



# The Effects of Exercise on Self-Efficacy and Self-Esteem

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# Table of Contents

Overview

Background

Poster

Closing Thoughts



# Overview

Over one hundred sixty emerging adults gave their input on their levels of self esteem, self efficacy, and the amount of exercise they do in a seven day period. With this data we see whether or not there is a correlation between self esteem, self efficacy, and amount of exercise among young adults.





# Background

Healthy eating habits, exercise, and perceived level of self confidence.

The research was conducted amongst the emerging adults, if exercise help them achieve higher self-esteem and self-efficacy on their diet. Previous research has proven that in most cases, people that are involved in physical activity develop both healthy mental and physical well-being. Self-efficacy helps one to stay motivated or push themselves to work harder in any condition. As a result of our research, it was shown that the exercise had a correlation with self-esteem, but not much relation to self-efficacy.

# Exercise/Self-efficacy/ Self-Esteem: "Does Exercise have an effect on self efficacy for healthy eating habits and self-esteem?"

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## Introduction

- As young adults transition into emerging adulthood, most may start to focus on their bodies and their perceived flaws. One method of improving self-perception in young adults is exercising.
- Exercise can lead to positive moods and a healthier state of mind (Robinson et al., 2020). This contributes to higher self-esteem.
- Pangrazzi (1982) found that students who joined sports teams at their school, or took part in physical activities felt more successful. By taking part in a sports team, it allowed the athletes to have a positive perception which contributed to their self-acceptance.
- In emerging adults, having self-efficacy, when doing anything is very important to have. Confidence is the driver and motivator when making decisions in an emerging adult's life.
- Self efficacy helps people stick with their goals, so that they are persistent enough to achieve them (Telch et al., 1982)

## Methods

- 161 participants recruited via Instagram, email, snapchat, messenger.
- 161 recruited between 3 researchers
- Informed consent were filled out first then online questionnaires were sent to participants Participants
- N= 161
- 55.9% were female, and 44.1% were male.
- 44.4% said they are not in college, 55.6% said they are in college
- 62.7% considered themselves an adult, 32.7% said in some ways yes in some ways no, 3.1% said they don't consider themselves an adult.

## Measures

Level of self-efficacy for healthy eating habits

- 28 items
- 11 point scale (0-10), from cannot do at all to highly certain can do.
- I am certain I can stick to a healthy diet on a regular basis (When eating breakfast in a restaurant) ...

Level of self-esteem

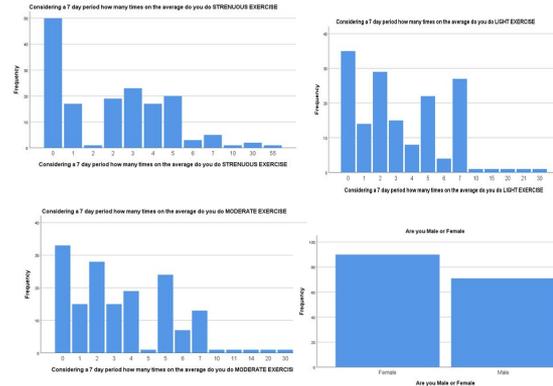
- 10 items
- 4 point likert scale (strongly agree to strongly disagree) Measures negative and positive feelings about self

Exercise

- Amount of exercise done within a 7-day period
- 2 questions
- The amount of physical activity done in a week (often, sometimes, never/rarely)
- Level of activity (strenuous, moderate, mild)

## Abstract

The effects of self-esteem and self-efficacy on exercise one does in their lives is showcased. In a 7 day period, participants of ages between 18 and 30 were asked of their level of exercise in conjunction with their perceived level of self confidence and self-esteem. Participants choose between mild, moderate, and strenuous activity. A Pearson correlation was performed with an outcome of only one significance between level of self-esteem and level of exercise.



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## Discussion

- It is understandable that exercise is significantly correlated to self esteem. The (Zamani Sani, et al., 2016) study showed participants who exercised more had more of a positive body image of themselves compared to those who didn't. Body image is a direct and indirect factor of self-esteem.
- Exercising helps boost mood and provides people with more energy throughout their day. Exercise is known to relieve stress by acting as an outlet for people to de-stress and let out their anger, contributing greatly to higher self esteem levels (Mayo Clinic Staff, 2018).
- The more exercise a person does did not necessarily mean a person felt more confident in choosing healthier eating habits. People who exercise more often may not feel more confident in eating healthy on a regular basis. People actually might exercise more because their eating habits are not good at all.
- The study showed exercise is significantly correlated to self-esteem. Having a regular exercise routine therefore, can be very beneficial. In a school setting students who incorporate more exercise into their daily lives can be less stressed and happier throughout their day. This is important because a student tends to do better in school when they are less stressed and in a better mood.

## Results

- There is a significant relationship between exercise and self esteem in emerging adults ( $r = +0.158$ ,  $n = 160$ ,  $p = .046$ , two tails. This suggests a small effect size ( $r = 0.03$ ).
- exercise is not significantly correlated with self efficacy for healthy eating, ( $r = +0.157$ ,  $n = 153$ ,  $p = .05$ , two tails. This suggests a small effect size,  $r^2 = 0.03$ ).
- Self efficacy for health eating is not significantly correlated to self-esteem,  $p = .107$

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# Closing thoughts

There is an obvious significance between perceived self-esteem and level of exercise and this can be broken down into five fields of thought.

- 01 | Those who exercise, feel more confidence
- 02 | People with a lot of confidence also exercise
- 03 | Exercise has an effect on mood, raising confidence
- 04 | Self-Esteem and Exercise affect each other
- 05 | No link to eating habits doesn't implicate non-importance.





**Thank you.**

