

Research Paper

Comparative Analysis of Mindfulness and Resilience among Regular Exercisers and Non-Exercisers

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ABSTRACT

Regular physical exercise has been associated with improved psychological well-being, yet comparatively few studies have examined its relationship with mindfulness and resilience. The present study aimed to compare mindfulness and resilience among regular exercisers and non-exercisers and to examine the association between these variables. A total of 151 participants from Kerala, comprising 75 regular exercisers and 76 non-exercisers, were recruited using purposive sampling. Mindfulness was assessed using the Philadelphia Mindfulness Scale (Cardaciotto et al., 2008), and resilience was measured using the Resilience Scale (Wagnild & Young, 2009). Independent samples *t*-tests and Pearson's correlation were employed for data analysis. The findings revealed significant differences in mindfulness and resilience between regular exercisers and non-exercisers. Additionally, mindfulness was positively associated with resilience. These findings suggest that regular exercise may be linked to higher levels of mindfulness and resilience, highlighting the potential psychological benefits of maintaining regular physical activity.

Keywords: *Exercise, Mindfulness and Resilience, Regular exercisers*

Today, we are living in an age when people are more stressed than relaxed. Due to extreme competitiveness in every aspect of life, there is always a lack of time. This then leads to high level of anxiety, mental tension and of course, the feeling of dissatisfaction. A cut-throat competition starts at school level with parents pressuring children to work extra hard and score high marks in all subjects. Students too feel the pressure of performing better than the rest. Therefore, they get stressed when they are unable to perform according to expectation. The stress builds on until it turns into health hazards, which stays on forever. Then there is stress at work front, which is worse than scoring high. Students might acquire highest marks, but this does not guarantee that would land their desired jobs. Even if they do, there are other reasons for one to feel the stress. Desired salary, timely promotion, material growth, such as own house and car, marriage, etc. often come along with anxiety, stress and lifestyle diseases.

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Individual development is dynamic process, involving hardships and crises. Every man dreams to live in a society which is ideal for a happy life, a society with no pressure. But such societies always remain in dreams. In the real world, society is a mixture of happiness and sadness and hence pressure is natural. This is certainly true in modern society where we meet difficult challenges from many factors such as crime and accidents, natural disasters, social unrest, and financial problems. The pressure affects the behaviour of a man.

In today's society, we thrive on performance, competition and perfection, which leads to an insidious increase in stress. We should all take the time to re- evaluate our stress level for the well-being of our society and ourselves.

Stress is actually a normal part of life. At times, it serves a useful purpose. Stress can motivate you to get that promotion at work, or run the last mile of a marathon. But, if you don't get a handle on your stress and it becomes long- term, it can seriously interfere with your job, family life, and health. Therefore, it is sufficed to say that the present-day youth are greatly stressed and to some extent, the consumerist culture is to be blamed for this. Fortunately, there is a solution to avoid stress at all times. Regular exercise and yoga improve concentration and keeps the mind healthy. It decreases physical ailments, reduces behavioural problems, reduces depression, stress, thus calming one's mind. One should also spend some quality time with one's family, friends and loved ones, do charity/ community service, adopt pets, go for walks or pursue a hobby in order to de-stress.

Eliminating stress completely from your life is impossible; however, implementing some stress management techniques can subdue some of its effects. Stress management includes following a healthy diet, regular exercise and making time for uninterrupted relaxation, try and maintain a supportive network in the form of healthy social relationships, understand what it means to relax (deep breathing techniques medically helps).

Exercise a form of physical activity that is planned, repetitive in nature, and designed to enhance or maintain physical condition. Physical exercise may also use as an adjunct to mental health therapy. There are many psychological benefits of exercise; it improves our mood, decreases stress, positive body image, increases self- esteem. The individuals who practice daily exercise may have the above-mentioned benefits. Rather than this there are many physiological effects to it could strengthen our immune system and respiration process. There might be changes in their consciousness, happiness and psychological well-being while comparing with those who don't practice exercise daily.

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your sex life, and even add years to your life. But that's not what motivates most people to stay active. People who exercise regularly tend to do so because it gives them an enormous sense of well- being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also powerful medicine for many common mental health challenges.

Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. Research indicates that modest amounts of exercise can make a real difference. No matter our age or fitness level, we can learn to use exercise as a powerful tool to deal with mental health problems, improve our energy and outlook, and get more out of life.

