

Life Satisfaction Among Undergraduate Students: Correlates with Body Appreciation, Athlete Self-Identification, and Exercise Frequency

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The following is an excerpt from a longer piece. For full text, please visit https://scholar.colorado.edu/concern/undergraduate_honors_theses/w6634514d

Abstract

Personal identity, body perceptions, and lifestyles have been researched and documented for decades. However, several athlete versus non-athlete lifestyles and characteristics have yet to be documented. Low life satisfaction is extremely common on college campuses today, with clinical depression (resulting from low life satisfaction) being the leading mental illness among college students. The current study uses a self-report questionnaire to examine how college students' life satisfaction is impacted by athlete self-identification, body appreciation, and exercise frequency. From this research, implications such as exercise interventions can be implemented to improve life satisfaction and mental health. The following research used bivariate correlations and a multiple regression analysis to examine these variables. Body appreciation was found to be significantly correlated with life satisfaction. Meanwhile, body appreciation and life satisfaction were individually associated with athlete self-identification. Further research is needed to confirm results of the study across different populations.

