

## Examining the effects of regular exercise on the meaning and purpose of life: A comparison of individuals with regular and irregular exercise habits

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### Abstract

This study aims to examine the effect of the duration and frequency of exercise on the purpose and meaning of life. In this direction, 531 individuals, 221 males and 310 females, engaged in regular and irregular exercise, participated in the study. In addition to the demographic questionnaire prepared by the researchers, the Purpose and Meaning of Life Scale was used in the study. In the analysis of the data, firstly, the normal distribution values of the data were examined and parametric tests were applied after it was determined that the data showed normal distribution. According to the findings obtained as a result of the analysis, it was determined that the participants had high levels of purpose and meaning of life and that the variables of educational status, regular exercise status, weekly exercise repetition and exercise duration significantly differentiated the meaning and purpose of life levels. According to the results obtained, it can be said that regular exercise and the duration and frequency of this regular exercise positively affect the purpose and meaning of life.

**Keywords:** Meaning of life, purpose of life, exercise, duration, frequency

### *Düzenli egzersizin hayatın anlam ve amacı üzerindeki etkilerinin incelenmesi: Düzenli ve düzensiz egzersiz yapanların karşılaştırılması*

### Öz

*Bu araştırmanın amacı egzersiz yapma sürelerinin ve sıklığının hayatın amaç ve anlamına etkisinin incelenmesidir. Bu doğrultuda araştırmaya düzenli ve düzensiz egzersiz yapan 221'i erkek 310'u kadın 531 birey katılmıştır. Araştırmada veriler araştırmacılar tarafından hazırlanmış demografik soru formunun yanı sıra Hayatın Amacı ve Anlamı Ölçeği kullanılmıştır. Verilerin analizinde öncelikle verilerin normal dağılım değerleri incelenmiş olup normal dağılım gösterdiği tespit edildikten sonra parametrik testler uygulanmıştır. Analiz sonucunda elde edilen bulgulara göre katılımcıların yüksek düzeylerde hayatın amacı ve anlamı düzeylerine sahip oldukları ve hayatın anlamı ve amacı düzeylerini eğitim durumu, düzenli egzersiz yapma durumu, haftalık egzersiz tekrarı ve egzersiz yapma süresi değişkenlerinin anlamlı biçimde farklılaştırdığı tespit edilmiştir. Elde edilen sonuçlara göre düzenli egzersiz yapmanın ve bu düzenli egzersiz sürelerinin ve sıklığının hayatın amaç ve anlamını olumlu yönde etkilediği söylenebilir.*

**Anahtar Kelimeler:** Hayatın anlamı, hayatın amacı, egzersiz, süre, sıklık

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## INTRODUCTION

Today, the quest of individuals to protect their physical and psychological health and to remain active in their social lives increases the importance of participation in sports activities. Exercise is an important activity supporting physical development and positively affecting individuals' mental and emotional health. Exercise positively affects moods such as anxiety, stress and depression through psychological and physiological factors (Mikkelsen et al., 2017). In particular, regular exercise habits increase the quality of life of individuals, improve their ability to cope with stress and contribute to their overall life satisfaction. Regular exercise increases individuals' physical endurance and positively affects psychological factors such as self-efficacy, self-confidence and mental resilience (Toros et al., 2023). According to the results of the study conducted by Wang and Boros (2021), regular aerobic walking improves sleep quality, reduces stress and increases life satisfaction.

Exercise is an important component of healthy ageing (Eckstrom et al., 2020) and an integral and indisputable part of a healthy lifestyle (Hills, 2018). While exercise helps individuals establish order and balance in their lives, it also prevents the decline of physical and psychological factors. The positive effects of physical activities on individuals' mental processes allow them to define the meaning and purpose of life more clearly. These meaning-making processes may vary depending on the duration and frequency of exercise. Regular exercise is also a factor that strengthens the relationship between individuals' self-control and their tendency to exercise (Gillebaart & Adriaanse, 2017). This process supports individuals not only to increase their physical capacity but also to ensure their mental well-being and emotional balance.

