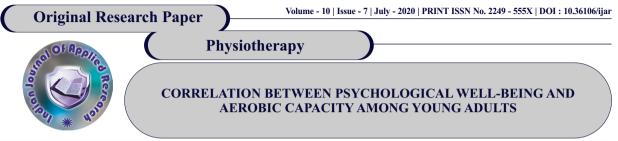
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ABSTRACT Background: Psychological wellbeing and mental health are major health issues and they affect physical health. Physical activity is an important factor used in mental health to treat and prevent both physical and some mental disorders such 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 mating inclusion criteria. All subjects were instructed to fill Ryffs psychological well-being scale. Then all those subjects were instructed to performed 20 meter shuttle run test and calculated the Vo2max. **Results:** Ryffs psychological well-being scale is correlated with aerobic capacity through VO2max with correlation value q 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 q 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