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BASIC PSYCHOLOGICAL NEEDS IN EXERCISE, HEALTHY LIFE BEHAVIOR AND WELL-BEING: A STUDY ON EXERCISING INDIVIDUALS

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Abstract: The aim of this study is to determine the levels of healthy lifestyle behaviors and well-being of individuals who exercise and to examine the effect of healthy lifestyle behaviors on basic psychological needs and well-being. A total of 297 individuals who do sports, whom 195 of woman and 102 of men, are included in the study. Basic Psychological Needs in Exercise, Healthy Lifestyle Behavior and Psychological Well-Being scales were used to determine the basic psychological needs, well-being during exercise and healthy lifestyles of individuals participating in physical activity. To evaluate the data were applied ANOVA, pearson correlation analysis and multiple regression analysis. The results showed that there was a low positive correlation between the subscales of basic psychological needs in exercise and healthy lifestyle behaviors and well-being levels of exercising individuals. In addition, it was found that yoga practitioners had higher mean scores of well-being and health responsibility, nutrition, physical activity, stress management, spiritual development, subscales than fitness and pilates.

Anahtar Kelimeler: Fiziksel aktivite, egzersizde psikolojik ihtiyaçlar, sağlıklı yaşam davranışı, psikolojik iyi oluş

EGZERSİZDE TEMEL PSİKOLOJİK İHTİYAÇLAR, SAĞLIKLI YAŞAM DAVRANIŞI VE İYİLİK HALİ: EGZERSİZ YAPAN BİREYLER ÜZERİNE BİR ÇALIŞMA

Öz: Bu çalışmanın amacı, egzersiz yapan bireylerin sağlıklı yaşam davranışı ve iyilik hali düzeylerini belirlemek ve sağlıklı yaşam davranışlarının temel psikolojik ihtiyaç ve iyilik hali üzerindeki etkisini incelemektir. Çalışmada 195'i kadın ve 102'si erkek olmak üzere toplam 297 spor yapan birey yer almaktadır. Fiziksel aktiviteye katılan bireylerin egzersiz sırasında temel psikolojik ihtiyaçları, iyilik hali ve sağlıklı yaşam biçimlerini belirlemek için Egzersizde Temel Psikolojik İhtiyaçlar, Sağlıklı Yaşam Davranışı ve İyilik Hali ölçekleri kullanılmıştır. Verilerin değerlendirilmesinde ANOVA, Pearson korelasyon analizi ve çoklu regresyon analizi uygulanmıştır. Sonuçlar, egzersiz yapan bireylerin egzersizde temel psikolojik ihtiyaçlar, sağlıklı yaşam davranışları ve iyilik hali düzeyleri arasında düşük pozitif yönlü bir ilişki bulunduğu saptanmıştır. Sağlıklı yaşam davranışları ölçeği ile iyilik hali ölçeği arasında pozitif yönde orta düzeyde bir ilişki olduğu bulunmuştur. Ayrıca yoga yapan bireylerin iyilik hali ve sağlık sorumluluğu, beslenme, fiziksel aktivite, stres yönetimi, manevi gelişim alt boyutlarının fitness ve pilates branşına göre daha yüksek ortalama puanına sahip oldukları belirlenmiştir.

Key Words: Physical activity, basic psychological needs in exercise, healthy lifestyle behavior, psychological well-being

INTRODUCTION

Individual's leading a healthy life in a society is among the priorities of many people. Physiological and psychological factors should be together so that an individual can fulfill this attitude. The recognition that the physical activities practiced in fitness centers in recent years have an importance on the physiological and psychological health of the individual has caused it to be widespread and demanded within the society.

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According to the explanation made by World Health Organization (2022), health is stated not as "the lack of disease or disability but as the whole well-being status from physiological, psychological and social viewpoints". Within this context, Günal (2007) expresses it as the healthy status of attitudes that affect daily life physiologically, psychologically and socially, regarding the individuals having decided to live healthily as a whole. In being able to lead a healthy life, the importance of the abilities of healthy life is emphasized. The abilities of healthy life involve individual's taking responsibility of healthy attitudes, having a balanced diet, participating in a regular physical activity, developing spiritually, contributing to socialization by developing interpersonal relationships, being effective in managing stress (Demirtepe Saygılı et al., 2021; Genç & Karaman, 2019; Gömleksiz et al., 2020; Kolaç et al., 2018). Within the context of psychological factors, these attitudes enable that the individuals aware of their responsibilities get accustomed to leading a healthy life and get less worried about their health (Mohamadian, 2013). The conducted studies have found that different varieties like the gender of individuals, their habit of exercise, and psychological health influence the attitudes of healthy way of life (Berk & Bingöl, 2023; Özdemir & Bozdemir Özel, 2023; Wang & Geng, 2019). Together with regular exercise besides these varieties, the factors such as individuals' status of psychological well-being and psychological needs have been proved to be effective on health (Edwards, 2006; Terzioğlu et al., 2022; Wichkam et al., 2020).