Individuals' processes of giving meaning to their lives are mostly a reflection of external factors and personal experiences. Meaning is a concept that directs people's lives and enables them to respond to the events they experience (Aydın et al., 2015). According to the results of the study conducted by Rodríguez-Bravo et al. (2020), physical participation in sportive activities had a positive effect on many psychological factors, including the meaning of life. In another study conducted by Zhang et al. (2021), it was determined that the meaning of life is a variable with positive effects directly related to the frequency of exercise. Accordingly, it can be said that individuals who regularly engage in sports have stronger perceptions of the meaning of life and can set clearer goals for their lives. In this context, sport and exercise can be considered as one of the elements that direct individuals' search for meaning. Therefore, regular exercise positively affects mental well-being and improves quality of life (Huang &

Humphreys, 2010), helps individuals establish a deeper connection with themselves (Biddle, 2016), avoid stress and build stronger relationships (Das & Horton, 2012). Along with all these positive features, a physically active life contributes to strengthening the search for meaning.

When the literature is examined, it is noteworthy that there is a limited number of studies examining this relationship between exercise and the meaning of life. In a study conducted by Ünlü et al. (2021) with sports sciences students, it was found that the meaning and purpose of life differed in favour of students who exercise. In another study conducted by Özyurt (2022) with adult individuals, it was determined that the meaning and purpose of life levels of individuals who exercise differed significantly compared to those who do not exercise. There is a need for research that addresses the effects of exercise habits on individuals' perception of meaning and purpose in their lives in more detail. In this context, the main purpose of this study is to examine the effects of the frequency and duration of exercise on the meaning and purpose of life. It is thought that the findings obtained will shed light on the development of strategies that will increase individuals' motivation to exercise regularly and the creation of social support mechanisms that will help them add meaning to their lives.

## **METHOD**

This section should include subheadings such as the research model, population-sample, study group, data collection tools, validity-reliability, and data analysis. The pattern of the research should be explained in detail in this section. Instead of giving a theoretical definition of the method, the process should be explained in detail. Ethics committee approval should be detailed in the method section.

### **Research group (population-sample)**

A total of 531 individuals, 221 males and 310 females, residing in Ankara, who regularly exercise and who do not exercise regularly, participated in the study. The results of the power analysis show that the sample size is sufficient for the research. The sample of 531 people has sufficient power in the analyses performed with a 95% confidence level and moderate effect size (Cohen's  $d = 0.5$  and Cohen's  $f = 0.25$ ). The power value calculated for the T-test was 0.9999 and the power value in the ANOVA analysis was 0.9999. These values show that the sample is of sufficient quality to enable the analyses to be performed reliably.

A total of 531 individuals, 221 males and 310 females, residing in Ankara, who regularly exercise and who do not exercise regularly, participated in the study. While the majority of the participants were between the ages of 20-25 (38.2%), the majority of the participants were

single (77.0%). While the majority of the participants did not have children (82.1%), the majority of the participants received higher education (51.0%) at higher education levels (associate degree, bachelor's degree, master's degree or doctorate).

#### **Data collection tools**

Data were obtained through questionnaires in face-to-face interviews with individuals residing in Ankara between May and June 2024. Individuals who do regular and irregular exercise were included in the study. The questionnaires used as data collection tools consist of 2 sections. The first part includes the demographic information form created by the researchers to obtain information about the participants. In the second part, the items of the Meaning and Purpose of Life Scale developed by Aydın et. al., (2015) are included.