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Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Try to notice the sensation of our feet hitting the ground, for example, or the rhythm of our breathing, or the feeling of the wind on our skin. By adding this mindfulness element- focusing on your body and how it feels as you exercise, you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

Other mental health benefits of exercise;

Even if we're not suffering from a mental health problem, regular physical activity can still offer a welcome boost to your mood, outlook, and mental well-being.

Exercise can help provide:

Sharper memory and thinking: The same endorphins that make you feel better also help you concentrate and feel mentally stimulated. The growth of new brain cells and helps prevent age-related decline.

Higher self-esteem: Regular activity is an investment in our mind, body and soul. When it becomes habit, it can foster our sense of self-worth and make we feel strong and better.

More energy: Increasing our heart rate several times a week will give we more get-up-and-go. Start off with just a few minutes of exercise per day, and increase our workout as we feel more energized.

Stronger resilience: When faced with mental or emotional challenges in life, exercise can help build resilience and cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviours that ultimately only make our symptoms worse. Regular exercise can also help boost our immune system and reduce the impact of stress. Those who were successful at maintaining exercise tended to score higher on measures of mindfulness and acceptance.

Exercise keeps us fit and healthy. Mindfulness training is just like training our attention to stay in the present moment instead of wandering off with our thoughts into the past or the future. By keeping our attention in the present, and bringing it back each time it wanders, we are training the brain networks that we use to control our attention. This type of training can improve our mental health, just like physical exercise improves our physical health.

Mindfulness is considered to be a state of consciousness that incorporates self-awareness and attention with core characteristics of being open, non-reactive, and non-judgemental (Brown & Ryan, 2003; Kabat-Zinn, 2003). Mindfulness refers to attention to one's experiences in the present moment with openness, curiosity, and acceptance. (Bishop et al., 2004). Brown and Ryan (2003) further conceptualized mindfulness as an enhanced awareness and attention of the current activity or present reality. Mindfulness can also be considered as a trait, or stable tendency to be mindful in everyday life (Brown & Ryan, 2003). With intentional attention to one's ongoing stream of thoughts, sensations and emotions as they arise, it allows the individual to react with less impulsivity and flexibility.

Mindfulness is the energy that helps us recognize the conditions of happiness that are already present in our lives. You don't have to wait ten years to experience this happiness. It is present in every moment of your daily life. There are those of us who are alive but don't

know it. But when you breathe in, and you are aware of your in- breath, you touch the miracle of being alive. That is why mindfulness is a source of happiness and joy. Mindfulness may foster resilience as higher mindfulness levels in people make them able to respond to difficult situations without reacting in non- adaptive and automated ways. Mindful people can better cope with difficult emotions and thoughts without becoming overwhelmed, as they tend to be more creative and are open to new perceptual categories (Langer & Moldoveanu, 2000; Wallace & Shapiro, 2006). Mindfulness may lead to less rumination and habitual worrying, leading to higher resilience (Shapiro et al, 2007; Verplanken & Fisher, 2014). Thompson, Arnkoff, and Glass (2011) reported in a review of mindfulness and resilience to trauma; that mindfulness promotes psychological resilience following trauma by an accepting orientation toward experiences.

Mindfulness practice facilitates a quicker return to a state of equilibrium from a stressor, due to enhanced awareness of arousal from that stressor (Hayes & Feldman, 2004; Kabat-Zinn, 1990). Mindfulness may reduce the tendency to perceive situations in stress- inducing ways (Shapiro et al., 2007). People with higher levels of mindfulness are less likely to appraise their day- to- day experiences as stressful (Weinstein et al., 2009). Individuals with a high level of mindfulness regulate their emotions to meet their needs as they behave in ways that are consistent with their values. Thus, they are more likely to adapt to stressors in their environment (Brown & Ryan, 2004; Palmer & Rodger, 2009).

Resilience is a complex construct that involves interaction between adversity and an individual's internal and external protective factor and competencies that allow one to overcome adversity (Luthar & Zigler, 1991; Rutter, 1987). As we become more mindful, we broaden and build several inner resources that help us strengthen our resilience (Fredrickson, 2001). Living resiliently is more than just “bouncing back”.it is about shifting our perceptions, changing our responses, and learning something new. Living resiliently represents a whole new way of being and doing. It isn't just for the hard times- it's for all times. Empowering us to live, love, and work adventurously in the face of change, it builds a well from which we can draw the rest of our lives.

