

Impact of Physical Exercise on Emotional Intelligence, Life Satisfaction and Resilience Among Young Adults

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ABSTRACT

World Health Organization (WHO) latest report says one in every eight person is obese, and it is as dangerous as any other serious health conditions. Physical exercise as a part of routine has shown effective overall being. The study aimed to see the impact of physical exercise on overall emotional intelligence, life satisfaction and resilience in young adults. A sample of 150 young adults were taken. The responses were collected using random sampling method and were asked for consent beforehand. Those agreed participated in the research and confidentiality was maintained. The data was analysed using SPSS. The findings suggested that females have a positive correlation on overall emotional intelligence, life satisfaction and resilience. They exhibit stronger effect of physical exercise on life satisfaction and resilience. When females engage in physical activity, they tend to have greater life satisfaction and are more resilient. Walking has been a powerful predicting factor in females. However, male population engage more in physical activity, but it does not contribute to the overall emotional intelligence, life satisfaction and resilience.

Keywords: *Physical exercise, resilience, life satisfaction, emotional intelligence, young adults*

Physical exercise

The definition by World Health Organization (WHO) says that a physical activity is a movement of body produced by skeletal muscles that works by energy usage. It involves movements that include slight to aggressive or fast movements. Any intent to move the body that is moving using energy usage from the body itself is essential for all age groups from babies to old age. Any movement activity of the body is tending to called as physical activity and when follow a structured routine of the physical activity is called to be a form of physical exercise.

Types of Exercises

Aerobic exercises are those form of exercises that takes up a lot of energy and group of large muscles. It uses more than usual level of oxygen in the body and takes time to get back to normal. The increase of endurance of cardiovascular level is the main goal of this type of exercise.

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Anaerobic exercises are the type of exercises that includes strength enhancing and resistance training and muscle mass increase. It benefits in improving bone density, coordination and balance. Exercises like interval training, interval training with high intensity, eccentric training and sprinting helps in benefiting the muscle strength for some short period of time. Stretching/ Flexibility is the type of exercise that helps in stretching the muscles and increase its longevity. Stretching not only helps in strengthening the muscles but also in improving joint flexibility. Basically, it helps in prevention of muscles or joint injuries by increasing the longevity and flexibility and helps in strengthening.

Benefits of Physical Exercise

Engaging in physical activity crucial for maintaining physical fitness and can help in maintaining a healthy weight regulating the digestive system, healthy bone density, muscle strength, and joint, enhancing physiological well-, decreasing surgical risks, increasing the immune system. Some studies suggest that regular exercise may prolong life expectancy and improve quality of life. Those who engage in to high levels of activity have a lower mortality rate compared to those who are less active. It helps in improving the brain health which is important for normal functioning of the overall human life. It is essential for a human to keep their brain health as a priority as overall functioning of body as in physiological mechanism is related to brain and its functions and what one is doing to keep it in sync will be keep a greater impact on life. It helps in reducing the effects of risks of health. Lifestyle changes is crucial for the survival and it reduces the chances of having life threatening diseases or disorders. Managing the diet and exercise habits results in healthy lifestyle.

Emotional intelligence

When a person is aware of his/her emotions and understands their emotions and feelings, knows how to deal it in a positive manner and are aware of other's emotions, understands them and help them to deal in positive manner. It basically involves awareness, identifying and understanding emotions of ourselves and of people around us. Emotional thinking, ability to use emotions as a justification for decisions, emotional comprehension, and emotional regulation are the four categories of psychological intelligence that researchers propose exist. Correctly perceiving emotions is the first step towards comprehending them. Mastering nonverbal cues like physical expressions and facial emotions may be necessary in many situations.

Elements of Emotional Intelligence

1. **Self-Awareness** – it means knowing about us, aware about the personality and recognizing the feelings and emotions and be able to understand them. What are we feeling and how it is going to affect people around us.
2. **Self-Regulation-** The next stage after mastering emotional awareness is to properly manage one's emotions, especially the negative ones. Always show respect to people and make an effort to maintain composure.
3. **Social Awareness** – This stage states the importance of understanding the emotions, behaviours and feelings of other people. To understand the feelings and emotions of other people is essential for a better nature of human being.
4. **Relationship maintaining-** this stage is also essential to be fruitful to life. All human beings crave a connection from another human beings and to cherish their relationship.