Psychological well-being is defined as individual's leading a happy and healthy life (Göcen, 2013), directing themselves depending on their objectives, their personal development and having and managing healthy relationships with people (Keyes et al., 2002). In other words, Ryan and Deci (2001) defined the well-being of individuals as feeling pleasure, and avoiding negative emotions, stating it to be the search of pleasure and happiness. There are also many studies stating that regular physical exercise has positive relationship with psychological well-being (Penedo & Dahn, 2005; Jeonga et al., 2020). Among these, Kroencke et al. (2019) reported that university students who participate in enough amount of regular physical activity education were happier and less worried in the weeks they had exercised. In this context, it is observed that the individuals who exercise regularly to protect and lead health have effect on well-being. One of the factors that affect the psychological well-being of the individual is his/ her basic necessities (Ryan, 1995; Sheldon & Kasser, 1995).

Main psychological needs are in the nature of the human, and these needs are the main innate needs of the individual. To satisfy these needs is quite important for the health and development of the individual. The needs referring to the wishes, desires and motives that the individuals create with their free will can cause variations depending on the need level of the individuals (Özer, 2009). Deci & Ryan (1985) stated that individuals have three main psychological needs. These needs expressed as autonomy, relatedness and competence are defined as common needs. Autonomy is that the individual decides on his/ her own about starting, continuing and ending attitudes, and takes responsibility with his/ her own free-will in the attitudes he/she will display an attitude (Deci & Ryan, 2000). The fact that individuals who are aware of their responsibilities have the whole ability, talent and information to fulfill this work and they believe that they can do it express the concept of competence which is another need (Deci & Ryan, 1985). Competence is also defined as the individual's capacity to influence his/ her social circle effectively, and to interact in harmony with the other person (Kowal & Fortier, 1999; Milyavskaya et al., 2009; Sheldon & Kriger, 2007). This interaction brings about the individuals' need to be related. According to Andersen (2000), this need involves mutual love and respect and the sense of trust to one another. At the same time, it also involves the needs that the individuals get help from important people around them, are accepted as they are, and

are emotionally supported (Ntoumanis et al., 2009; Vlachopoulos & Michailidou, 2006). Individual is in social relatedness to satisfy these needs and should be in satisfying interaction to meet them (Andersen et al., 2000).

In self-determination theory, main psychological needs and well-being are observed to be related to one another (Ryan & Deci,2000). Deci & Ryan (2000) predict that the change in the main psychological needs will cause the change in well-being. Reis et al. (2000) stated that individual's psychological well-being and his/ her needs of autonomy, competence and relatedness are significantly associated to one another and the satisfaction of these main needs positive stimulate people's well-being.

In our study, it is aimed to determine in which exercises programs the individuals display healthy manners in exercise environments and to examine the effect of well-being and psychological needs of the individual on his/ her healthy life attitudes. Also, in this study of ours it is aimed to reveal the relationship between these structures.

METHODS

Study Group

Our study consists of a total of 297 individuals attending different sports centers in Izmir, participating in 79 yoga, 105 fitness and 113 pilates exercise programs (Female= 195, male=102). Participants ranged in age from 18 to 72 years (mean age 33.10±11.14). Participants reported the number of days per week (mean day 3.34±1.39) they regularly participated in and the length of time (mean year 4.57±6.25) they regularly exercised.

Data Collection Tools

Healthy Lifestyle Behavior Scale II, Walker et al. (1987) introduced a scale, subsequently revised in 1996, which was later adapted into Turkish by Bahar et al. (2008). This tool aims to assess health promotion behaviors and comprises six subscales totaling 52 items. These include health responsibility, physical activity, nutrition, spiritual growth, interpersonal relations, and stress management. Participants rate items on a four-point Likert-type scale ranging from 1 (never) to 4 (regularly). The scale yields a total score ranging from 52 to 208. Reliability coefficients (Cronbach's alpha) for the subscales are as follows: .77 for health responsibility, .79 for physical activity, .68 for nutrition, .79 for spiritual development, .80 for interpersonal relations, and .64 for stress management (Bahar et al., 2008).

