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Exploring Relationship Between Breakup Recovery And Gym Attendance

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Abstract

This study talks about the relationship between the gym attendance and dealing with emotions that occurs due to relationship issues and can hamper once confidence, lifestyle, mood, behavior etc., the study relates gym with dealing with problems and gaining self-esteem.

Introduction

There is a growing interest in finding efficient coping strategies to improve well-being and personal development as a result of the rising incidence of stress and mental health issues among Generation Z.

Attending the gym regularly has been linked to significant personal growth, better stress management, and an improved quality of life (Herring, 2012).

Exercise has both physiological and psychological advantages that enhance general well-being, and it is acknowledged as a critical component of psychological resilience (Babu, 2021).

Using pertinent psychological theories, philosophical viewpoints, and empirical data, this study will investigate the relationship among gym attendance, mental health, and self-improvement..

Context and Importance

Academic pressures, social media comparison, unstable employment, and worldwide crises are some of the particular stressors that Gen Z faces, which can lead to increased anxiety and depressive symptoms (Twenge, 2020).

By giving young adults a physical outlet that addresses mental health issues, regular gym attendance may provide a valuable opportunity to counterbalance the psychological effects of modern living. • By comprehending the ways in which gym attendance affects stress, quality of life, and personal development, wellness programs and targeted interventions for Gen Z can be developed.

Research Evidence

The significance of intrinsic motivation in promoting sustained behavioural engagement is emphasized by the Self-Determination Theory (SDT) (Deci & Ryan, 1985). Attendance at the gym motivated by internal motivations like stress relief and personal development is consistent with SDT's theory that psychological well-being is influenced by relatedness, competence, and autonomy (Ryan & Deci, 2017).

- Lazarus and Folkman's (1984) Transactional Model of Stress and Coping: An individual's cognitive assessment of stressors and the coping mechanisms they use determine how well they manage stress. By promoting emotional control, cognitive restructuring, and physiological homeostasis, physical activity serves as a potent coping strategy (Muke, 2012).

- Engel's (1977) Biopsychosocial Model of Health posits that health outcomes are influenced by the interplay of psychological, biological, and social factors. Through planned physical activity, exercise promotes neurochemical balance, cognitive reframing, and social connectedness, all of which address these domains.

- Broaden-and-Build Theory of Positive Emotions (Fredrickson, 2001): Exercise and other health-promoting activities broaden behavioural and cognitive repertoires, which in turn promote psychological well-being. Regular exercise promotes self-discipline, goal-setting, and perseverance—qualities essential to personal development, according to Maslow's Hierarchy of Needs (Maslow, 1943).
- Embodied Cognition: Exercise has an impact on cognitive functions, supporting the idea that participating in organized fitness regimens can boost self-efficacy and self-worth (Barsalou, 2008).
- Theories of self-regulation: Regular gym attendance enhances executive functioning, which in turn enhances impulse control and judgement (Baumeister et al., 2007).
- Wills, 1985's Social Support Theory: Perceived social support, whether from peers, family, or friends can greatly reduce the harmful effects of stress.

Hypotheses and Research Questions

Research Questions:

How do gym attendance and Gen Z's perceptions of stress, personal development efforts, and quality of life relate to each other?

How does going to the gym help Gen Z's manage their stress?

How does going to the gym affect Gen Zs' quality of life?

How does Gen Z's participation in the gym promote personal development?

How is the association between Gen Z stress management and gym attendance influenced by social support in the gym setting?

How does going to the gym help Gen Zers who are worried about their bodies?

Hypotheses:

H1: Gen Zers who regularly attend the gym will report feeling less stressed.

H2: Regular gym-goers in Generation Z will report a better quality of life.

H3: Among Gen Zers, gym attendance will be positively connected with personal growth initiative.

H4: The association between stress management and gym attendance will be moderated by social support in the gym setting, meaning that higher social support levels will amplify the benefits of gym attendance in lowering stress.

H5: Among Gen Zers, going to the gym will be linked to better body image and self-acceptance.

Approach

Participants: o Members of Generation Z, which includes those between the ages of 18 and 25. Hiring via social media, academic institutions, and internet platforms.

Measures

Stress levels are determined using the Perceived Stress Scale (PSS).

To gauge personal development, use the Personal Growth Initiative Scale (PGIS).

Quality of Life (QoL) evaluation (e.g., WHOQOL-BREF)

A demographic survey.

Questionnaires for social support.

Scales for evaluating body image.

Data Analysis:

SPSS will be used to analyse quantitative data. Regression analysis, ANOVA, t-tests, correlation, and descriptive statistics. Analyses of mediation and moderation. To gain a better understanding of people's lived experiences, thematic analysis will be applied to qualitative data.

Anticipated Results and Consequences

This study should show how going to the gym helps Gen Zs manage their stress, improve their quality of life, and develop personally.

The results will emphasize how crucial regular exercise is for mental health and personal development.

Through scholarly publications, conference presentations, and community workshops, the study will help create wellness initiatives, focused interventions, and mental health strategies for young adults