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5. **Motivation**-Motivation, the third "personal" element, is the drive to grow and achieve. It entails setting high standards for the self and tenaciously pursuing the goals.
6. **Empathy**-Empathy is the capacity to place oneself in another person's shoes and view an event from their point of view. It is a fundamental interpersonal skill.
7. **Social Skills**-People that possess social skills are often referred to as "people" because of their aptitude in interacting with others. They are confident speakers and dependable team players who are equally adept at listening to others as they are at talking for themselves.

Life satisfaction

The assessment of an individual's quality of living is known as life satisfaction. It is evaluated in terms of one's disposition, level of satisfaction with relationships, goals attained, self-perceived coping skills, and self-worth. Although happiness and life satisfaction are commonly used synonymously, they are actually two different ideas. Life fulfilment is a little more complicated than that. The assessment of one's life called a whole, rather than just their present state of happiness, is known as satisfaction with life. Happiness is a momentary, instantaneous experience that, while pleasurable, eventually passes. Happiness is undoubtedly a part of a healthy life, yet happiness on its own rarely constitutes a happy and meaningful existence.

Harvard University psychology professor Daniel Gilbert claims that happiness is defined as "anything we pleased" (Gilbert, 2009). It is a more ephemeral concept than happiness in life and is influenced by a vast array of situations, actions, and ideas. Not only is satisfaction with life longer-lasting and more consistent than happiness, but it also has a wider range of applications. It expresses how one feels overall about their lives and how happy one is with the way things are going.

Another distinction among happiness and fulfilment in life is that the former is predicated on one's own mental evaluations of the elements that value the most, rather than on criteria that researchers believe to be significant. This constitutes the primary distinction between satisfaction with life and wellbeing; although there are many excellent scales that assess an individual's level of well-being, the former is typically more narrowly defined and dependent on particular factors.

Resilience

Adversity of various types befalls people in life. Tragic news events like war, natural catastrophes, mass shootings, pandemics, and terrorist acts are part of the shared reality. Individuals must develop coping mechanisms to get through extremely difficult situations in life. The concepts of resilience theory deal with how people respond to and adjust to difficult situations such as risk, loss, change, and adversity. Scholars in a variety of disciplines, such as human development, change management, and psychiatry, have investigated resilience theory. According to resilience theory, one can develop the ability to practice resilience, it is not a fixed attribute. Sood says resilience involves these five principles as Gratitude, Compassion, Acceptance, Meaning and Forgiveness.

REVIEW OF LITERATURE

Kumar, Srivastava et al. (2022) conducted a study on finding relationship between physical exercise and cognition in adults. This study used a propensity score match (PSM) method to

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explore the relationship among physical activities and mental health among older Indian individuals, using national-level information collected by the Longitudinal Study of Ageing in India (2017–2018). The findings show that regular physical activity may have positive benefits on older persons' cognitive functioning. Consequently, it can be said that engaging in regular physical activity is a useful lifestyle choice for fostering good cognitive aging.

Grasdalsmoen, Eriksen et.al (2020) conducted a study on physical exercise, mental health problems, and suicide attempts in university students. This study investigated the association between physical exercise and mental health problems, self-harm, and suicide attempts in college and university students. The results showed a negative association between physical exercise and mental health problems and suicidality in a dose-response manner, with the strongest effect-sizes observed for frequency of physical exercise. The study suggests that promoting physical activity may have a positive impact on mental health and reduce suicidality among college and university students.

Bhardwaj and Sharma (2021) conducted a study is to compare college students' social, emotional, and adjustment intelligences. A total of 100 college-bound students made up the study's sample. This included 50 male pupils and the remaining 50 female students. 50 came from the Bachelor of Arts (B.A.) department and 50 from the engineering department. The sample's age range was 18 to 22 years old and it came from Delhi NCR. The results showed that emotional intelligence differs significantly depending on gender but not educational stream, and that social skills and overall adjustment differ depending on neither gender nor educational stream.

Menon, Nakhat et al. (2020) conducted a study on emotional intelligence of college going students. The Emotional Intelligence Test by Hyde, Pethe, and Dhar is the instrument utilized in this paper. The sample population for this research is made up of 100 students who completed the questionnaire, and their ages range from 17 to 22. After gathering data, the evaluation was done using Excel. The findings indicate that ninety-one persons have an average level of self-awareness, while the remaining ninety-one have a high level. This demonstrates that a growing number of people are conscious of who they are and the decisions they make. Of the 100 individuals, 23 have an average level of emotional stability, while the remaining 77 have a high level. Ninety-one individuals possess an average level of self-motivation, while the remaining ninety-one have a high level.