Psychological Well-Being Scale, The Psychological Well-being Scale, initially developed by Dinner et al. (2009) and later translated into Turkish by Telef (2013), comprises eight items designed to gauge socio-psychological well-being. Participants rate items on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Scores on the scale range from 8 to 56. Reliability analyses yielded a Cronbach's alpha coefficient of .80, indicating good internal consistency. Moreover, the test-retest reliability of the scale was found to be .86 (Telef, 2013). Item-total correlations ranged from .41 to .63, providing further insights into the scale's reliability and validity (Telef, 2013).

Basic Psychological Needs in Exercise Scale, this scale was developed by Vlachopoulos & Mchailidou (2006) and adapted to Turkish in a cross-cultural study by Vlachopoulos et al. (2013). It is a scale developed within the scope of Self-Determination Theory to evaluate people's three basic needs, namely autonomy, competence and relatedness, in the exercise environment. The scale consists of 11 items and 3 subscales. Bunlar; Competence, Relatedness

and Autonomy. The scale was evaluated with a 5-point Likert type (1 = strongly disagree; 5 = strongly agree). Cronbach alpha values was found to be .73 for competence .78 for autonomy and .80 for relatedness (Vlachopoulos et al., 2013).

Data Collection

After obtaining permission from the responsible author for the use of the scales in the study, an application was made to the Scientific Research and Publication Ethics Committee of Ege University and scientific research approval (Protocol no:1543) was obtained from the ethics committee. The data were collected by the researcher after all participants read and signed the informed consent form before the study. The scales filled out by the participants in a physical activity environment were completed in an average of 10-15 minutes.

Data Analysis

Statistical analyzes were performed in the SPSS 25.0 (Statistical Package for the Social Science for Windows) package program licensed by Ege University. In our research, Pearson correlation analysis was used to determine the relationship between the subscales of three different structures, and ANOVA Test was used to analyze different exercise programs. Multiple regression analysis using the stepwise method was conducted to examine whether the subscales of "Basic Psychological Needs in Exercise" and "Psychological Well-Being" serve as predictors of "Healthy Lifestyle Behavior". A significance level of $p < .05$ was established for all analyses to determine statistical significance.

RESULTS

The mean scores and standard deviations of participants for variables are 4.17±.76 for competence, 4.07±.82 for relatedness, 4.21±.75 for autonomy, 2.54±.61 for health responsibility, and 2.83±.61 for physical activity, 2.61±.49 for nutrition, 3.12±.53 for spiritual growth, 3.03±.47 for interpersonal relation, 2.72±.55 for stress management and 5.89±.89 for well-being. Accordingly, it was observed that all means values of the subscale are above the average.

Table 1. Descriptive Statistics and Correlations (Pearson Coefficients) between Examined Variables(N=297)

	M	SD	2	3	4	5	6	7	8	9	10
1.Competence	4.17	.76	**.68****	**.82****	**.16****	**.39****	**.24****	**.30****	**.22****	**.25****	**.28****
2.Relatedness	4.07	.82	1.00	**.72****	**.17****	**.26****	**.14****	**.23****	**.27****	**.20****	**.28****
3. Autonomy	4.21	.75		1.00	**.19****	**.35****	**.21****	**.32****	**.22****	**.27****	**.28****
4.Health Responsibility	2.54	.61			1.00	**.57****	**.50****	**.51****	**.50****	**.55****	**.42****
5.Physical Activity	2.83	.61				1.00	**.51****	**.48****	**.37****	**.50****	**.32****
6.Nutrition	2.61	.49					1.00	**.51****	**.40****	**.51****	**.36****
7.Spiritual Growth	3.12	.53						1.00	**.65****	**.70****	**.67****
8.Interpersonal Relation	3.03	.47							1.00	**.53****	**.56****
9.Stress Management	2.72	.55								1.00	**.51****
10. Well-Being	5.89	.89									1.00

*p < .05, **p < .01, M = Mean, SD = Standard Deviation

The result of pearson correlation analysis indicated statistically significance of the relationship between the basic psychological needs in exercise, healthy lifestyle behaviors and well-being subscale. It was determined that there is a low positive relationship between the basic psychological needs, healthy life behaviors and well-being levels of individuals ($r = .14$; $r = .39$, $p<.01$). It was determined that there was a moderate positive relationship between the healthy lifestyle behaviors scale and the well-being subscale ($r = .32$; $r = .67$, $p<.01$) (Table 1).

