

# Examining the Influence of Psychological Factors Toward Positive Outlook on Health: Basis for Physical Fitness Behavior Model for Adolescents

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**Abstract:** The researcher examined the psychological factors that influences the physical fitness behavior of adolescents in terms of predisposing factors, enabling factors and reinforcing factors. It also assessed how these factors affect the level of exercise behavior as regards to knowledge, attitude and practice. Data were collected using a self-made survey questionnaire subjected to reliability testing and validation. Data revealed that psychological factors such as predisposing, enabling and reinforcing factors are influential to physical fitness behaviors. Additionally, factors such as knowledge, attitude and practice is affects exercise behavior as to great extent. Hence, as perceived by the respondents, there is “very strong positive correlation” between psychological factors and the level of exercise behavior among adolescents. Results served as a basis for the formulation of physical fitness behavior for a better and positive outlook among adolescents.

**Keywords:** Psychological Factors; Physical Fitness Behavior; Model Predisposing Enabling and Reinforcing Factors; Knowledge Attitude Practice.

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## 1. Introduction

Positive outlook and health advantages like lower blood pressure, fewer heart diseases, better weight management, and healthier blood sugar levels have been conclusively linked by studies. Positive emotions and thoughts can significantly enhance one's quality of life, even when dealing with an incurable illness. Because it reduces stress and enhances general wellness, positive thinking has a good impact on health as well. Your body heals more quickly even when you are ill. More focused: Positive thinking leads to emotional harmony, which actually aids the brain's correct operation.

Physical activity has been proved to be associated with individuals' health and psychological well-being particularly when it is done habitually (Leon-Zarceño, et. al., 2021). Physical activity during adolescent period is a necessity as increasing number of health problems are evident. Moreover, sickness regardless of age can be experience when physical fitness is ignored such decrease in cardiac function and respiratory activity, gradually weakened functions of frame and muscle, increased risk of adult diseases such as arthritis, diabetes, heart disease, and high blood pressure. Neglecting physical fitness is associated with health care issues such as declined confidence and depression, and accompanied decline of mental function.

In China, policies on physical activities have been increasing which reflects that the government addresses the health burden on the insufficiencies of setting specific targets on adopting health exercises guidelines (Chen, et. al., 2023). Policies in China highlighted the gaps and opportunities associated with physical activities and sedentary behavior of the Chinese population wherein engagement and plans for public education where emphasized. The efforts of policymakers are in collaboration with different sectors that facilities a holistic approach to health promotion.

Factors influencing performance of physical activity behavior has been linked to life expectancy and health span (Kim, et. al., 2022) which supports the need to influence adolescents and encourage them of how being fit an important part of quality life. Hence, when youth have more knowledge about physical fitness shall eventually increase physical activities, motivation for exercise-related health behavior. To activate the physical fitness behavior, motivation and the power to start with the intention to continuously participate in the physical fitness journey will lead to a more strengthened quality of life.

Healthy China 2030 initiative supports physical activity as a global public health issue wherein a new Physical Activity and Sedentary Behaviour Guidelines for Chinese People in 2021 was published (Chen, et. al 2022). This development in the Chinese guidelines was to provide an avenue for opportunities and supportive environment to increase levels of physical activities. The health benefits of having the right physical activity are a public concern because it supports active quality lifestyle.

Psychological healthiness and physical functioning are the reinforcements needed for achieving quality of life as health risks increases during the adolescent period (Boonsem, et. al., 2022). Hence, studying how psychological factors influences knowledge, attitude, and practices as to the exercise behavior while contributing to appreciating the purpose of physical fitness among society members is timely as changes in health risks varies. It is necessary that psychological factors influencing physical fitness behavior be examined because of the prevalence of chronic diseases and stress-related concerns expected to continuously increase given the insufficiency of physical activities and unhealthy lifestyle among adolescents which may continue during their old age when formed as a habit.

With this, the researcher was motivated to examine the influence of the Psychological Factors toward Positive Outlook

on Health to design a Physical Fitness Behavior Model for Adolescents.