#### **Meaning and purpose of life scale**

The Meaning and Purpose of Life Scale developed by Aydın et al. (2015) to measure the meaning and purpose given to life consists of 17 items (11 positive and 6 negative (reversed items) and 2 sub-dimensions (Meaning and Purpose of Life, Meaninglessness of Life and Purpose Deprivation). For the Meaning and Purpose of Life Scale, which is a 5-point Likert-type measurement tool, the lowest score that can be obtained from the scale is ( $17 \times 1 = 17$ ) and the highest score is ( $17 \times 5 = 85$ ). A high score indicates a high level of meaning in individuals' lives, while a low score indicates a low level of meaning. In the original study, the internal consistency coefficient for the whole of the Meaning and Purpose of Life Scale was found to be 0.91 and 0.87 for the current study.

#### **Data analysis**

SPSS 27 package program was used for data analysis. The normality values of the data were examined first, and parametric tests such as t-test and ANOVA test were applied after it was determined that the data were within the normal distribution parameters. In addition, the percentage and frequency values of the data were analyzed. Pearson correlation test and regression analysis were performed to determine the relationships between the measurement tools.

### **FINDINGS**

In this section, the findings obtained as a result of the analysis of the data collected from the participants through the scales for the solution of the research problem are presented.

**Table 1. Findings on the percentages and frequencies of demographic information about the participants in the study**

Variable	Category	f	%
Gender	Male	221	41.6
	Female	310	58.4
Age	20 Years and Under	129	24.3
	Between 20-25 Years	203	38.2
	Over 25 Years Old	199	37.5
Marital Status	Married	122	23.0
	Single	409	77.0
Child Status	Yes	95	17.9
	No	436	82.1
Education Level	High School Graduate and Below	260	49.0
	Higher Education	271	51.0

**Table 2. Percentage and frequency findings of the participants' information about their exercise status**

Variable	Category	f	%
Type of Activity Most Participated in Leisure Time	Physical and Sport	177	33.3
	Artistic and Cultural	74	13.9
	Social	172	32.4
	Fun and Rest	108	20.3
Status of Regular Exercise	Regular Exerciser	356	67.0
	Irregular Exerciser	175	33.0
Number of Weekly Exercises	Once a week	152	28.6
	2 times a week	125	23.5
	3 Times a Week or More	254	47.8
Exercise Duration of Each Session	2 hours or Less	159	29.9
	3 hours	128	24.1
	4 hours or More	244	46.0

Table 2 presents the findings on the levels of participants' leisure time utilisation and regular exercise and their relationship with exercise. According to the findings obtained, while the participants mostly utilise their leisure time with physical and sportive activities (33.3%), 356 of the participants (67.0%) exercise regularly. The participants stated that they mostly exercised 3 or more times a week and that they mostly exercised for 4 hours or more (46.0%) every time they exercised.

**Table 3. Findings on the minimum, maximum, mean, skewness, kurtosis and internal consistency values obtained from the measurement tools according to the answers given by the participants**

Scale dimensions	Min.	Max.	$\bar{x}$	S.d	Skewness	Kurtosis	$\alpha$
Meaning and Purpose of Life Total	1.29	5.00	3.88	0.57	-0.710	0.972	0.878
The Meaning and Purpose of Life	1.18	5.00	3.96	0.56	-0.902	1.859	0.820
The Meaninglessness of Life and Lack of Purpose	1.00	5.00	3.73	0.80	-0.653	-0.016	0.839

Table 3 presents the minimum, maximum, mean, standard deviation, skewness and kurtosis values and internal consistency coefficients obtained from the measurement tools according to the answers given by the participants. According to the findings, it was determined that the meaning and purpose of life levels of the participants were at high levels. According to the participants' answers to the measurement tools, it was determined that the measurement tools showed normal distribution (Uysal & Kılıç, 2022) and accordingly, it was found appropriate to apply parametric tests.