Table 2. F Test Results for the Comparison of Three Different Structures According to Different Exercises Programs

Exercise Programs	n	x	Ss	F	
Competence					
Yoga	79	4.16	.78		
Pilates	113	4.03	.88	3.93*	Fitness > Pilates
Fitness	105	4.32	.57		
Health Responsibility					
Yoga	79	2.65	.60		
Pilates	113	2.56	.58	3.05*	"Yoga > Fitness
Fitness	105	2.43	.62		
Physical Activity					
Yoga	79	2.91	.56		Yoga>Pilates
Pilates	113	2.70	.61	4.12*	Fitness>Pilates
Fitness	105	2.90	.60		
Nutrition					
Yoga	79	2.67	.55		Yoga>Pilates
Pilates	113	2.52	.45	3.15*	Fitness>Pilates
Fitness	105	2.66	.50		
Spiritual Growth					
Yoga	79	3.32	.55		Yoga >Pilates
Pilates	113	3.03	.47	7.67***	Yoga>Fitness
Fitness	105	3.09	.55		
Stress Management					
Yoga	79	2.90	.60		Yoga>Pilates
Pilates	113	2.63	.48	5.55**	Yoga>Fitness
Fitness	105	2.70	.58		
Well-being					
Yoga	79	6.13	.87		
Pilates	113	5.90	.79	5.18**	Yoga >Fitness
Fitness	105	5.70	.98		

***p<.001, **p<.01, *p<.05

Table 2 shows the results of ANOVA test comparing the scores of the individuals in the subscales of the basic psychological needs, healthy lifestyle behavior and well-being scales according to the exercise programs. Accordingly, it has been observed that competence($F_{(2.294)}$=3.93, p<.05), differs between exercise programs. According to LHD test, it has been observed that there is a difference between the scores of individuals doing fitness (t=.29, p<.05) and individuals doing pilates in the competence subscale. Accordingly, it was found that individuals who do fitness have higher average scores than individuals who do pilates.

It has been observed that health responsibility ($F_{(2.294)}$=3.05, p<0.5), physical activity ($F_{(2.294)}$=4.12, p<.05), nutrition ($F_{(2.294)}$=3.15, p<.05), spiritual development ($F_{(2.294)}$=7.67, p<.001) and stress management ($F_{(2.294)}$=5.55, p<.05), which are the subscales of the healthy lifestyle behavior scale, differ among exercise programs. Accordingly, it has been observed that there was a difference between the scores of individuals who do yoga (t=.22, p<.05) and individuals who do fitness in the health responsibility subscale. According to these results, it was found that individuals who do yoga have higher average scores than individuals who do fitness. In the subscale of physical activity, it was observed that there was a significance between the scores of individuals doing pilates compared to individuals doing yoga (t=-.21, p<.05) and individuals doing fitness (t=-.20, p<.05). Accordingly, the average scores of individuals doing pilates perceiving themselves as less competent in physical activity than

individuals doing yoga and fitness were found to be higher than their average scores. It was observed that individuals doing pilates had lower average scores than individuals doing yoga (t=-.16, p<.05) and fitness (t=-.14, p<.05) in the nutrition subscale. In the spiritual development subscale, it has been determined that individuals who practice yoga perceive themselves to be more competent in spiritual development than individuals who do pilates(t=.29, p<.001) and fitness (t=.24, p<.01). When we examined stress management, which is the last subscale of the healthy lifestyle behavior scale, it was observed that the scores of individuals doing yoga differed from those doing pilates (t=.27, p<.001) and fitness (t=.19, p<.05). Accordingly, it was found that individuals who practice yoga have higher average scores than individuals who do pilates and fitness.

When the scores of the psychological well-being scale, it was seen that the total score of well-being($F_{(2.294)}$=5.18, p<.01) differed between exercise programs. As a result of the analysis, it was determined that individuals who practice yoga (t=.42, p<.001) have better psychological well-being than individuals who do fitness.

