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A COMAPARTIVE STUDY ON SELF-EFFICACY AND QUALITY OF LIFE AMONG GYM USERS AND NON-USERS

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ABSTRACT

This study looks at how self-efficacy and quality of life're connected for adults. It compares people who go to the gym and people who do not go to the gym. Self-efficacy is about how sure people're that they can do things and deal with problems. Quality of life includes how healthy people are, how they feel inside and how they get along with others.The study had two groups of people: people who go to the gym a lot and people who do not exercise in a way. The people in the study filled out questionnaires that were the same, for everyone. The results showed that people who go to the gym do better when it comes to self-efficacy and quality of life.People who exercise regularly are healthier less stressed and more sure of themselves when it comes to doing things. On the hand people who do not go to the gym do not do as well in these areas.The study says that going to the gym can really help people feel better in their minds and bodies. So getting people to exercise might be a way to help them have a better life.

INTRODUCTION:

In years people have become more aware of how important it is to take care of both their physical and mental health for a happy and healthy life.Two key things that help with well-being are self-efficacy and quality of life.Self-efficacy is when you believe in yourself and your ability to do things and deal with challenges.This in turn affects how motivated you are, your behavior and how well you can handle situations.Quality of life is an idea that includes how you feel about your physical health, mental state, relationships with others and overall happiness.Regular exercise is really important for improving both self-efficacy and quality of life.When you exercise, in a gym you not only get fitter but you also feel better mentally with less stress, a better mood and more confidence.Gyms help people set goals, track progress and feel a sense of achievement, which can make them believe in themselves more.Also exercising regularly is linked to health, which directly improves quality of life.On the hand people who don't exercise regularly might be less fit and more stressed, anxious or have other health problems.Not exercising can affect both mental health leading to lower well-being and happiness.So comparing people who go to the gym and those who don't can help us understand how lifestyle choices affect physical health.This study aims to look at and compare self-efficacy and quality of life in adults who regularly go to the gym and those who don't.By understanding these differences the study wants to show the benefits of exercising and encourage healthier lifestyles.The findings could help health professionals, fitness trainers and policymakers promote exercise as a way to improve physical well-being.Self-efficacy plays a big role in how people approach goals, tasks and challenges.People with self-efficacy are more likely to take action keep going when things get tough and bounce back from setbacks.This

belief system affects not achievements but also emotions and stress management.In terms of exercise people with self-efficacy are more likely to start and stick to a routine, which makes them more confident and in control.Quality of life is an idea that reflects overall well-being in many areas, including physical health, mental state, independence, relationships and interaction with the environment.A higher quality of life is often linked to health, greater happiness and improved daily functioning.Exercise, especially when done regularly positively affects all these areas by boosting energy improving sleep reducing anxiety and depression symptoms and promoting interaction.Exercising in a gym provides an supportive environment that motivates people to stick to their fitness routines.With access to equipment, professional guidance and a community of minded people individuals are more likely to adhere to exercise programs.This environment improves health and fosters discipline, goal-setting and a sense of accomplishment all of which contribute to higher self-efficacy and improved quality of life.In contrast people who don't exercise regularly face challenges, including decreased fitness, lower energy and increased vulnerability to health problems.A lack of exercise can also negatively impact health leading to higher stress, reduced motivation and lower self-confidence.Over time these factors may contribute to a quality of life.Therefore this study emphasizes the importance of comparing gym users and non-users to understand the role of physical activity, in enhancing self-efficacy and quality of life.By identifying these differences the research aims to provide insights that can support the development of interventions and awareness programs encouraging individuals to adopt healthier and more active lifestyles.

REVIEW OF LITERATURE:

Self-efficacy and quality of life have been widely studied in psychology, health sciences and behavioral research. Researchers stress that self-efficacy is a factor influencing human behavior, motivation and well-being.According to Bandura's cognitive theory self-efficacy determines how individuals think, feel and act. People with self-efficacy tend to approach challenges with confidence set higher goals and persist in the face of difficulties.Several studies show that self-efficacy is strongly linked to health-promoting behaviors, including physical activity. Research consistently demonstrates that physical activity plays a role in enhancing self-efficacy.For example regular exercise helps individuals develop a sense of mastery and control over their bodies and abilities.Studies find that people who participate in exercise programs report increased confidence in their physical capabilities, which translates into higher overall self-efficacy.Gym-based exercise provides opportunities for goal setting progress tracking and skill development all of which contribute to a belief in one's abilities.Quality of life is another concept explored in relation to physical activity. It includes health, psychological well-being, social relationships and environmental factors.Research indicates that people who engage in physical activity tend to report higher levels of quality of life compared to those with sedentary lifestyles. Exercise has benefits, such as improved cardiovascular health, increased strength and better weight management as well as psychological benefits, including reduced stress, anxiety and depression.Studies compare active and inactive individuals.These studies generally conclude that active individuals, including gym users exhibit mental health outcomes, higher self-esteem and greater life satisfaction. For example research shows that regular gym-goers experience improved mood, reduced levels of stress and enhanced social interaction, all of which contribute to a quality of life. In contrast non-users or sedentary individuals often report energy levels, increased psychological distress and reduced overall well-being.The relationship between self-efficacy and quality of life is widely supported in the literature. High self-efficacy is associated with coping strategies, improved emotional regulation and a greater likelihood of engaging in healthy behaviors.These factors contribute to a quality of life.Studies suggest that self-efficacy may act as a mediating factor between activity and quality of life meaning that exercise improves self-efficacy, which then positively impacts overall well-being.Social and environmental factors also play a role in influencing both self-efficacy and quality of life. Gym environments often provide support, encouragement and access to professional guidance, which can motivate individuals to maintain regular exercise routines.This social aspect not enhances adherence to physical activity but also improves interpersonal relationships and emotional well-being.Recent studies focus on the long-term effects of activity on psychological well-being.Longitudinal research indicates that individuals who maintain exercise habits over time experience sustained improvements in both self-efficacy and quality of life. These findings highlight the importance of consistency in activity rather than short-term engagement.Regular gym participation is associated with the development of habits, discipline and a proactive approach to health all of which contribute to long-term well-being.Gender and age differences are explored in relation to self-efficacy and quality of life. Some studies suggest that while both men and women benefit from activity the type of exercise and motivation levels may differ.Similarly younger and older adults may experience outcomes based on their physical capabilities and lifestyle factors.However the overall consensus remains that regular physical activity positively influences both self-efficacy and quality of life

across demographic groups. The literature highlights barriers that prevent individuals from engaging in regular physical activity.These include lack of time, motivation, access to facilities and awareness about the benefits of exercise.Non-users often face challenges such as work environments, technological distractions and lifestyle habits that discourage physical activity. Addressing these barriers is essential for promoting behaviors and improving overall well-being.In conclusion the existing body of literature strongly supports the relationship between physical activity, self-efficacy and quality of life. Gym users consistently demonstrate levels of confidence, better physical and mental health and greater life satisfaction compared to non-users. However there is still a need for comparative studies that specifically focus on different populations and contexts.The present study aims to contribute to this area of research by examining the differences, between gym users and non-users thereby providing insights into the role of physical activity in enhancing overall well-being.

METHODOLOGY:

AIM

This study is about self-efficacy and quality of life in adults who use gyms, versus those who do not use gyms.

OBJECTIVE

· To find out if regular exercise improves confidence and the ability to handle daily challenges.

· To see how gym participation affects physical health, mental well-being, and life satisfaction.

· To understand whether higher confidence is linked to better overall well-being.

· To explore how consistent exercise improves physical health, mood, and daily functioning.

· To help encourage adults to adopt regular exercise for better health and quality of life.

HYPOTHESIS

H_1: Gym users have higher self-efficacy than non-users

H_2: There is no significant difference in self-efficacy between gym users and non-users.

INCLUSION CRITERIA:

- Adults between 18 and 50 years of age will be included.
- Gym users must have been engaging in structured gym-based exercise at least three times per week for a minimum of six months.
- Non-gym users are individuals who do not participate in any regular or structured physical activity.
- Participants must be generally healthy and free from medical conditions that may restrict their ability to perform physical exercise.
- All participants must provide informed consent and willingly agree to take part in the study.

EXCLUSION CRITERIA:

- Individuals below 18 years or above 50 years of age will be excluded.
- Participants with serious medical conditions or physical disabilities that prevent them from performing regular exercise will be excluded.

- Individuals who are currently undergoing treatment for severe mental or physical health issues will be excluded.
- Those who have been participating in irregular or inconsistent physical activity, less than three times per week, will be excluded from the gym user group.
- Individuals who do not provide informed consent or are unwilling to participate in the study will be excluded.