Resilience refers to the process of overcoming the negative effects of risk exposure, coping successfully with traumatic experiences, and avoiding the negative trajectories associated with risks. Psychologists define resilience as the process of adapting well in the face of adversity, trauma, threats, or significant sources of stress- such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth. Becoming more resilient not only helps you get through difficult circumstances; it also empowers you to grow and even improve your life along the way.

Resilience is what gives people the emotional strength to cope with trauma, adversity, and hardship. Resilient people utilize their resources, strengths, and skills to overcome challenges and work through setbacks. People who lack resilience are more likely to feel overwhelmed or helpless, and rely on unhealthy coping strategies (such as avoidance, isolation, and self- medication). One study showed that patients who had attempted suicide had significantly lower resilience scale scores than patients who had never attempted suicide. Resilient people do experience stress, setbacks, and difficult emotions, but they tap into their strengths and seek help from support system to overcome challenges and work through problems.

Resilience empowers them to accept and adapt to a situation and move forward. Resilience is “the core strength you use to lift the load of life, says Sood. Having solid mental health doesn’t mean that you never go through bad times or experience emotional problems. We all go through disappointments, loss and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. But just as physically healthy people better able to bounce back from illness or injury, people with strong mental health are better able to bounce back from adversity, trauma, and stress. This ability is called resilience.

People who are emotionally and mentally resilient have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and productive, in bad times as well as good. Their resilience also makes them less afraid of new experiences or an uncertain future. Even when they don’t immediately know how a problem will get resolved, they are hopeful that a solution will eventually be found.

Resilience is the result of a complex series of internal and external characteristics, including your genetics, physical fitness, mental health, and environment. Physical fitness is one pathway toward resilience because it is associated with many traits and attributes required for resilience. Physical fitness confers resilience because regular exercise and/ or physical activity induces positive physiologic and psychological benefits, protects against the potential consequences of stressful events, and prevent many chronic diseases.

Regular exercise changes your brain overtime and maintains brain health. Studies show that after six weeks of activity, we see functional and structural changes in the brain’s reward system that are similar to what you see from the most advanced treatments for depression. The result is that people feel more motivated and are better able to experience joy and happiness in everyday life. There are also changes in the systems of the brain that help regulate emotions and keep stress in check. So, after weeks of regular activity, you’ve built a more resilient brain that will help you keep calm in a crisis.

METHOD

Participants

A sample is a representative part of the population. It enables us to generalize the result of the study from the sample of the research to the population as a whole. Which means that a sample is any number of persons selected to represent the population according to some rule or plan. Thus, a sample is small representation of the population. the population selected for the present study were Regular exercisers and Non exercisers. Total sample of 151 participants (75 regular exercisers and 76 non- exercisers) were selected from different districts in Kerala. The ages of participants range from 20- 45. And the population of practicing Yoga and Meditation excluded, because yoga and exercise are separate entities. Yoga is inherently different from fitness. Yoga is an inner practice, and was developed with the intention to strengthen one’s spirituality. Therefore, yoga practitioners have been excluded.

Table 1: Breakup of sample on the basis of gender

Sample	N
Regular exercisers	75
Non- exercisers	76
Total	151

Measures or Tools used in the study

The tools used for measuring the variables under study are as follows:

- Demographic datasheet
- Philadelphia Mindfulness Scale
- The Resilience Scale

1. Demographic Data Sheet

A demographic data sheet was developed to collect data regarding the relevant variables such as age, gender, marital status, occupation, annual income, and socio-economic status.

2. Philadelphia Mindfulness Scale (PHLMS, Cardaciotto et al., 2008)

Philadelphia Mindfulness Scale (PHLMS, Cardaciotto et al., 2008). A 20-item trait-mindfulness questionnaire with respondents using a 1-5 Likert scale ranging from scores of 10-50 for each of two subscales: Awareness and Acceptance. Cronbach's alphas are reported to range from 0.75 to 0.86 for Awareness and 0.75 to 0.91 for Acceptance (Park, Reilly-Spong, & Gross, 2013). Validity is satisfactory.

