroversion that dare to feel positive person seeking energetic and intimate refers to 3-Adjusted to desire for curiosity, love of art and art refers elasticity Compatibility with the desire for empathy and sympathy generosity, kindness, generosity, altruism and trust is doing.Finally, accepted desires for regular and slow progress on the logic circuit After the exercise happy people

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have more and more confidence that Happiness is defined, as the overall appreciation of one's life-as-a-whole, in short, how much one likes the life one lives. Elsewhere I have delineated that concept in Ruut Veenhoven (Veenhoven 1984). Thus defined, happiness is a state of mind and can therefore be measured using questioning techniques, among which single, direct questions. Self-reports of happiness appear to be fairly valid, though not very precise (Veenhoven 1984) Veenhoven, R. (1984). Kluwer Academic, Dordrecht, The Netherlands Research suggests that— beyond exercise— small, cumulative, 'non-exercise activity,' such as standing and walking in the course of daily functioning, contributes to avoiding these negative outcomes and increasing general health (Levine J A. 2002). A complementary question emerges: Are patterns of physical activity throughout the day also related to psychological health (e.g. happiness)? To date, studies examining the relationship between happiness and physical activity have focused on exercise, finding mixed results. Some studies have found that happier people report exercising more (Ruuskanen 1995, Stephens 1988), while others have found no relationship between happiness and exercise (Catalano 2011 Diener)

The aim of this research to know whether aerobic activity on the effect of happiness and its dimensions and compare features and personality changes after aerobic activity each group of people happiness particular specificity different person.

## METHODS

The participants of this study were workers of industrial plastic production companies of zahedan. 72 people were randomly selected with age range 20-45. they have 16 session aerobic exercise and oxford happiness and personality questionnaire were used for collecting data. spss 16 used for analysis. Each analysis that follows refers to a different subset of users (e.g. those who provided information about some combination of happiness, self-reported physical activity and/or sensed physical activity). We thus provide further information in the Results section about the exact subset of users for each analysis. Physical Activity. One way the app assesses physical activity is through self-reports. Users indicate which activities. Intensity workouts 0 to 85 percent, based on the principle of overload with moderate intensity continued in the last 75 to 80 the previous movements and strength exercises to strengthen the muscles that were used without injury.

## RESULTS

The results showed a significant difference between happiness people more introverted character and the

effect of aerobic exercise on changes extroverted and introverted personality happiness in individuals had no significant difference. The difference of happiness among people with more neurotic character is more and there are significant differences on changes neurotic and non-neurotic character. happiness among people with more conscientious is more and there is significant differences on conscientious and incinscientious. happiness among people with more adjusted is more and there is significant differences on adjusted and unadjusted. happiness among people with more acceptance is more and there is significant differences on acceptance and non acceptance. also exercise has positive effect on happiness, mental health and satisfaction of life (Tables 1 and 2).

## DISCUSSION

Primary finding from this study is that exercisers are on average more satisfied with their lives and happier than non exercisers. Causal effects of exercise participation, however, do not seem a likely source of these associations. Cross-sectional and longitudinal data indicate that physical activity indirectly enhances satisfaction with life in old age through its influence on affect, mental health, and self-efficacy (Elavsky et al., 2005; McAuley et al., 2006). For example, McAuley and colleagues (2006) showed that greater amounts of physical activity were associated with greater self-efficacy, which was associated with more positive physical and mental health. In turn, health status was positively related to satisfaction with life. Elavsky and colleagues (2005) found that self-efficacy and positive affect were significant mediators of the association between physical activity and wellbeing (i.e. global quality of life) at a 1-year follow-up of a physical activity intervention for older adults, and that changes in positive affect mediated this relation across an additional four years of follow-up. these results, there is a positive relation among personality characters, neurotic, extroversion, openness, concord and consciousness. The results of this research are harmonized with some researches that show positive relation of extroversion) Razavieh 2010chen 2005). There is a negative and counter relation between mental health and neurotic and positive and right relation between extrovert and mental health. In a part of this survey got the same results. Fighting resulted from no agreement with acceptance and compatible of couples handed and decreased their mental health (kulik 2006). And also there is a relation with survey there is a relation between extrovert, satisfaction and conscionable characters and giving more help in special neurotic people (seekles 2012). Research shows that this relation is positive, too (Jafarnejad, 2004). In elucidating positive relation and mental health could reasoning that people with high score in open thought may be more

