



The Spiritual Side of Fitness: Exploring Hope on Healthy Living

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Introduction

- There are a lot of reasons why an individual may not have healthy exercise habits.
 - Lack of time
 - Lack of knowledge of the benefits
 - Inability to achieve self-actualization
 - Belief that it is useless
 - Lack of resources
- George, Larson, Koenig, & McCullough (2000) related religious to health via three mechanisms
 - The promotion of health behaviors*
 - Provision of social support
 - Coherence hypothesis

Study Aims

- Test if the relationship between spirituality and health behaviors (e.g., exercise) are experienced differently for different sexes.

Hypotheses

1. Spirituality will have a negative impact on exercise habits
2. There will be significant sex differences in spirituality
3. There will be significant sex differences for exercise habits
4. Sex will moderate the relationship between spirituality and exercise habits

Materials

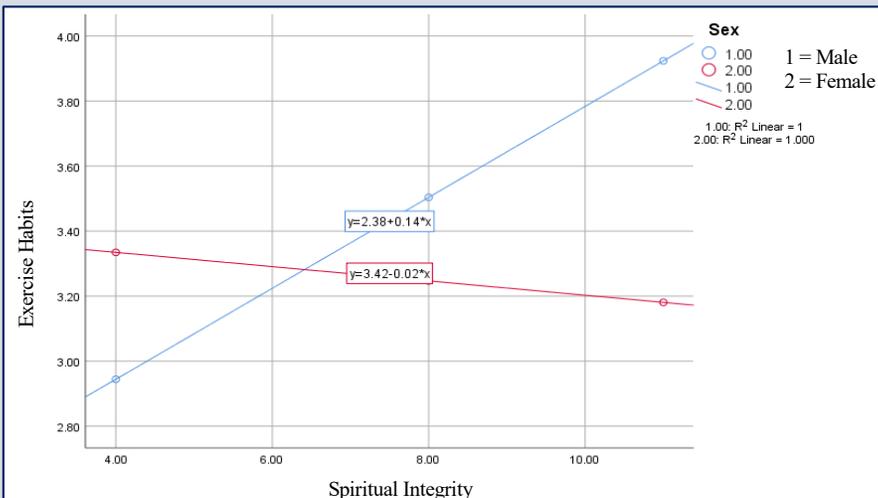
- Spirituality cluster: 28-item, from 56-item Comprehensive Trait Hope Scale (CHS-T; Scioli, Ricci, Nyugen, & Scioli, 2011)
 - Measures a sense of meaning or purpose in life, being centered or grounded, possessing a belief in a benign universe, and feeling empowered by a spiritual force or presence to achieve life goals
 - Includes seven subscales: spiritual empowerment, benign universe, spiritual openness, mystical experience, spiritual terror management, symbolic immortality, and spiritual integrity
- International Physical Activity Questionnaire Short Form: 7-item, from (Craig et al., 2003)
 - Measures minutes per week doing physical activity in three levels: vigorous, moderate, and walking
 - Participants were also asked to estimate their total time sitting in the previous seven days

Participants

- 298 U.S. adults
- Age ($M = 32$, $SD = 11.76$)
 - 53% male ($n = 159$)
 - 42% female ($n = 124$)
 - 81.7% White/Caucasian ($n = 241$)
 - 58% had less than a four-year college degree ($n = 171$)

Results

1. A multiple linear regression analysis was conducted to test if spirituality predicts exercise habits. The only significant predictors are spiritual empowerment ($p = .024$) and spiritual integrity ($p = .005$).
2. T-tests were conducted to analyze sex differences in spirituality. All the spirituality subsets had significant sex differences in which females had a higher mean score than males.
3. T-tests were conducted to analyze sex differences in exercise habits. There were no significant gender differences found for exercise habits.
4. We ran multiple moderation analyses using PROCESS (Hayes, 2018) in SPSS. We conducted the moderation analysis to test if gender moderates the relationship between spirituality and exercise habits.



Discussion

- Spiritual empowerment and spiritual integrity significantly predict exercise habits. However, this relationship is experienced differently for males and females.
- To understand influences of exercise, we need to broaden our understanding of motivation to exercise. Which may include spirituality

Limitations

- No causal relationship can be inferred
- Lack of diversity in sample
- Self-report measure of physical activity