**Table 4. Findings on the minimum, maximum, mean, skewness, and kurtosis values of the measurement tools of the participants according to their regular exercise status**

Variable	Scale dimensions	Min.	Max.	$\bar{x}$	S.d	Skewness	Kurtosis
Regular Exerciser	Meaning and Purpose of Life Total	1.94	5.00	3.91	0.54	-0.578	0.631
	The Meaning and Purpose of Life	2.00	5.00	4.00	0.51	-0.640	1.254
	The Meaninglessness of Life and Lack of Purpose	1.50	5.00	3.74	0.79	-0.588	-0.229
Irregular Exerciser	Meaning and Purpose of Life Total	1.29	5.00	3.82	0.62	1.29	-0.831
	The Meaning and Purpose of Life	1.18	5.00	3.89	0.64	1.18	-1.056
	The Meaninglessness of Life and Lack of Purpose	1.00	5.00	3.71	0.81	1.00	-0.781

Table 4 presents the minimum, maximum, mean, standard deviation, skewness and kurtosis values obtained from the measurement tools according to the answers given by the participants. According to the findings obtained, it was determined that the participants who stated that they exercised regularly during the period when the current research was conducted had higher levels of meaning and purpose in life than the participants who stated that they exercised regularly before the period when the current research was conducted. Accordingly, it can be said that individuals who exercise regularly have higher levels of meaning they give to their lives.

**Table 5. Results of the independent sample t-test conducted to determine the relationship between the education level variable and measurement tools according to their regular exercise status**

Variable	Scale dimensions	Education	n	$\bar{x}$	S.d	t	p
Regular Exerciser	Meaning and Purpose of Life Total	High School and Below	166	3.92	0.46	0.452	0.001*
		Higher Education	190	3.89	0.60		
	The Meaning and Purpose of Life	High School and Below	166	3.97	0.44	-0.957	0.015*
		Higher Education	190	4.02	0.57		
	The Meaninglessness of Life and Lack of Purpose	High School and Below	166	3.83	0.70	2.017	0.004*
		Higher Education	190	3.66	0.86		
Irregular Exerciser	Meaning and Purpose of Life Total	High School and Below	94	3.94	0.58	2.811	0.166
		Higher Education	81	3.68	0.63		
	The Meaning and Purpose of Life	High School and Below	94	3.99	0.55	2.442	0.008*
		Higher Education	81	3.76	0.71		
	The Meaninglessness of Life and Lack of Purpose	High School and Below	94	3.85	0.74	2.554	0.137
		Higher Education	81	3.54	0.86		

\*p<0.05

According to the independent sample t-test findings in Table 5, it was determined that the educational status variable significantly differentiated the levels of meaning and purpose of life.

It is seen that all dimensions of the significant differences obtained differ significantly for individuals who exercise regularly. While these significant differences were found to be in favour of individuals with higher education levels for the meaning and purpose of life, it was found to be in favour of individuals with high school and lower education levels for the meaninglessness and purposelessness of life dimension and total mean scores. On the other hand, for individuals who exercise irregularly, significant differences were found only for the dimension of meaning and purpose of life in favour of individuals with high school and below the level of education.

**Table 6. Results of the independent sample t-test conducted to determine the relationship between the variable of regular exercise and the measurement tools**

Scale dimensions	Status of Regular Exercise	n	$\bar{x}$	S.d	t	p
Meaning and Purpose of Life Total	Regular Exerciser	356	3.91	0.54	1.514	0.074
	Irregular Exerciser	175	3.82	0.62		
The Meaning and Purpose of Life	Regular Exerciser	356	4.00	0.51	2.177	0.026*
	Irregular Exerciser	175	3.89	0.64		
The Meaninglessness of Life and Lack of Purpose	Regular Exerciser	356	3.74	0.79	0.415	0.863
	Irregular Exerciser	175	3.71	0.81		

\*p<0.05

Table 6 shows the results of the independent sample t-test conducted to determine the relationship between the variable of exercising regularly and the measurement tools. According to the findings obtained, the variable of regular exercise status is significantly differentiated in favor of individuals who exercise regularly only in the dimension of meaning and purpose of life.