## 2. Background of the Study

Health risks is evident in the quality of life among adolescents which encompasses mental, physical, social well-being among others wherein educational diagnosis constitutes need for health promotion strategies in all nations including China (Kim, et. al., 2022). The study focuses on the knowledge gap on how psychological factors influence the physical fitness behavior among Chinese adolescents that attempts to explain level of exercise behavior intentions. It has been meanted that psychological factors and physical fitness behavior be continuously explored using different indicators to strengthen predictors of health-related quality of life. The present study would like to provide insights to address policy gaps and opportunities to facilitate effective analysis and assessments on the promotion of physical activity. Furthermore, the study would like to bridge the gaps on relationship between the psychological factors limited to predisposing, enabling and reinforcing indicators and physical fitness behavior of adolescents where increase in health risks is evident. The paper aimed to critically review and identify gaps across the exercise behavior of adolescents within the indicator’s knowledge, attitude and practices.

Generally, the present study intends to cover the psychological factors that influences the physical fitness behavior of adolescents leading to strengthening the health-related life attributes of the younger generation. To be more precise on justifying the timely relevance of the present study the researcher identified specific problems focuses. First is on the profile of the respondent-adolescents as to age and gender. Second applies to the psychological factors influencing the physical fitness behavior of the respondent-adolescents in terms of predisposing, enabling and reinforcing factors. Third, how can these psychological factors affect the level of exercise behavior of the respondent-adolescents as regards to knowledge, attitude, and practice. The researcher opted to provide insights on the significant difference in the psychological factors influencing the physical fitness behavior of the respondent-adolescents when profile variables are considered and the significant relationship between the psychological factors and the level of exercise behavior of the respondent-adolescents. The researcher was motivated to design a physical fitness behavior model to strengthen the health-related life attributes of the younger generation.

Hence, the study unfolds the current situation of physical fitness behavior of Chinese population to pay attention to the health-related problem-oriented concerns strengthening the health-related life attributes of the younger generation. Psychological factors matter because of the necessity to ensure that awareness guideline, policies and procedures to solve health related problems while keeping a full-spectrum of physical fitness. The study aims to examine the psychological factors that influences the physical fitness behavior of adolescents leading to strengthening the health-related life attributes of the younger generation because the researcher believes in the importance of being aware at the early stage of life. In addition, the public healthcare system has its duty to provide awareness to its people. Keeping everyone focused on what is important that will enable high-quality physical fitness within the bounds of a holistic responsible manner because of proper utilization of the

available resources.

## 3. Results and Discussion

This segment aims to offer readers a nuanced comprehension of the explored phenomena. Employing statistical metrics, visual depictions, and in-depth thematic discussions, its purpose is to transform raw data into insightful interpretations, crafting a comprehensive narrative that goes beyond mere numerical representation. The organized presentation improves the clarity of understanding research findings, enabling readers to draw well-informed conclusions and discern implications.

### 1. Profile of the Respondents

**Table 1.** Profile of the Respondents as to Age

AGE	FREQUENCY	PERCENTAGE
15-18 (Middle Adolescence)	84	16.8
19-24 (Late Adolescence)	416	83.2
Total	500	100.0

Table 1 presents the profile of the respondents as to age. Data affirms that majority of the respondents are 19-24 years old or in their late adolescence with 83.2% while the least are 15-18 years old or in their middle adolescence with 16.8%.

This implies that most of the respondents who are eager to participate in the study belongs to late adolescents. Late adolescence is a period characterized by a heightened sense of self-awareness and a search for identity. As affirmed by Colton et al., (2020), many individuals in this age group may be curious about their own behaviors, attitudes, and experiences. Participating in research allows them to explore and understand aspects of their lives, contributing to personal development and self-discovery.

**Table 2.** Profile of the Respondents as to Sex

SEX	FREQUENCY	PERCENTAGE
Male	398	79.6
Female	102	20.4
Total	500	100.0

Table 2 shows the profile of the respondents as to sex. Majority of the respondents are male with 79.6% with a frequency of 398 while the rest are female with 20.4% with a frequency of 102.

This implies that a predominant proportion of participants expressing enthusiasm to engage in the study are male, potentially influenced by the higher enrollment rates of males compared to females in China. In line with the research conducted by Wong and Zhang (2022), specific educational policies in China may have been inclined towards favoring male students, resulting in elevated enrollment rates for them. Despite endeavors to promote gender equality in education, remnants of traditional preferences or societal expectations may persist. These policies could mirror established societal norms and traditional gender roles, impacting educational opportunities and access.

