

Mediating Role of Physical Fitness between Income and Sport Preferences towards Psychological Well-Being on National Seminar of Physical Fitness and Psychological Well-Being Seminar Participants



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ABSTRACT: Psychological well-being is a psychological concept that refers to a state of happiness or satisfaction with one's life. The idea of happiness undergoes a more specific elaboration, which includes the temporal and spiritual realms from this trend in physical education, known as physical fitness and psychological well-being. Physical activity or sports activities can improve physical fitness and benefit psychological well-being. Each person's sports activities are sometimes different, which is called sports preference. On the other side, sports activities and their implementation require costs. This study aimed to determine the significance of the relationship between income, sports preferences, physical fitness, and psychological well-being of participants in the National Seminar on Physical Fitness and Psychological Well-being. This research method uses path analysis with 173 respondents participating in the National Seminar on Physical Fitness and Psychological Well-being. The data collection method uses observation using a questionnaire. The results showed a change in the initial hypothesis into a refined hypothesis. 1) Based on the initial hypothesis testing, there is a negative relationship between income and exercise preference 2) Based on the enhanced hypothesis testing, there is a relationship between the income level variable on physical fitness among participants of the National Seminar on Physical Fitness and Psychological Well-being 3) There is a relationship between the level of income and physical fitness with psychological well-being among the Participants in the National Seminar on Physical Fitness, and Psychological Well-being directly or indirectly.

KEYWORDS: Income, Sport Preference, Physical Fitness, Psychological well-being.

I. INTRODUCTION

Psychological well-being is a psychological concept that refers to a person's happiness or satisfaction (Andrew and Robinson, 1991). At the same time, happiness is related to how much a person enjoys their life, including spending their everyday routines and planning for the future. Many philosophers know happiness as a eudaimonia (εὐδαιμονία) concept. Eudaimonia-ism introduces that happiness is not only a subjective feeling such as happiness or joyfulness but includes a deeper and objective concept involving the development of all aspects of an individual's humanity, such as physical, moral, emotional, and spiritual.

The development of the concept of happiness has more detailed explanations, including physical and psychological approaches. From this explanation, happiness is popular in physical and sports education and is known as physical fitness. In psychological education, psychologists call this psychological well-being. According to physical and psychological concepts, happiness can be seen more simply. Many research studies have stated that happiness and the two approaches have a strong bond. It means that higher physical fitness, on the other side, psychological well-being also goes high.

The results of the studies on physical fitness or sports indicate that sports not only maintain a good shape for a person but are also beneficial for psychological well-being. Cicero (2021) said that low-intensity aerobic exercise – 30–35 minutes, 3–5 days a week, for 10–12 weeks – was best at increasing positive moods (e.g., enthusiasm, alertness). Meanwhile, Scully (1998) also found that an effective sports activity can lessen depression or psychological pressure in all of the respondents, regardless of gender, age, or health condition. Sports have been found to have an antidepressant effect.

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Conversely, sports activities have many requirements, such as cost and spare time. But if a person is aware of the importance of sports for health, sports become necessary. Becker (1965) found that income limits economic decisions and available time. A person not only acquires sport from paying for goods and services but also the time they have to spare their limited time. In this case, people have sports preferences based on their income and time.

Sports preferences aim at a person's motivation to participate in a sports activity. From the initial interview, some respondents who are education practitioners were found to have a different sport preference. Other than that, another respondent from another background also has a different choice. This research aims to study the relationship between income, sports preference, physical fitness, and psychological well-being. The scope of this research includes the sports education practitioners who enter the national seminar. Sport education practitioners were also found to have an important role in increasing sports education quality in macro and micro environments, which is why this research chose the sport education practitioners as respondents.

II. LITERATURE REVIEWS

Income

In general, income can explain how much an individual gets their pay in a certain period and in the form of net income, which is already reduced by other needs and requirements. According to Martani (2016), income can be stated as increasing economic benefits in one accountancy period in the form of asset inclusion or addition or a decrease in liabilities, increasing equity other than capital contribution. Therefore, in Economics, private income includes some money in a period, and individuals can consume it without changing their wealth value (Lindah, 1993). Consumption is part of household income used to finance various services and other needs (Pantadireja, 1990). On the other side, consumption is always customized according to income; if the income increases, the consumption also increases, and vice versa. In this research, consumption, including food nutrition fulfillment and sports participation, is expected to improve physical and psychological well-being.

Sport Preference

Preference can be interpreted as an interest and liking. Therefore, preference can be someone's motivation to do what they want if they can choose freely. In this research, the preference for sport is inspected. On the other hand, sports are a series of regular and planned physical movements that people do consciously to improve their functional abilities (Giriwijoyo, 2005). In this research, sports preference emerges from someone's interest, pushing them to do sports activities to feel satisfied. In this research, sports preference assumes someone participating in sports activities.

