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Resistance and Endurance Training Improve Exercise Enjoyment and Happiness in Young Adults

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An abundant number of studies have investigated the relationship between exercise and levels of anxiety, stress, enjoyment, and happiness. **PURPOSE:** This study compared the anxiety, stress, enjoyment, and happiness levels of young adults that engage in three forms of regular exercise: aerobic training, resistance training, and yoga training. **METHODS:** Participants ($N = 110$, 25% male, 75% female, $M_{age} = 21.6$, $SD = 2.1$) answered a 12-item survey that prompted them to report on preferred type of exercise, and levels of stress, anxiety, happiness, and overall enjoyment associated with their exercise. **RESULTS:** Only 3 of the participants reported engaging in Yoga therefore the following results are reflective of resistance and endurance training. Most of the participants selected resistance training as their preferred type of exercise (64%). Descriptive analysis indicated that 44% of the participants that preferred resistance training enjoyed it 'a great deal.' Only 20% of preferred endurance participants enjoyed their exercise 'a great deal.' About 81% of resistance participants felt increased happiness after a workout, while 60% of endurance participants felt increased happiness after their workouts. Around 31% of resistance participants experienced feelings of stress and anxiety 'often.' About 87% of this group reported being less anxious and stressed after completing a resistance workout. Similarly, 35% of endurance participants felt stress and anxiety 'often,' while 85% of this group felt less anxious and stressed after endurance training. Exercise enjoyment and happiness were significantly associated with preferred types of exercise ($p = .047$; $p = .03$). Stress and anxiety levels were not significantly associated with preferred types of exercise ($p = .321$; $p = .471$). **CONCLUSION:** In young adults, endurance training and particularly resistance training improve exercise enjoyment and overall happiness after exercise completion.