Scoring:

All items of the awareness subscale are written in a positively keyed direction, so no reverse scoring is required.

All items of the acceptance subscale are written in a negatively keyed direction; thus, reverse scoring is required.

The items belong to two subscales:

Awareness: All odd items are totalled: 1, 3, 5, 7, 9, 11, 13, 15, 17, 19

Acceptance: All even items are reversed and then totalled: 2, 4, 6, 8, 10, 12, 14, 16, 18, 20.

3. The Resilience Scale (Wagnild and Young, 2009)

The Resilience Scale was developed to evaluate the levels of resilience in the general population. Its reduced version is (RS-14). The 14- items resilience scale (RS- 14) by Wagnild and Young (2009) which consists of 14 items and each item is rated on a 7- point Likert scale. The internal consistency a coefficient has a range from .73 to .94(Wagnild, 2009; Wagnild & Young, 1993), which shows the reliability. The authors claimed the construct and content validity of the scale.

Scoring:

Scoring was done according to the scoring key in the respective manual of the tool; it consists of 14 items. Participant responds using a seven- point format ranging from '1' (strongly disagree) on to the left to '7' (strongly agree). For positive items the scoring will be 1, 2, 3, 4, 5, 6 and 7 and in the seven responses respectively, and for negative items the scoring will 7, 6, 5, 4, 3, 2 and 1. The scoring is reversed while scoring negative item (-) in the final scoring procedures. For any response indicated as 7, the test should be awarded the score of 7. And so on for responses 6, 5, 4, 3, 2, and 1. Then add the score of all the responses to get the total score. Divide the score (sum) by 14 to obtain the Resilience score. If the score ranges between 82 - 98 = very high resilience tendencies; 64 – 81 = high resilience tendencies; 49 – 63 = average resilience tendencies; 31 – 48 = low resilience tendencies; 14 – 30 = very low resilience tendencies.

Procedure

Participants who fulfilled the inclusion criteria were selected using purposive sampling from different districts of Kerala. The purpose of the study was explained to them, and informed consent was obtained before data collection. Participants completed the demographic data sheet, the Philadelphia Mindfulness Scale (PHLMS), and the Resilience Scale (RS-14).

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Confidentiality and anonymity were assured throughout the study. Following data collection, responses were scored according to the respective scoring manuals, coded, and entered into SPSS for statistical analysis. Pearson's correlation coefficient and independent samples *t*-tests were used to analyse the data.

RESULT AND DISCUSSION

Table 2: Pearson correlation between Mindfulness and Resilience among Individuals (N=151)

	Resilience
Mindfulness	.422**

**sig. at 0.01 level

The relationship between individual's mindfulness and resilience was analysed by using Pearson correlation. Table 2 indicates a highly significant strong positive correlation ($p > 0.01$) between mindfulness and resilience among individuals. Which means that high level of mindfulness is an indicator of high level of resilience.

Table 3 Pearson correlation between Awareness and Acceptance Scales and resilience among Individuals (N=151)

	Resilience
Awareness	.651**
Acceptance	.243**

The relationship between individual's awareness, acceptance and resilience was analysed by using Pearson correlation. The Philadelphia Mindfulness Scale has 2 subscales; Awareness and acceptance. Table 3 indicates a highly significant strong positive correlation ($p > 0.01$) between awareness, acceptance and resilience among individuals. Which means that higher awareness and acceptance is an indicator of high level of resilience.

Collins (2009) conducted a study on effects of hope and mindfulness on the relationship between life experiences and resilience, as well as the direct relationships among these constructs and found a significant, positive and linear correlation between resilience and mindfulness ($r = .50$, $p < .01$).

Table 4 Mean, Standard deviation and t values of Regular exercisers and non- exercisers on the basis of variables Mindfulness and Resilience.

Variables	Exerciser or- not	N	Mean	Std. Deviation	t-value	Sig.
Mindfulness	Non- exercisers	77	65.58	6.520	7.552	.000
	Exercisers	74	78.27	13.156		
Resilience	Non- exercisers	77	77.27	10.442	4.593	.000
	Exercisers	74	84.16	7.730		

The significant difference in individuals, mindfulness and resilience on the basis of regular exercisers and non- exercisers was analyzed by using *t*- test. Table 4 indicates the mean, standard deviation, *t*- value and level of significance among exercisers and non- exercisers on the basis of variables Mindfulness and Resilience. From the table, it is clear that there is significant difference ($t = 7.552$; $p < 0.01$) between exercisers ($M = 78.27$; $SD = 13.156$) and non-exercisers ($M = 65.58$; $SD = 6.520$) on the basis of mindfulness and also significant

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difference ($t = 4.593$; $p < 0.01$) between exercisers ($M = 84.16$; $SD = 7.730$) and non-exercisers ($M = 77.27$; $SD = 10.442$) on the basis of resilience.