**Table 7. Results of one-way analysis of variance ANOVA test to determine the relationship between the number of weekly exercises and measurement tools according to their regular exercise status**

Scale dimensions	Number of Weekly Exercises	n	$\bar{x}$	S.	F	p	LSD
Meaning and Purpose of Life Total	Once a week	152	3.82	0.64	1.248	0.288	
	2 times a week	125	3.91	0.44			
	3 Times a Week or More	254	3.90	0.58			
The Meaning and Purpose of Life	Once a week	152	3.87	0.65	3.076	0.047*	>1
	2 times a week	125	3.96	0.42			
	3 Times a Week or More	254	4.01	0.55			
The Meaninglessness of Life and Lack of Purpose	Once a week	152	3.72	0.80	1.210	0.299	
	2 times a week	125	3.82	0.66			
	3 Times a Week or More	254	3.69	0.86			

\*p<0.05

According to the findings of the one-way analysis of variance ANOVA test in Table 7, it was determined that the number of exercises performed in a week was a significant differentiator for the meaning and purpose of life dimension, and these significant differences were found to have higher averages for individuals who exercised three or more times a week

compared to individuals who exercised once a week. In other words, as the number of weekly exercises increases, the meaning given to life and the goals aimed in life also increases.

**Table 8. Results of one-way analysis of variance ANOVA test to determine the relationship between the duration of exercise and measurement tools**

Variable	Scale dimensions	Exercise Duration	n	$\bar{x}$	S.	F	p	LSD
Regular Exerciser	Meaning and Purpose of Life Total	2 hours or Less	115	3.95	0.51	0.987	0.374	
		3 hours	78	3.84	0.50			
		4 hours or More	163	3.90	0.58			
	The Meaning and Purpose of Life	2 hours or Less	115	4.02	0.48	0.590	0.555	
		3 hours	78	3.94	0.44			
		4 hours or More	163	4.01	0.56			
	The Meaninglessness of Life and Lack of Purpose	2 hours or Less	115	3.84	0.77	1.425	0.242	
		3 hours	78	3.66	0.77			
		4 hours or More	163	3.71	0.82			
Irregular Exerciser	Meaning and Purpose of Life Total	2 hours or Less <sup>1</sup>	44	3.42	0.69	15.021	0.000*	2>1
		3 hours <sup>2</sup>	50	3.90	0.56			3>1
		4 hours or More <sup>3</sup>	81	4.00	0.51			
	The Meaning and Purpose of Life	2 hours or Less <sup>1</sup>	44	3.46	0.76	14.991	0.000*	2>1
		3 hours <sup>2</sup>	50	3.99	0.53			3>1
		4 hours or More <sup>3</sup>	81	4.05	0.51			
	The Meaninglessness of Life and Lack of Purpose	2 hours or Less <sup>1</sup>	44	3.33	0.78	7.635	0.001*	2>1
		3 hours <sup>2</sup>	50	3.72	0.84			3>1
		4 hours or More <sup>3</sup>	81	3.90	0.75			

\*p<0.05

According to the findings obtained from the one-way analysis of variance ANOVA test in Table 8, it was found that the duration of exercise significantly changed the meaning and purpose of life for individuals who exercised irregularly, but not for individuals who exercised regularly. It was determined that the statistically significant intra-group differences found in the participants who exercised irregularly differed in all dimensions in favor of the duration of exercising for more time.

## DISCUSSION AND CONCLUSION

In the present study, the effect of exercise duration and frequency on the meaning and purpose of life was analysed. According to the results obtained, it was determined that the meaning and purpose of life levels of the participants who participated in the study were high. In addition, it was concluded that individuals who declared that they exercised regularly had higher mean scores compared to individuals who exercised irregularly. In light of these findings, it can be said that regular exercise increases the meaning and purpose of life. When the literature was examined, it was observed that the studies examining the relationship between exercise and the meaning of life in Turkish studies were limited in quantity (Ünlü et al., 2021; Özyurt, 2022). Although limited results have been reached, it can be said that the results obtained after the literature review are in parallel with and support the current research.