## 4. Conclusion

Based on the summary of findings, the following conclusions are formulated:

Majority of respondents fall within the late adolescence stage and are predominantly male. Additionally, they are evenly distributed among several educational institutions: Guangxi College of Physical Education, Guangxi Minzu University, Nanning Normal University, Guangxi University, and Nanning College of Vocational Technology. This highlights the diverse representation of respondents across different educational settings.

Psychological factors such as predisposing, enabling, and reinforcing factors are assessed and interpreted as “influential” in physical fitness behavior. This affirms that psychological aspects as crucial elements influencing their engagement in physical fitness activities is evident and indeed essential.

There is significant difference in the assessment of the respondent-adolescents on the psychological factors influencing the physical fitness behavior in terms of age and school affiliation. This means that age among respondents and the culture of each school play a significant factor that affects their perceptions and assessments. The recognition of significant differences in assessments means the need for personalized and targeted interventions that consider individual variations in psychological factors. Hence, there is no significant difference when sex is considered as the test factor.

The assessment of respondents on how psychological factors, including knowledge, attitude, and practice, affect exercise behavior is interpreted as “great extent”. Recognition in the importance of psychological elements not only in terms of knowledge but also in shaping attitudes and practices related to exercise behavior are confirmed in this study.

There is “very strong positive correlation” between psychological factors and the level of exercise behavior among adolescents. This denotes that the higher the influence of the psychological factors such as motivation, attitude, and knowledge to the respondents, there is a corresponding increase in the engagement of adolescents in exercise behaviors.

The study confirms the significant roles of the psychological factors and the importance of the students’ engagement on physical fitness. To strengthen health-related life attributes specifically for the younger generation, emphasizing the importance of a comprehensive and tailored approach to promote and sustain physical fitness habits among adolescents, the need of physical fitness behavioral model is indeed essential.

## 5. Recommendations

Based on the summary of findings and conclusions, the following recommendations are formulated:

1. Initiate a thorough investigation into potential trends or differences in physical fitness behavior among students from various educational institutions, given their diverse representation with regards to age, sex and school affiliation. Furthermore, conduct targeted interventions or customized programs based on these findings to effectively address the distinct needs and challenges associated with physical fitness in each educational setting. This may involve collaborating closely with each institution to develop and execute programs tailored to align with their specific demographics and contextual factors.

2. Integrate psychological skills training programs into physical fitness initiatives to capitalize on the recognized significance of psychological factors. Implement workshops or interventions that concentrate on enhancing motivation,

setting goals, and managing stress. Moreover, empower students by offering resources or apps facilitating self-monitoring and goal tracking, thereby enhancing their ability to leverage psychological factors for increased engagement in physical fitness activities.

3. Conduct qualitative research to explore individual perspectives and experiences, aiming to understand and address the significant differences in perceptions regarding psychological factors influencing exercise behavior among adolescents. Tailor interventions based on these insights, ensuring inclusivity and sensitivity to diverse viewpoints. This may involve fostering open communication channels to gain a deeper understanding of the unique psychological factors that influence exercise behavior across different groups of adolescents.

4. Develop educational programs that emphasize the holistic impact of psychological factors on exercise behavior. Incorporate components focusing on knowledge acquisition, attitude shaping, and practical skills development. This may involve utilizing interactive workshops, educational materials, and mentorship programs to reinforce positive attitudes and practices related to exercise behavior among adolescents.

5. Implement targeted interventions that specifically aim to enhance the identified psychological factors associated with increased exercise behavior. This may involve organizing motivational campaigns, peer support groups, or integrating psychological skills training into physical education curricula. Providing incentives or recognition for achievements could further motivate adolescents to maintain or increase their engagement in physical activities.

6. Collaborate with researchers, educators, and health professionals to develop a comprehensive physical fitness behavior model tailored to the needs of adolescents. This model should encompass psychological, social, and environmental factors. Furthermore, encourage schools and educational institutions to integrate the proposed model created by the researcher into their health and physical education curricula for sustained impact.

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