

Meta analytic study about mental health and exercise

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Meta Analysis Brandman K. R 7th, October, Exercise plays a major role in the quality of life accorded to an individual especially in adult age. Although the population of older adults is increasing by day in the US, few researchers have endeavored to establish the relationship that exists between mental health and exercise. The purpose of the study by Paxton, Molt, Aylward, & Nigg (2010) was to establish the role of self-efficacy and mental health in the physical activity and the quality of life (QoL) relationship. Additionally, establish if demographic characteristics alter these relationships. The main reason of using meta-analysis in this study was to determine the correlation that exists between physical activity and QoL. Unlike other studies that have not studied the variables that stand between physical activity and QoL, this study included self-efficacy as a variable that plays an important role in this relationship

This study based its research on previous studies. Other studies conducted among older adult reveals that sustained and regular physical activity is associated with good QoL in later years. Additionally, some studies reveal that physical activity is associated with reduced stress levels, less mood disturbances, improved vitality, and hence mental health. A study by Elavsky et al. observed that physical activity was associated with global QoL through its association with self-efficacy. This study included ten participants from ten organizational settings from on Oahu Island in Hawaii. Hawaii University board assisted in the meta-analysis to ensure that all procedures were in accordance to the plan. Different measures including Leisure time physical activity, self-efficacy for physical activity, mental health difficulties, and quality of life assisted in the analysis. The data was analyzed using multilevel

covariance modeling to capture information that is more accurate. Results of this study support previous research that physical activity is indirectly related to global QoL and was accounted for by self-efficacy and mental health difficulties. Physical activity is directly associated with self-efficacy, which in turn is directly associated with physical and mental health and indirectly associated with QoL.

Reference

Paxton, R., Molt, R., Aylward, A., & Nigg, C., (2010). " Physical Activity and Quality of Life- The Complementary Influence of Self-Efficacy for Physical Activity and Mental Health Difficulties," *International Society of Behavior Medicine*, 17, 255-263