In the present study, it was determined that the variables of gender, age, marital status, having children and the type of activity they most prefer to participate in leisure time did not significantly differentiate the levels of meaning and purpose of life. On the other hand, the variables of education level, regular exercise status, number of weekly exercises, and duration of exercise were found to significantly differentiate the meaning and purpose of life.

According to the finding in Table 5, it was concluded that the level of education significantly differentiated the levels of meaning and purpose of life for individuals who exercise regularly. These significant differences were observed across all dimensions for regular exercisers, indicating that educational attainment impacts their sense of life's meaning and purpose comprehensively. Specifically, individuals with a high school education reported higher averages in the "Meaning and Purpose of Life" and "Meaninglessness of Life and Lack of Purpose" dimensions compared to those with higher education, suggesting that regular exercisers with lower educational levels might be engaging in exercise with pragmatic goals or a more intrinsic sense of purpose. On the other hand, for individuals who exercise irregularly, education level only significantly differentiated scores in the "Meaning and Purpose of Life" dimension, while no significant differences were observed in the other dimensions. This may imply that irregular exercisers with higher education engage in exercise less as a foundational aspect of their purpose and more as an occasional activity, potentially influenced by external motivations rather than an internalized life meaning. The findings align with studies indicating that educational level often significantly influences one's orientation toward life's purpose (Webster, 2004; Settersten Jr & Schneider, 2018). However, contrasting perspectives in the literature suggest that while education impacts purpose orientation, it does not necessarily define one's existential framework in the same way for all individuals, especially for those with varying levels of engagement in physical activity (Sumner, 2017; Steger et al., 2021). The observed variance across exercise regularity also reflects Russo-Netzer's (2022) assertion that physical activity frequency may play a role in the depth of one's purpose-driven activities.

In the findings obtained from the analysis in Table 6, which constitutes the main purpose of the research, as a result of the comparative analysis of regular and irregular exercisers, it was determined that the meaning and purpose of life differed significantly in favour of individuals who continued to exercise regularly. Considering that regular physical activity increases energy and vitality, improves health and reduces the risk of many diseases (Mavrić et al., 2014), the fact that regular exercisers have a higher mean value in the Meaning and Purpose of Life dimension may indicate that regular exercise is an important factor in adding purpose and

meaning to individuals' lives. Physical activity may strengthen the search for meaning by making individuals feel more competent and motivated. In addition, the insignificant differences obtained in the dimension of Meaninglessness of Life and Lack of Purpose may also indicate that regular exercise participation does not always change perceptions of the meaninglessness of life. In this case, regular exercise may also significantly differentiate the meaning and purpose of life from the influence and support of other psychosocial factors. When the literature was examined, studies supporting the current research were found (Rodríguez-Bravo et al., 2020; Ünlü et al., 2021; Özyurt, 2022). In addition, according to the results of the study conducted by Toros et al. (2023), regular exercise improves quality of life by increasing life satisfaction, self-esteem and self-efficacy in adults. In light of these results, it is possible to mention that continuing regular exercise is important for the meaning and purpose of life.

The health benefits of regular physical activity depend on the frequency, intensity, duration and type of exercise (MacIntosh et al., 2021). Exercise frequency is positively and significantly associated with positive affect, which in turn is positively associated with life satisfaction, self-esteem and subjective vitality (Rodrigues et al., 2021). Therefore, in the current study, participants were asked to answer how often and how long they did regular exercise. According to the findings obtained from the analyses in Table 7 and Table 8, the frequency and duration of exercise significantly differentiate the level of meaning and purpose of life. This finding suggests that exercise frequency strengthens individuals' perception of purpose and meaning in their lives. According to Omorou et al. (2013), sportive activity is positively associated with quality of life, especially for people with high physical activity levels. In addition, the fact that regular exercise brings order to the lives of individuals may help them to be more controlled and goal-oriented and increase their sense of purpose and meaning in their lives. According to the results of the study conducted by Jung and Brawley (2010), individuals who exercise frequently are more successful in fulfilling the given tasks, as well as being able to follow many tasks at the same time. In addition, the insignificant differences obtained in the dimension of meaninglessness of life and lack of purpose indicate that exercise may not have a direct effect on individuals' perceptions of meaning and purpose in their lives. In this case, the positive perceptions of meaning and purpose of life obtained through regular exercise may also be shaped around some other external and internal factors. The results obtained in the study conducted by Özyurt (2022) also support the current study.