**Table 1: the results of t-test**

Variable	Leven test		T test		
	F value	Sig	T value	df	Sig
The comparison of pre/post test of introverted	0/404	0/531	1.136	13	0/276
The comparison of pre/post test of extroverted	4.981	0/003	8.018	31	0/001
Differences of intro/extroverted	1.266	0/26	2.249	18	0/037
The comparison of pre/post test of neurotic	1.243	0/275	0/182	14	0/858
The comparison of pre/post test of nonneurotic	6.411	0/014	6.660	33	0/001
Differences of neurotic/non neurotic	6.908	0/012	2.390	18	0/028
The comparison of pre/post test of conscientious	1.385	0/242	6.304	47	0/001
The comparison of pre/post test of inconscientious	0/102	0/753	0/900	11	0/387
Differences of con/inconscientious	0/260	0/612	3.139	14	0/007
The comparison of pre/post test of adjusted	0/725	0/397	6.345	44	0/001
The comparison of pre/post test of unadjusted	2.581	0/117	0/191	17	0/851
Differences of adjust/unadjusted	2.445	0/123	1.977	23	0/049
The comparison of pre/post test of acceptance	3.501	0/067	4.531	24	0/001
The comparison of pre/post test of nonacceptance	1.001	0/322	2.264	25	0/032
Differences of acceptance nonacceptance	4.829	0/33	0/303	40	0/764

**Table 2: Adverse assumptions**

Variable	Mean differences	SD	t	df	Sig
Happiness in pre/post test	0/226	0/467	4.117	71	0/001
Satisfaction of life in pre test and post test	0/191	0/652	2.486	71	0/015
Mental health in pre/post test	0/208	0/608	2.903	71	0/005

curious about inside and outside experiences and they enjoy more about new experiences and ideas. It means that they have more imaginary life and more deep thought by shaping their imaginations and use it as an upbringing their creativity. People with these characteristics usually imagine following agitation and favorite thought in their imaginary without decreased factors (fard2006). These people when encountered with disaster factors as usually and steady and it affected their life, gradually feel repulsion and because no access to their imagines stricken clinical and sick signs. Acceptance and agreement are interring personals' dimension. Harmonized and compatible relations for having and keeping mental health are inevitable.

Poor health has significant individual and societal costs. The current project showed that inactivity, which has been linked to poor physical health, is also linked to poor psychological health (i.e. lower happiness). Using a large-scale, public deployment of a mobile application that periodically assessed participants' happiness and passively measured physical activity, we discovered a modest but reliable association between happiness and physical activity. These findings have important implications for research on happiness, and also for behavioral science research method. The association with happiness reported in the current paper is modest in size, but reliably manifests both for self reported (i.e. subjective) physical activity and for objectively sensed physical activity. Obviously there are many factors

that contribute to happiness. Given that positive social relationships may be the single most important factor contributing to happiness (. Lyubomirsky,2005), we anticipate that the social interactions that underlie those relationships would have a strong influence on momentary happiness. Indeed people do report more positive affect when they are in social situations (diener1990). Future work that measures and statistically controls for this and other factors affecting happiness might reveal an even stronger relationship between happiness and physical activity. For now, given the size of the association, readers may wish to exercise caution when interpreting the importance of the relationship between physical activity and happiness. The current findings extend previous research on the link between happiness and physical activity by demonstrating that regular physical activity—including non-exercise physical activity like standing, walking, and fidgeting—has a positive connection to psychological health. Experimental studies suggest that physical activity increases happiness (elvasky2005hansen2001).