Exercise is considered to be any physical activity that make body healthy. It is seen that only a healthy body can bear a healthy mind. Nowadays, it can be seen that individual's usually while engaging in education, jobs; avoids exercise in their daily life. However, increase in lifestyle diseases and mental health problems such as diabetes, obesity, stress. While doing exercise the mind and body have to be present in the moment to perform a particular physical activity, this improves the coordination between mind and body. Therefore, the individuals who do exercise daily will be fully present and aware of where they are and able to react to the experience in peaceful way, compared to those who don't do exercise daily.

However, in the case of non- exercisers, they are not including exercise as daily routine and they may be used their current circumstances and believes that they don't have time for engaging in exercise. Usually focus upon the career and future that their health. It could lead to situations where they can't take decisions by thinking about the present moment as they lack mind and body coordination, which make them react to the situation without understanding about the consequences. These may lead to stress as they couldn't manage the work- load they experience as compared to exercisers.

Table 5 Mean, Standard deviation and t values of Regular exercisers and non- exercisers on the basis of Awareness, Acceptance and Resilience.

Variables	Exerciser or- not	N	Mean	Std. Deviation	t-value	Sig.
Awareness scale	Non- exercisers	77	36.13	6.239	4.760	.000
	Exercisers	74	41.03	6.402		
Acceptance scale	Non- exercisers	77	30.22	5.273	5.569	.000
	Exercisers	74	36.72	8.708		
Resilience	Non- exercisers	77	77.27	10.442	4.593	
	Exercisers	74	84.16	7.730		

Table 5 indicates the mean, standard deviation, t- value and level of significance among exercisers and non- exercisers on the basis of Awareness, Acceptance scales and Resilience. The Philadelphia Mindfulness Scale has 2 subscales; Awareness and acceptance. From the table, it is clear that there is significant difference ($t = 4.760$; $p < 0.01$) between exercisers (Awareness scale $M = 41.03$; $SD = 6.402$, Acceptance scale $M = 36.72$, $SD = 8.708$) and non-exercisers (Awareness scale $M = 36.13$; $SD = 6.239$, Acceptance scale $M = 30.22$, $SD = 5.273$) on the basis of mindfulness and also significant difference ($t = 4.593$; $p < 0.01$) between exercisers ($M = 84.16$; $SD = 7.730$) and non- exercisers ($M = 77.27$; $SD = 10.442$) on the basis of resilience.

The PHLMS Awareness subscale, correlated significantly with awareness/attention and reflection. The PHLMS Acceptance subscale was significantly correlated in a positive direction with acceptance/willingness, and in a negative direction with thought suppression and rumination.

Result indicates that Regular exercisers have more Awareness, Acceptance and Resilience power than compare with non- exercisers. Finally, significant differences on the PHLMS and its subscales were found between Regular exercisers and non- exercisers, indicating that

the measure can distinguish between groups expected to differ in levels of awareness and acceptance.

According to the study conducted by Ulmer .C, Stetson. B and Salmon P (2010), it can be seen that exercisers who are successful at maintaining exercise tended to have higher scores on mindfulness and low suppression scores; which showed similar result.

Several key positive factors that occur from childhood or adolescence through to adulthood contribute to brain resilience (Burt and Paysnick, 2012). Among them, physical activity/fitness (Wu et al., 2013; McEwen, 2016). The beneficial influence of physical activity/exercise on resilience can in part be attributed to the understanding that it can induce positive physiological improvements, protect against the effects of stressful events, and prevent or minimize several neurological diseases.

Table 6 Mean, Standard deviation and t values of Mindfulness and Resilience on the basis of gender.