Gandhi and Patel (2016) conducted a study. The study explores the relationship between life events stress and life satisfaction, analysing the impact of different life events types on life satisfaction. The sample includes 200 men and women aged 35-45 years from Ahmedabad, Gujarat. Data was collected through the Presumptive Stressful Life Events Scale and the Life Satisfaction Scale, and analysed using correlation and multiple regression analysis. The results revealed no correlation between overall life events stress and life satisfaction. However, when categorized into personal, undesirable, and desirable events, negative and positive effects on life satisfaction were observed, respectively. The study is significant as it provides insights into how different types of life events can impact life satisfaction.

Ummuhabeeba and Roniya (2023) conducted a study aimed to investigate this relationship using the Oxford Happiness Scale (Hills & Argyle, 2002) and the Life Satisfaction Scale (Promila Singh & George Joseph, 1997) on a sample of 60 participants, with 30 married and 30 unmarried individuals. The results indicated that the sample population had moderate

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happiness and average life satisfaction. However, there was no significant correlation between happiness and life satisfaction significant difference in happiness and life satisfaction between married and unmarried individuals. The study suggests that defining one's role in society is crucial for maintaining balance in life before and after marriage. Overall, the findings contribute to the literature on happiness and life satisfaction in the context of marriage.

Adrida and Machado (2021) conducted a study on the contribution of physical exercise to brain resilience. The protective effect was observed regardless of exercise intensity and was mostly seen at low levels of exercise. The study suggests that relatively modest changes in population levels of exercise may have important public mental health benefits and prevent a substantial number of new cases of depression. However, the mechanisms underlying this association are not fully understood, and further research is needed to determine the causal mechanisms between exercise and later depression and anxiety.

METHODOLOGY

Aim - To study the impact of physical exercise on emotional intelligence, life satisfaction and resilience of young adults.

Objectives

1. To study the gender difference between different levels of physical activity (vigorous, moderate and walking), overall emotional intelligence, life satisfaction and resilience among young adults.
2. To study the relationship between different levels of physical activity (vigorous, moderate and walking) on overall emotional intelligence among young adults.
3. To study the relationship between different levels of physical activity (vigorous, moderate and walking) on life satisfaction among young adults.
4. To study the relationship between different levels of physical activity (vigorous, moderate and walking) on resilience among young adults.
5. To study relative contribution of physical activity type (vigorous, moderate and walking) on overall emotional intelligence among young adults.

Hypothesis

1. There would be significant differences of levels of physical activity on overall emotional intelligence, life satisfaction and resilience among male and female young adults.
2. There would be significant relationship between physical activity type (vigorous, moderate and walking) and overall emotional intelligence among males.
3. There would be significant relationship between physical activity type (vigorous, moderate and walking) and life satisfaction among males and females.
4. There would be significant relationship between physical activity type (vigorous, moderate and walking) and resilience among females.

Variables - Physical activity, Emotional Intelligence, Life Satisfaction and Resilience.

Sample and tools used - A sample of 150 is collected from different parts of India. The number of female and male sample is 75 each. A total of 150 individual data has been collected. And tools used are: International Physical activity Questionnaire by WHO,

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Emotional Intelligence questionnaire by Hyde, Pethe and Dhar, Life Satisfaction Questionnaire by Singh and Joseph and Resilience scale by G M Wagnild.

RESULTS AND DISCUSSION

Table No. 4.1 Mean and Standard deviations of physical activity, overall emotional intelligence, life satisfaction and resilience.

Variables	Comparisons	N	Mean	S.D.
Physical Activity	Male	75	3941.30	3938.50
	Female	75	2485.41	2954.87
Overall Emotional Intelligence	Male	75	123.35	25.18
	Female	75	125.89	19.29
Life Satisfaction	Male	75	132.67	24.47
	Female	75	134.73	23.14
Resilience	Male	75	76.24	14.88
	Female	75	76.96	12.66

Note. This above table states the values of mean and standard deviations of each variable.