Introvent Compared with extraversion-introversion don't show their feeling learn more affected are penalized while extroversion of their reward Social extrovert and affable person that deals with the outside world and the people he considers to be consistent with the requirements of the society's capacity Because what the environment is trying to do right now he wants and expects to be the beBe the extroverts because of their special characteristics to the fencing, but they can be encouraged by the activities of a group Over the past decade, evidence of a negative association between neuroticism and physical function has mounted. Individuals with higher scores on neuroticism are more likely to report mobility limitations and disability than those with lower scores (Chapman,Duberstein, & Lyness, 2007; Jang, Haley, Mortimer, & Small, 2003; Jang, Mortimer,

Haley, & Graves, 2002; Kempen et al., 1999; Murberg, Bru, Svebak, Aarsland, & Dickstein, 1997). However, whether an association exists between neuroticism and objective measures of physical function, particularly the strength component had been less investigated. Our finding of a negative association between the domain of neuroticism and muscle strength is in line with the Jorm report. We found this association to persist even when other risk factors for lower muscle strength (i.e. age, sex, race, and BMI) are taken into account, and to be independent of the effect of other personality traits. Moreover, by exploring facet-level associations, we found that this relationship extends to most of the six components of neuroticism, suggesting this personality trait as one of the most significant personality correlates of muscle strength. Extraversion was also a significant correlate of muscle strength, although in a direction opposite to that of neuroticism. This finding is consistent with reports of extraversion as being a significant correlate of physical function using measures further along in the disablement pathway, such as self-reported limitations in activities of daily living (Krueger et al., 2006). Neurotic also excited not to have more mental and physical activity reduces their negative emotions and bring them joy and peace acceptance to adhere to the ethical principles of family loyalty and hard work is characteristic of them, and they exercise a positive influence happiness Compatible people a place for themselves in society and live with others in peace and exercise a positive influence on their People Sports openness to new conditions and new and varied chain to achieve more happiness Very happy individuals may also be judged harshly for their apparent satisfaction—for example, as shallow or complacent. Indeed, research has shown that happiness in the context of a potentially lazy or meaningless life is judged quite negatively (Scollon & King, 2004). It may be that the positive social perception of happy individuals depends on the particular situations in which individuals encounter them. An apparently happy person may be judged quite favorably in an acquaintanceship situation, but an incongruously happy person may well be judged more negatively. The capacity to downregulate positive affect may be a facet of social skill and effective self-regulation (e.g. M. W. Erber & Erber, 2001; R. Erber & Erber, 2000). Although existing evidence indicates that happy individuals indeed tend to be successful across a number of life domains, we must be mindful that negative emotions can be functional under some circumstances. Individuals who are temperamentally prone to greater levels of negative emotions may help their groups under some conditions. In addition, happiness in some circumstances may be sacrificed in order to reach long-term goals. We do not yet fully understand the limits of the success of happy people, and we do not know the extent to which the effects of positive

affect are dependent on culture and cultural norms for emotion. The current findings indicate that happy people are in many ways successful people. This does not mean, of course, that happy people show superior performance in every activity and situation. Earlier we suggested that happy people may feel positive emotions more frequently because they are relatively more sensitive to rewards in their environment. Tying positive emotionality to Gray's (1994) "behavioral approach system" makes a good deal of sense and it also highlights potential pitfalls of happiness. Clearly, the complexity of human life requires that one avoid some circumstances, and always moving toward evermore tantalizing rewards might lead an individual's existence to devolve into hedonism or inappropriate risk taking. In addition, the tendency to recognize and move toward rewards in the environment may make a happy person susceptible to approach-approach conflicts, caught between two potentially positive life paths.

In this study, it was found that exercise can improve mood and psychological well-being and increased confidence, and physical and mental health is increasing as well.

## CONCLUSION

In conclusion., it may be instructive to examine how positive elements of personality may be applied in developing programs aimed at maintaining strength and physical function. Although our conclusions run counter to the belief that successful outcomes and desirable characteristics are primarily the causes, rather than the consequences, of happiness, a surprisingly large amount of evidence now appears to challenge this belief. Exercisers are on average more satisfied with their lives and happier than non-exercisers. This association appears to be mediated by genetic factors that influence both exercise behavior and well-being, so exercise increase happiness. The results showed that psychological effects of physical activity in individuals with personality traits are different, so that, physical activity has the most effect on changes in happiness levels in people with extravert personality and had lowest effect in people with neurosis and unadjusted

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