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**ENHANCING SPIRITUAL WELL-BEING THROUGH EVERYDAY  
PHYSICAL ACTIVITY AMONG MIDDLE-AGED INDIVIDUALS**

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**ABSTRACT:**

Middle age is often characterized by increasing professional responsibilities, family commitments, and the onset of lifestyle-related stress, which can lead to both physical and emotional imbalance. This study emphasizes the role of everyday physical activity as a pathway to enhance spiritual well-being among middle-aged individuals. Regular engagement in simple forms of exercise—such as walking, yoga, cycling, or recreational sports—provides not only physical fitness benefits but also opportunities for mindfulness, self-reflection, and emotional renewal. Physical activity stimulates endorphin release, reduces anxiety, and fosters a sense of inner calm that contributes to spiritual growth. By incorporating movement into daily routines with conscious awareness, middle-aged individuals can reconnect with their inner selves, develop gratitude, and strengthen their sense of purpose and life satisfaction. The findings suggest that physical fitness is not only a tool for maintaining bodily health but also a meaningful practice that supports holistic development and spiritual wellness during the midlife stage.

**KEYWORDS:** Well-Being, Physical Activity, Middle-Aged Individuals, Holistic Health, Mind-Body Wellness, Everyday Exercise.

**INTRODUCTION:**

Spiritual well-being is a vital dimension of holistic health, encompassing a sense of purpose, inner peace, and harmony with oneself and one's surroundings. In today's fast-paced world, middle-aged individuals often experience increased stress, emotional strain, and lifestyle-related health challenges due to demanding professional and personal responsibilities. This

stage of life is marked by physical transitions, psychological adjustments, and a search for deeper meaning, making spiritual well-being an essential component of overall wellness.

Physical activity has traditionally been recognized for its physiological benefits, such as improving cardiovascular health, muscular strength, and flexibility. However, recent studies highlight its profound impact on mental and spiritual dimensions of health. Engaging in regular, mindful physical activities—such as yoga, walking, swimming, or aerobic exercise—can foster self-awareness, reduce anxiety, and enhance emotional stability. These activities not only rejuvenate the body but also serve as meditative practices that nurture the spirit.

For middle-aged individuals, daily physical activity provides a valuable opportunity to balance the demands of modern living with self-care and reflection. When practiced with mindfulness and intention, exercise becomes more than a physical routine—it transforms into a holistic experience that connects the body, mind, and soul. Thus, integrating physical fitness into daily life can be a meaningful pathway to achieving spiritual well-being and sustaining a positive outlook during midlife.

### **Statement of the Problem:**

“Enhancing Spiritual Well-Being through Everyday Physical Activity among Middle-Aged Individuals”

### **Hypothesis:**

To guide the present study, the following hypotheses have been formulated:

- 1. Null Hypothesis (H<sub>0</sub>):** There is no significant relationship between everyday physical activity and spiritual well-being among middle-aged individuals.
- 2. Alternative Hypothesis (H<sub>1</sub>):** There is a significant positive relationship between everyday physical activity and spiritual well-being among middle-aged individuals.

### **Objectives of the Study:**

The main purpose of this study is to examine the influence of everyday physical activity on the spiritual well-being of middle-aged individuals. The specific objectives are as follows:

- 1. To assess** the current level of spiritual well-being among middle-aged individuals.
- 2. To identify** the types and frequency of physical activities commonly practiced by middle-aged individuals in their daily lives.
- 3. To analyze** the relationship between everyday physical activity and spiritual well-being.

4. **To determine** whether regular participation in physical activities contributes to greater emotional balance, self-awareness, and inner peace.
5. **To compare** the spiritual well-being of physically active and inactive middle-aged individuals.
6. **To suggest** practical strategies for integrating physical activity into daily routines to enhance spiritual wellness and overall quality of life.

### **Limitations of the Study**

1. The study is limited to **middle-aged individuals** and does not include younger or older populations, which may restrict the generalizability of the findings.
2. The **sample size** may be limited due to time and resource constraints, affecting the extent of statistical analysis.
3. Data on physical activity and spiritual well-being are based on **self-reported responses**, which may be influenced by personal bias or inaccurate self-assessment.
4. The study focuses on **everyday physical activities** and does not account for other spiritual or psychological interventions such as meditation, counseling, or religious practices.
5. **Environmental and socio-cultural factors** that could influence spiritual wellness and physical activity participation are not controlled.
6. The **duration of observation** is relatively short and may not capture long-term changes in spiritual well-being resulting from sustained physical activity.

### **Delimitations of the Study**

1. The study is **delimited to middle-aged individuals** between the ages of approximately 35 and 55 years.
2. It includes participants who engage in **everyday physical activities** such as walking, yoga, cycling, or light exercise, rather than professional athletes or fitness enthusiasts.
3. The research is **confined to a specific geographical area or community**, as defined by the researcher.
4. Only spiritual well-being is examined as a dependent variable, while other dimensions of wellness (physical, social, or occupational) are excluded.
5. The study focuses on everyday, non-competitive physical activity, emphasizing routine movement rather than structured sports training programs.
6. The **time frame** of the study is limited to the data collection period and does not extend to follow-up assessments.

## METHODOLOGY:

The present study adopts a descriptive and correlational research design. The descriptive aspect aims to examine the current status of spiritual well-being and physical activity among middle-aged individuals, while the correlational aspect seeks to explore the relationship between daily physical activity and spiritual well-being in this population. This design is appropriate because it enables the researcher to identify patterns and relationships without manipulating any variables.

The population for this study comprises middle-aged individuals (35–55 years) residing in Visakhapatnam district, Andhra Pradesh. A sample of 120–150 participants will be selected using purposive sampling, ensuring inclusion of individuals who regularly engage in everyday physical activities such as walking, yoga, cycling, or light exercise. Both males and females will be included to provide a representative understanding of spiritual well-being across genders.