According to the findings in Table 8, exercise duration significantly differentiates the perception of life's meaning and purpose, but this effect varies notably between regular and

irregular exercisers. For irregular exercisers, significant differences were found in all scale dimensions, indicating that those who exercise more than 3 hours per session reported higher scores in the “Meaning and Purpose of Life” and “Meaninglessness of Life and Lack of Purpose” dimensions. This suggests that even for individuals who do not exercise regularly, longer exercise sessions contribute positively to their sense of life purpose, while also reducing feelings of meaninglessness. In contrast, for regular exercisers, exercise duration did not significantly differentiate their scores across the dimensions, implying a more stabilized perception of life’s purpose regardless of the length of each session. This may indicate that regular engagement in exercise itself provides a stable source of meaning, making the duration of individual sessions less impactful in shaping their existential outlook. These findings are supported by previous studies that emphasize the cumulative benefits of regular physical activity on psychological well-being (Hoffman & Faigenbaum, 2018). However, the unique impact of extended sessions for irregular exercisers highlights the potential of longer sessions to act as concentrated interventions for enhancing life’s meaning, especially for those who may otherwise lack consistency in physical activity (Kilpatrick et al., 2017).

As a result, this study determined that both the frequency and duration of exercise have a significant effect on the meaning and purpose of life. Individuals who exercise regularly scored higher in their perception of life’s meaning and purpose, and this perception strengthened as exercise frequency and duration increased. Additionally, educational level was identified as a significant differentiator in life purpose, with high school graduates demonstrating a stronger perception of purpose compared to those with higher education. These findings suggest that regular and long-term exercise plays a crucial role in enhancing individuals’ sense of meaning and purpose in life, while intrinsic and extrinsic factors may also contribute to this process.

### **Recommendations**

Based on the findings of this study, the following suggestions are offered by the researchers:

- 1- To encourage regular exercise among individuals in society, sports programs and training sessions that support exercise habits should be organized.
- 2- Future studies can explore the reasons for differences in the meaning and purpose of life according to educational level in greater detail. Specifically, the cultural and sociological factors underlying the strong sense of meaning among high school graduates could be investigated. For higher education graduates, the influence of factors such as personal

growth, career goals, and individual satisfaction in the search for meaning could be discussed.

- 3- Awareness-raising initiatives could be implemented in sports centers and communities to highlight the physical and psychological benefits of long-term exercise.
- 4- In the current study, the sample group was selected from individuals who had exercised regularly at some point in their lives. While the positive effects of continued regular exercise were identified, repeating this study with individuals who have never exercised regularly would add valuable insights to the literature. In this context, it is recommended that future studies compare individuals who exercise regularly with those who have never engaged in regular physical activity.

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Literatür Tarama <i>Literature Review</i>	Çalışma için gerekli literatürü taramak <i>Review the literature required for the study</i>	Emrah CERİT Ferhat KILIÇARSLAN Tülay CEYLAN
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*Researchers do not have any personal or financial conflicts of interest with other people and institutions related to the research.*

#### **Etik Kurul Beyanı/ Statement of Ethics Committee**

Bu araştırma Gazi Üniversitesi Etik Kurulu 22.10.2024 tarih ve 17 sayılı karar ile yürütülmüştür.  
*This research was conducted with the decision of Gazi University Ethics Committee dated 22.10.2024 and numbered 17.*



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