Physical Fitness

Getchell (1983) defines physical fitness as focusing on physiological functions, namely the ability of the heart, lungs, muscles, and blood vessels to optimally and effectively function. Meanwhile, Fox (1987) stated that physical fitness is a physiological capacity and function that provides an increased quality of life. It can be concluded that physical fitness can be explained as a person's ability to carry out daily physical activities well, safely, and comfortably. They also get optimal usefulness all over their body. The definition of physical fitness has evolved to reflect the physical condition of humans. The knowledge about physiology borders and many people already stated to prove the theory. In this case, physical fitness is divided into two categories: components of fitness related to health and the component of fitness related to skill. The first is related to health, including cardiovascular endurance, muscle endurance, strength, flexibility, and body composition. On the other side, the skill-related ones include speed, strength, agility, balance, coordination, and reaction speed.

Psychological Well-Being

Psychological well-being is a body's ability to deal with surrounding conditions with positive values and mental health. According to Ryff and Keyes (1995), a psychological well-being foundation is an individual with positive psychological functioning. Dodge (2012) said that psychological well-being is the harmony between psychological resources, social, and physical when facing the challenges in life that require these resources. It can be concluded that psychological well-being is a psychological condition that positively affects the individual. Individuals with great psychological well-being have positive attitudes toward themselves and others. They also have a meaningful purpose in life, have the skills to arrange the environment around them, establish positive relationships with others, and try to explore and develop themselves as much as possible to achieve a good life.

III. METHODS

This research uses a quantitative approach with the simple representative of complicated reality method. This research uses path analysis and consists of 3 hypotheses. The respondents are 173 respondents who participated in the National Seminar on Physical Fitness and Psychological Well-being held online in 2021. The data was collected using an online questionnaire spread all

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around Indonesia. Data analysis using SPSS, the validity test, and the reliability test have already been conducted according to research by Sakban Rodisi (2021).

IV. RESULTS

A. Respondent Characteristics

Initially the questionnaire was distributed to 173 respondents who attending National Seminar on Physical Fitness and Psychological Well-being in 2021. Furthermore, the characteristics of the respondent explained in the Table 1:

Table 1: Respondent Characteristics

Characteristics	Category	N	Precentage
Gender	Female	44	25.4%
	Male	129	74.6%
Domicile	City	24	13.9%
	Village	149	86.1%
Income (in Indonesia Rupiah (Rp))	<1.000.000	113	65.3%
	1.000.000-2.000.000	19	11%
	2.000.000-3.000.000	15	8.7%
	3.000.000-4.000.000	15	8.7%
	4.000.000-5.000.000	4	2.3%
	>5.000.000	7	4%

Based on the table, of all the 173 respondents most of them are male, living in the village and have income lower than Rp1.000.000 for month.

B. Data Analysis

This research using bivariate correlation analysis to generate the results. The data explained in the Table 2:

Table 2: Data Analysis

Statistics	Income	Sport Preference	Physical Fitness	Psychological Well-being
Independent variable: Income				
Pearson Corellation	1	-0.39	0.498	0.703
Sig. (2-tailed)		0.615	0.000	0.000
N	173	173	173	173
Independent variable: Sport Preference				
Pearson Corellation	-0.39	1	0.043	0.064
Sig. (2-tailed)	0.615		0.572	0.400
N	173	173	173	173
Independent variable: Physical Fitness				
Pearson Corellation	0.498	0.043	1	0.510
Sig. (2-tailed)	0.000	0.572		0.000
N	173	173	173	173
Independent variable: Psychological Well-being				
Pearson Corellation	0.703	0.064	0.510	1
Sig. (2-tailed)	0.000	0.400	0.000	
N	173	173	173	173

Based on the table 2, Sport Preference is the only variable that did not have positive correlation with all of the other variables. Other than that, we can find that Income has significant effect in Physical Fitness and Psychological Well-being, meanwhile Physical Fitness also have significant effect to Psychological Well-being. The correlation model can be explained in the Figure

1

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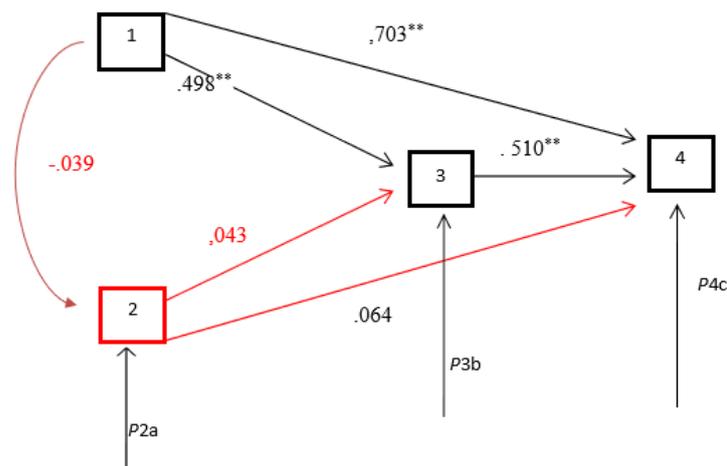


Figure 1: Correlation Model Chart

C. Hypothesis Analysis

First Hypothesis

Ha: Income have positive and significant effect with Physical Fitness among National Seminar Participant.