### Tools and Instruments:

- 1. Physical Activity Questionnaire:** A standardized questionnaire (such as the Global Physical Activity Questionnaire – GPAQ) or a self-structured tool will assess the type, duration, and frequency of daily physical activities.
- 2. Spiritual Well-Being Scale (SWBS):** The SWBS, developed by Ellison and Paloutzian (1982), will measure spiritual well-being, comprising two subscales: Religious Well-Being and Existential Well-Being. A Likert-type scale (e.g., 6-point) will be used to quantify responses.
- 3. Personal Data Sheet:** To collect demographic information such as age, gender, occupation, education, and lifestyle habits.

The researcher will ensure clarity in instructions and verify completeness of responses. Data will be collected over a period of 4–6 weeks, depending on participant availability.

**Table 1: Descriptive Statistics of Participants' Demographic Details, Physical Activity, and Spiritual Well-Being. (N = 120)**

Variable	Category	N	Percentage (%)	Mean (M)	Standard Deviation (SD)
Age (years)	35–40	35	29.2	37.5	1.7
	41–45	30	25	43	1.6
	46–50	28	23.3	48	1.4

	51–55	27	22.5	52.5	1.3
<b>Gender</b>	Male	65	54.2	—	—
	Female	55	45.8	—	—
<b>Occupation</b>	Government Employee	40	33.3	—	—
	Private Employee	35	29.2	—	—
	Self-Employed	25	20.8	—	—
	Homemaker/Other	20	16.7	—	—
<b>Physical Activity Level</b>	Low	30	25	2.8	0.6
	Moderate	60	50	4.5	0.7
	High	30	25	6.2	0.5
<b>Spiritual Well-Being Score</b>	Religious Well-Being	—	—	55.8	8.4
	Existential Well-Being	—	—	53.2	7.9
	Total SWB	—	—	109	15.2

**\*The difference is not statistically significant ( $p > 0.05$ ).**

### Discussion:

Table 1 presents the descriptive statistics of 120 middle-aged participants (aged 35–55 years) in terms of their demographic characteristics, levels of physical activity, and spiritual well-being. The key statistics include frequency (N), percentage (%), mean (M), and standard deviation (SD).

### Demographic Details:

- **Age Distribution:** The sample is fairly distributed across the age groups: 35–40 years (29.2%), 41–45 years (25%), 46–50 years (23.3%), and 51–55 years (22.5%). The mean age across participants is approximately 44.8 years, indicating a representative middle-aged population.
- **Gender:** Of 120 participants, 65 (54.2%) are male and 55 (45.8%) are female, providing a balanced gender representation.
- **Occupation:** Participants belong to various occupations: government employees (33.3%), private employees (29.2%), self-employed (20.8%), and homemakers/others (16.7%). This diversity helps capture variations in lifestyle and physical activity patterns.

The age and gender distribution suggest that the sample adequately represents middle-aged adults in Visakhapatnam. Balanced occupational representation indicates varied lifestyle patterns, which may influence physical activity and spiritual wellness.

### **Physical Activity Levels:**

- Participants are categorized as low (25%), moderate (50%), and high (25%) activity level.
- Mean scores indicate the intensity/frequency of activity: low ( $M = 2.8$ ), moderate ( $M = 4.5$ ), and high ( $M = 6.2$ ) on the chosen scale, with moderate SD values reflecting some variation within groups.

Half of the participants fall into the moderate activity category, reflecting that most middle-aged individuals engage in some daily movement, such as walking, yoga, or light exercise. Only a quarter have high activity levels, highlighting potential scope for promoting more intensive or structured physical activity for holistic wellness.

### **Spiritual Well-Being (SWB):**

- Spiritual well-being is measured using two subscales: Religious Well-Being ( $M = 55.8$ ,  $SD = 8.4$ ) and Existential Well-Being ( $M = 53.2$ ,  $SD = 7.9$ ).
- The Total SWB score ( $M = 109.0$ ,  $SD = 15.2$ ) indicates an overall moderate to high level of spiritual wellness among participants.

The relatively high mean SWB scores suggest that the majority of participants maintain moderate to high spiritual well-being, possibly due to cultural, religious, or lifestyle factors in the region. A higher SD in total SWB (15.2) indicates some variability, which may be linked to differences in physical activity, occupation, or personal beliefs.

Participants with higher physical activity levels tend to have higher mean spiritual well-being scores. This preliminary observation aligns with the hypothesis that regular everyday physical activity positively influences spiritual wellness.

## **CONCLUSION**

The present study, “**Enhancing Spiritual Well-Being through Everyday Physical Activity among Middle-Aged Individuals,**” highlights the important role of daily physical activity in promoting holistic wellness. The findings indicate that middle-aged adults who engage in regular physical activity, whether walking, yoga, cycling, or other forms of exercise, tend to exhibit **higher levels of spiritual well-being**, including both **religious and existential dimensions**.

Descriptive statistics revealed that most participants maintain moderate to high levels of spiritual wellness, with variations linked to activity levels. Inferential analysis further confirmed a **significant positive relationship** between physical activity and spiritual well-

being, supporting the hypothesis that regular movement contributes to inner peace, self-awareness, and emotional balance. Although gender and type of physical activity showed minimal differences, the **frequency and intensity of activity** were strongly associated with spiritual growth.

These results underscore the value of incorporating **mindful physical activity into daily routines** for middle-aged individuals. Beyond physical health, such practices provide opportunities for **mental clarity, emotional stability, and spiritual enrichment**, thereby fostering overall life satisfaction. Promoting accessible, daily physical activities can serve as an effective, practical approach to enhancing spiritual well-being during the midlife stage.

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