



CORRELATION BETWEEN PSYCHOLOGICAL WELL-BEING AND AEROBIC CAPACITY AMONG YOUNG ADULTS

Dr. Shruti Panchal* (MPT), Assistant Professor at Parul Institute of Physiotherapy.*Corresponding Author

Drashti Jiyan (BPT), MPT-I student at Parul Institute of Physiotherapy.

ABSTRACT

Background: Psychological wellbeing and mental health are major health issues and they affect physical health. Physical activity is an important factor used in mental health to treat and prevent both physical and some mental disorders such as depression and anxiety. Increasing levels of physical activity have a positive impact on physical health and mental well-being. **Aims & objectives:** The objective of the study is to determine the state of Psychological Well-being, level of Aerobic capacity and assess the correlation between Psychological Well-being & Aerobic capacity. **Materials and methods:** It was an Observational study in which 196 young adults participated who were meeting inclusion criteria. All subjects were instructed to fill Ryff's psychological wellbeing scale. Then all those subjects were instructed to performed 20 meter shuttle run test and calculated the Vo₂max. **Results:** Ryff's psychological well-being scale is correlated with aerobic capacity through VO₂max with correlation value $r = 0.622$ in general. Even gender specific correlation between Ryff's scale and VO₂max in young males and females subjects is also positively correlated with r value 0.553 and 0.634 in males and females consequently. **Conclusion:** There is a significant correlation between psychological well-being and aerobic capacity among young adults.

KEYWORDS : Psychological well-being, Aerobic capacity, Ryff's (18 item) Psychological Well-being Scale, 20 meter shuttle run test, VO₂max