In this research, found that the regression results between income and physical fitness towards psychological well-being are 0.000 for the Sig. value. It means that hypothesis accepted and there is significant effect between the variable. It could explain that the higher the income that a person has, the higher physical fitness they aware of.

Second Hypothesis

Ha: Income and Physical Fitness have positive and significant effect with Psychological Well-being among National Seminar Participant.

In this research, found that the regression result between income and psychological well-being is 0.000 for the Sig value, and for physical fitness the Sig. value is 0.001. It means that that hypothesis accepted and there is significant effect between income and psychological well-being, as well as physical fitness and psychological well-being. Therefore, the higher income and physical fitness, psychological well-being also increases.

Third Hypothesis

Ha: Income have indirect effect towards Psychological Well-being, mediated by Physical Fitness among National Seminar Participant.

In this research, found that the direct effect between income and psychological well-being is 0.703 and the indirect effect is 0.106, so the total regression is 0.57. It means that to achieve psychological well-being, it's more significant for the seminar participant to do the indirect effect, through physical fitness, rather than the direct relationship between income and psychological well-being.

V. DISCUSSION

A. THE EFFECT OF INCOME TOWARDS SPORT PREFERENCES ON NATIONAL SEMINAR PARTICIPANT

Based on the research found that there is no significant effect between income and sports preferences. The participant needs to pay some money for sports participation fees when doing sport. Besides cash, the participant also needs to spare time to do sports. Meanwhile, many people have high incomes but don't have any spare time, and vice versa, have time but needed more money. It is in line with Bruer and Wicker (2008), Downward (2007), Eberth and Smith (2010), Hovemann (2009), and Lera-Lopez (2011) that work commitment, household activities, and other priorities in a person's life, force person to choose how to spend their income and spare time, so that sport preferences are not considered in a way to spend the income or spare time.

B. THE EFFECT OF INCOME TOWARDS PHYSICAL FITNESS ON NATIONAL SEMINAR PARTICIPANT

The research found a significant effect between income and physical fitness on the national seminar participants. Many factors affect physical fitness, including internal factors such as descendant, age, and gender. Other than that, external factors such as physical activity, nutritional status, health status, adequate rest, and smoking habits also affected physical fitness. In this research, income was found to have significant effect because of the importance of income to meeting nutritional needs and creating a healthy lifestyle. A healthy lifestyle attracts physical fitness.

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C. THE EFFECT OF INCOME AND PHYSICAL FITNESS TOWARDS PSYCHOLOGICAL WELL-BEING ON NATIONAL SEMINAR PARTICIPANT

This research shows that there is a significant effect, meaning that the higher income level and physical fitness level of National Seminar participant, the higher their psychological well-being. It is in line with Khan (2017) that health is not merely living happy, wealthy, successful, and without disease; it is also a state of mind and body that can survive in the worst conditions. From this, we can conclude that health consists of healthy body and mind, not only physical fitness but also psychological. It is also in line with Juvenal's famous quote, "Men sana in corpore sano," which is widely known in sports and education context.

D. THE EFFECT OF INCOME, PHYSICAL FITNESS, AND PSYCHOLOGICAL WELL-BEING ON NATIONAL SEMINAR PARTICIPANT DIRECT AND INDIRECT

This research found that the higher the participant's income level and physical fitness level, the higher their psychological well-being. In this case, not only the direct effect of income on psychological well-being but also the indirect effect through physical fitness also shows significant effects. Solid and stable physical fitness brings good psychological well-being. Another variation is with income level; if a participant has a high-income level, they will do sports and have great physical fitness, and if they have great physical fitness, they will also have good psychological well-being. Initially, a high-income level will be able to meet physical and psychological well-being, as shown in this research.

V. CONCLUSIONS

Based on the research about the effect of income and sport preference towards psychological well-being with physical fitness as a mediation, we can conclude, that:

1. There is no significant effect between income and sport preferences
2. Sport preference does not have significant effect towards physical fitness and psychological well-being.
3. There is significant effect between income and physical fitness in the National Physical Fitness and Psychological Well-being seminar participant.
4. There is significant effect directly between income and psychological well-being, as well as there is significant effect between income and psychological well-being through physical fitness.

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