The mean values of physical activity are 3941.29 for males and 2485.41 for females and standard deviation values are 3938.5 for males and 2954.87 for females, which states that males engage more in physical activity than females. The mean values for overall emotional intelligence are 123.34 for males and 125.88 for females and standard deviation values are 25.18 for males and 19.29 for females, which states that females have more emotionally mature than males. The mean values for life satisfaction are 132.667 for males and 134.73 for females and standard deviation values are 24.47 for males and 23.14 for females, which states that females are more satisfied with their overall life than males. The mean values of resilience are 76.24 for males and 76.96 for males and standard deviation values are 14.88 for males and 12.66 for females, indicating males and females are equally resilient.

Table No 4.2 Regression Analysis for Vigorous Physical Activity, Moderate Physical Activity, Walk and Overall Emotional Intelligence

Gender	Model	R	R square	Std. Error of the Estimate	Standardized regression "beta value" (β)
Males	1	.22 ^a	.05	24.75	-.07
	2	.22 ^b	.05	24.88	-.14
	3	.26 ^c	.07	24.84	-.14
Females	1	.17 ^a	.03	19.10	.19
	2	.22 ^b	.05	19.02	.20
	3	.28 ^c	.04	18.83	.18

Predictors: (Constant), VIGOROUS

Predictors: (Constant), VIGOROUS, MODERATE

Predictors: (Constant), VIGOROUS, MODERATE, WALK

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Table No 4.3 Regression Analysis for Vigorous Physical Activity, Moderate Physical Activity, Walk and Life Satisfaction

Gender	Model	R	R square	Std. Error of the Estimate	Standardized regression “beta value” (β)
Males	1	.16 ^a	.03	24.31	.16
	2	.12 ^b	.03	24.38	.11
	3	.12 ^c	.04	24.53	.04
Females	1	.38 ^a	.14	21.53	.38
	2	.39 ^b	.15	21.61	.10
	3	.41 ^c	.17	21.53	.14

Table No 4.4 Regression Analysis for Vigorous Physical Activity, Moderate Physical Activity, Walk and Resilience

Gender	Model	R	R square	Std. Error of the Estimate	Standardized regression “beta value” (β)
Males	1	.20 ^a	.04	14.70	.20
	2	.22 ^b	.05	14.72	.12
	3	.22 ^c	.05	14.80	-.05
Females	1	.18 ^a	.03	12.55	.18
	2	.19 ^b	.04	12.60	.11
	3	.31 ^c	.10	12.29	.25

Note. Results indicates that there has been gender difference in levels of physical activity, life satisfaction and overall emotional intelligence and resilience. Males engage more in physical activity whereas females have higher emotional intelligence and life satisfaction than males. There is no difference in resilience by males and females. The study by Bhardwaj and Sharma (2021) also provides evidence that overall emotional intelligence does have gender difference.

The above findings suggested that in males, even though there is positive correlation between vigorous physical activity and overall emotional intelligence, but is not a predicting factor. There is no significant correlation between moderate physical activity, walking and overall emotional intelligence, hence it is not a predicting factor and it will not impact overall emotional intelligence. There is no correlation between vigorous physical activity, moderate physical activity and walking and life satisfaction. There is a positive correlation between vigorous physical activity and moderate physical activity but not walking for resilience. But it will not impact life satisfaction and resilience. However, it contributes to the smallest variance and there are several other factors that can contribute to it. These results are partially supported by the study conducted by Kumar, Srivastava (2022) which states that doing physical exercise regularly can improve people’s cognitive functioning and is a predicting factor.

In females, vigorous physical activity has no correlation with overall emotional intelligence and resilience, but have a correlation with life satisfaction. There is a correlation between moderate physical activity with emotional intelligence and life satisfaction, but not with resilience. Walking has a positive correlation with emotional intelligence, life satisfaction

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and resilience. There is a very low impact of any type of physical activity on overall emotional intelligence. There is an impact of walking as the strongest predictor for life satisfaction and resilience followed by moderate physical activity type and vigorous physical activity type. The study by Gandhi and Patel (2016) found negative and positive effects on life satisfaction which were observed when categorized into personal, undesirable, and desirable events respectively. The study by Adrida and Machado (2021) found relative changes in people's levels of physical activity have impact to public mental health benefits and it prevents from substantial number of new cases.

DISCUSSION

This research was aimed to study the impact of physical exercise on overall emotional intelligence, life satisfaction and resilience in young adults from 18 to 26 years old. Engaging in physical activity crucial for maintaining physical fitness and can help in maintaining a healthy weight regulating the digestive system, healthy bone density, muscle strength, and joint, enhancing physiological well-, decreasing surgical risks, increasing the immune system. Some studies suggest that regular exercise may prolong life expectancy and improve quality of life who engage in to high levels of activity have a lower mortality rate compared to those who are less active. It helps in improving the brain health which is important for normal functioning of the overall human life.