Variables	Gender	N	Mean	Std. Deviation	t-value	Sig.
Mindfulness	Female	98	67.18	9.122	6.821	.000
	Male	53	80.34	12.337		
Resilience	Female	98	77.98	9.849	5.257	.000
	Male	53	85.58	7.647		

The significant difference in individuals, mindfulness and resilience was analyzed by using t- test. Table 6 reveals that there is high significant difference in the mindfulness and resilience among individuals on the basis of gender. There is total 151 participants (75 regular exercisers and 76 non- exercisers). Among 151 participants, 53 were male and 98 were female. The present study found significant gender difference in mindfulness and resilience. Males have the high mindfulness ($M = 80.34$, $SD = 12.337$) and resilience ($M = 85.58$, $SD = 7.647$) than compare to female's mindfulness ($M = 67.18$, $SD = 9.122$) and resilience score ($M = 77.98$, $SD = 9.849$). The t -value of mindfulness is 6.821 and resilience is 5.257. Which indicates that there is high significant difference mindfulness and resilience on the basis of gender. The results so far show men to be more active than women. Exercise makes it easier to bounce back from too much stress. The researchers concluded that resiliency is mostly cultivated from within by how we perceive and then react to stressors: "Mindful people can better cope with difficult thoughts and emotions without becoming overwhelmed or shutting down (emotionally). Pausing and observing the mind may (help us) resist getting stuck in our story and as a result empower us to move forward.

Table 7 Mean, Standard deviation and t values of Awareness, acceptance and Resilience on the basis of gender.

Variables	Gender	N	Mean	Std. Deviation	t-value	Sig.
Awareness scale	Female	98	36.48	6.077	5.474	.000
	Male	53	42.32	6.354		
Acceptance scale	Female	98	30.89	5.795	5.240	.000
	Male	53	38.06	9.003		
Resilience	Female	98	77.98	9.849	5.257	
	Male	53	85.58	7.647		

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Table 7 reveals that there is high significant difference in the Awareness, acceptance and resilience among individuals on the basis of gender. The significant difference in individuals, awareness, acceptance and resilience were analyzed by using t- test. The present study found significant gender difference, in males, awareness ($M = 42.32$) and acceptance ($M = 38.06$) scales and resilience ($M = 85.58$) score and females' awareness ($M = 36.48$) and acceptance ($M = 30.89$) scales and resilience ($M = 77.98$). The t- value of awareness ($t = 5.474$), acceptance ($t = 5.240$) scales and resilience ($t = 5.257$) are highly significant. Males mean scores high in both awareness, acceptance scale and resilience.

According to the study conducted by Dhandra, T.K. and Park, H.J. (2018), "Mindfulness and gender differences in ethical beliefs", it can be seen that mindfulness is not only a predictor of ethical beliefs but also a mediator of the relationship between gender and ethical beliefs. Individuals with greater mindfulness reported greater acceptance toward the five dimensions of consumer ethics scale. Indian male participants were found to be more mindful and lenient in ethical judgements than female participants.

Limitations

The size of the sample which is limited to 151 participants. A larger sample size would have increased the generalizability of the results.

Implications of the study

The present study examined the Mindfulness and Resilience among Regular exercisers and non- exercisers. The study revealed that there is a significant relationship between mindfulness and resilience among individuals. Also, it was found that, there is significant differences exist among the variables mindfulness and resilience participants categorized on the basis of Regular exercisers and non- exercisers. And there is also significant difference exist among the variable's mindfulness and resilience on the basis of gender.

The result of the present study implies that regular exercise influences the high level of mindfulness and resilience among individuals. The findings help to know the level of mindfulness and resilience among individuals who exercise regularly. The significant difference between mindfulness and resilience among regular exercisers and non- exercisers points out to the need for individuals to engage in regular exercise/activity and more awareness given to the non- exercisers about the physiological and psychological benefits of doing regular exercise and introducing how we can include exercise in our daily routine.

CONCLUSION

The findings of the present study indicate that regular exercisers exhibit higher levels of mindfulness and resilience than non-exercisers, with mindfulness showing a positive association with resilience. These results suggest that regular physical exercise may be linked to enhanced psychological well-being by fostering adaptive psychological resources. The study adds to the existing literature on the psychological correlates of regular exercise and underscores the importance of promoting physically active lifestyles for positive mental health. Further research using longitudinal and intervention-based designs is recommended to establish causal relationships and extend the generalizability of the findings.

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Conflict of Interest

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