DISCUSSION:

The results of this study show that people who go to the gym and people who do not go to the gym are really different when it comes to how much they believe in themselves and how good they feel about their lives. People who exercise at the gym on a basis feel more confident about taking care of everyday things achieving their goals and dealing with tough situations. This makes sense because the gym has equipment, trainers and other people who can help and support you, which probably makes you feel better about what you can do and want to keep exercising.Gym users also say that their lives are better overall compared to people who do not go to the gym. They feel better physically and mentally. We know that exercising regularly can help reduce stress make you feel happier give you energy and make you physically fit. All of these things can make your life more enjoyable. On the hand people who do not go to the gym do not feel as good about these things probably because they sit around a lot and do not do things that are good for them.This study also found that when people believe in themselves they tend to feel better about their lives. People who feel confident about what they can do take better care of themselves and feel happier. This is what Bandura said that believing in yourself is important for making choices and dealing with tough times. So going to the gym and exercising can help you feel better about yourself which can then make your life better.The results of this study are important because they show that exercising at the gym can make a difference in how good you feel about your life. If we can get adults to go to the gym they can feel better physically and mentally have more energy and be happier. This is useful for doctors, fitness trainers and people who make policies to know when they are creating programs to help people be healthier.In conclusion this study shows again that going to the gym on a basis is really good for you not just for your body but also for how you feel about yourself and your life. By comparing people who go to the gym and people who do not it is clear that exercising is not just good for your health but it is also very important for feeling good mentally and being happy, with your life. Maybe someday we can do research and find out what happens in the long term and include more types of people to make these results more reliable.

CONCLUSION:

The present study demonstrates that regular gym participation has a positive impact on self-efficacy and quality of life among adults. Gym users were found to have higher confidence in their abilities and reported better overall well-being compared to non-users. Regular physical exercise not only improves physical health but also enhances psychological resilience, reduces stress, and contributes to greater life satisfaction.The study also highlights the strong relationship between self-efficacy and quality of life, suggesting that individuals with higher confidence are more likely to engage in health-promoting behaviors, leading to improved overall well-being. These findings emphasize the importance of encouraging adults to adopt regular exercise routines as a means to enhance both mental and physical health.In conclusion, incorporating gym-based or structured physical activity into daily life can be an effective strategy to improve self-efficacy, promote a healthier lifestyle, and enhance overall quality of life. Future research is recommended to explore long-term effects and include diverse populations to strengthen the understanding of these benefits.

IMPLICATIONS:

The results of this study show that there are differences in how people feel about themselves and their lives when we look at people who go to the gym and people who do not go to the gym. People who go to the gym a lot have confidence in what they can do. This tells us that exercising at the gym helps people feel better about being able to do things reach their goals and deal with problems. The gym is a place to be because it has

equipment people to guide you and other people who are supportive. All these things help people think they can do things and want to keep exercising.The results of this study are important for people, doctors and people who make decisions. For people this study shows that going to the gym is good for you not for your body but also for how you feel and how happy you are with your life. People can use this information to see why it is an idea to keep exercising to feel more confident, motivated and able to deal with things.For doctors and gym teachers the results show that they should make exercise plans that people will want to follow all the time. If they focus on activities that make people healthier and more confident they can help people feel better overall. Plans that help people set goals track how they are doing and support each other might work well.For people who make decisions and organizations this study says we need to make it easy for people to go to the gym and feel supported. Things like community gyms telling people about the benefits of exercise and wellness programs can help people want to exercise which makes people healthier and reduces the cost of healthcare.Overall this study shows that exercising is a way to feel better about yourself be happy with your life and feel good in general. It is important for your life, your work life and for society as a whole. The gym is a place to start because the gym helps people feel confident and happy. People who go to the gym regularly are healthier and happier than people who do not go to the gym. The gym environment is very important because it provides people with the support they need to keep exercising and feeling good, about themselves.

LIMITATIONS:

- The study had people fill out questionnaires by themselves which can be a problem because people might not answer honestly or might not remember things correctly.
- The study did not have a lot of people in it. The results might not be true for all adults.
- The study only looked at people who go to the gym and people who do not go to the gym. It did not look at other ways that people can exercise, like working out at home or playing sports.
- This study was done at one point in time. It is hard to say if exercise really affects how people feel about themselves and their quality of life.
- The study did not consider things like what people eat how money they have and what they do every day, which can all affect how people feel about themselves and their quality of life.
- Future studies on exercise and quality of life and self-efficacy could be better if they had people, in them included different types of people and looked at how things change over time and also considered other things that can affect self-efficacy and quality of life.

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