Regression analysis for the research showed the predicted factor and how much a type of physical activity contributes to the overall emotional intelligence, life satisfaction and resilience. These results showed that physical activity type is not a predicting factor for overall emotional intelligence for males. However, walking can be minor influencing factor in contributing to overall emotional intelligence but it is not as strong. These results showed that physical activity type is not a predicting factor for overall emotional intelligence for females. However, walking can be minor influencing factor in contributing to overall emotional intelligence but it is not as strong. The study by Gandhi and Patel (2016) found negative and positive effects on life satisfaction which were observed when categorized into personal, undesirable, and desirable events respectively. These results are partially supported by the study conducted by Kumar, Srivastava (2022) which states that doing physical exercise regularly can improve people's cognitive functioning, mental health and quality of life and physical exercise is a predicting factor for cognitive functioning. With regular exercise in lifestyle habits, cognitive aging can be improved. The study by Adrida and Machado (2021) found relative changes in people's levels of physical activity have impact to public mental health benefits and it prevents from substantial number of new cases. Gradalsmoean, Ericksen (2020) reviewed that physical exercise have a negative correlation with mental health and suicidal tendencies. Dolezal (2017) and Cassilhas (2016) found that exercise and sleep are positive impact and emotional intelligence can be improved with regular exercise.

These results showed that physical activity type is not a predicting factor for life satisfaction for males. However, walking does contribute to the life satisfaction but the effect is not that strong. These results showed that walking is the strongest predictor of life satisfaction in females than vigorous and moderate type of physical activity as it indicates the highest variance percentage among the three types. Hence, physical activity type contributes to the life satisfaction for females. These results showed that physical activity type is not a predicting factor for resilience for males. However, walking does contribute to the life satisfaction but the effect is not that strong. These results showed that walking is the

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strongest predictor of resilience in females than vigorous and moderate type of physical activity as it indicates the highest variance percentage among the three types. Hence, physical activity type contributes to the resilience for females.

CONCLUSION

This research is aimed to study the impact of physical exercise on overall emotional intelligence, life satisfaction and resilience in young adults from 18 to 26 years old. The tools used for the study were International Physical Activity Questionnaire developed by World Health Organisation for measuring the active and inactive status of individuals, Emotional Intelligence scale developed by Upinder Dhar, Anukool Hyde and Sanjyoth Pethe, Life satisfaction Scale developed by George Joseph and Dr. Promila Singh and Resilience scale by Dr. Gail Wagnild and Heather Young. A sample of 150 young adults were taken from different parts of India. The responses were collected using random sampling method and were asked for consent beforehand. Those who agreed participated in the research and confidentiality was maintained. The data was analysed using SPSS.

Based on the calculations by finding correlational of all the variables and regression analysis, the following are the results:

There has been significant difference of levels of physical activity on overall emotional intelligence, life satisfaction and resilience among male and female young adults. Hence, hypothesis no 1 has been retained. The results have shown positive correlation between vigorous physical activity and overall emotional intelligence in males. The results have shown positive correlation between moderate physical activity and life satisfaction in females, but no correlation has been found in males. The results have shown positive correlations between walking and resilience in females. The results have found no impact of any type of physical activity on overall emotional intelligence in males as well as females. There has been an impact of any type of physical activity on life satisfaction. The vigorous physical activity, moderate physical activity and walking impacts life satisfaction in females and it does not impact in males. There has been an impact of any type of physical activity on resilience. The vigorous physical activity, moderate physical activity and walking impacts life satisfaction in females and it does not impact in males. Walking has been found to be the strongest predicting factor amongst the three types of physical activity. Based on these results, hypothesis no 2 and 3 has been rejected and hypothesis no 5 has been accepted.

Hence, the above findings suggested that females have shown a positive correlation on overall emotional intelligence, life satisfaction and resilience. They exhibit stronger effect of physical exercise on life satisfaction and resilience. When females engage in physical activity, they tend to have greater life satisfaction and are more resilient. Walking has been a powerful predicting factor in females. However, male population engage more in physical activity but it does not contribute to the overall emotional intelligence, life satisfaction and resilience. And there has been positive correlation between physical activity type and resilience.

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Conflict of Interest

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