Table 3. Multiple Regression Analysis Values for Basic Psychological Needs in Exercise, Healthy Lifestyle Behavior and Well-Being Constructs

Sub-Scale	*B*	Standart Hatası	β	t	R^2 Change
Health Responsibility					
Well-being	.28	.04	.42	7.83***	.17
Physical Activity					
Competence	.26	.04	.33	5.99***	.15
Well-being	.15	.04	.22	4.08***	.04
Nutrition					
Well-being	.18	.03	.32	5.74***	.13
Competence	.09	.04	.15	2.62**	.02
Spiritual Growth					
Well-being	.37	.03	.63	14.19***	.44
autonomy	.10	.03	.15	3.33***	.02
Interpersonal Relation					
Well-being	.28	.03	.53	10.53***	.31
relatedness	.07	.03	.12	2.47*	.01
Stress Management					
Well-being	.29	.03	.47	8.99***	.25
Autonomy	.11	.04	.14	2.72**	.02

***p<.001, **p<.01, *p<.05

The multiple regression analysis was applied to analyse for whether basic psychological needs and well-being subscales are determinants of healthy lifestyle behaviors (Table 3). Regarding, health responsibility, the first subscale of healthy lifestyle behaviors, well-being (β=.42, t =7.83, P<.001) determined as significant predictors. The subscale of Physical activity was found that, the competence (β=.33, t =5.99, P<.001) and well-being (β=.22, t =4.08, P<.001) provided a statistically positive predictors and explained the highest proportion of the variance of the score of competence subscale. The third Healthy lifestyle behaviors subscale showed that the well-being (β=.32, t =5.74, P<.001) and competence (β=.15, t =2.62, P<.01) subscales were statistically positive predictors for the nutrition subscale and explained the highest proportion of the variance of the well-being subscale. When we examined the interpersonal relations subscales, it was seen that well-being (β=.53, t =10.53, P<.001) and relatedness (β=.12, t =2.47, P<.05) provided positive predictions. Among these structures, well-being was found to be the highest with 31% variance. Subscales of Spiritual Growth and Stress management were found

that well-being and autonomy were positive predictors. Spiritual Growth and Stress management were explained with 44% and 25% total variances respectively, by these variables.

DISCUSSION AND CONCLUSION

The changing and continually-developing technology in today's conditions are observed to change life styles of individuals and affect them physically, mentally and psychologically in their lives. This change is seen to have effects on healthy life behavior with social well-feeling and with satisfaction of psychological needs by being internally motivated together with participating in exercise. In our study that we have made, it is aimed to examine the main psychological needs in exercise, healthy lifestyle behavior and psychological well-being structures of individuals who do exercises.

In our study, it was found out that the subscales of main psychological needs, healthy life behavior and well-being scales differ in terms of the exercise programs done by sporting individuals in sport centers. Accordingly, when the exercise programs were compared, it was determined that the individuals who did yoga internalized the subscales like physical activity, nutrition, spiritual development, and stress management. In the consequence of the conducted literature scale, Ross et al. (2012), in their study, concluded that yoga could be useful in improving health behavior or health conditions regarding lifestyles. Watts et al. (2018) stated, in the results of the quantitative study they did, that there is a positive relationship between healthy nutrition and physical activity, and found in the results of the qualitative study, that young adults who do yoga feed more healthily than those who don't, can manage their desire to over-eat, join physical activity of medium-high severity. Different from the obtained results, Lim & Hyun (2021) stated, in their study made with individuals having joined an 8-week yoga and pilates program, that the pilates group showed a more considerable development in nutrition, physical activity and stress management subscales than yoga and control groups. In the experimental study they did, Lim & Park (2019) stated that the individuals who did pilates exercises felt themselves more energetic in physical and psychological terms. According to the results of our research, the fact that the yoga exercise program has a greater effect on the individual's healthy lifestyle behavior and spirituality has come to the fore more than other programs. In addition, it has been found that individuals who participate in yoga exercise programs have a healthier lifestyle than individuals who do not do yoga, and as the duration of yoga increases, their healthy lifestyle behaviors become more effective (Karagüzel, 2019). In this context, it can be thought that people choose this program to improve their health because the yoga exercise program is low-risk, spiritually comforting, more effective on quality of life and easily accessible compared to other exercise programs.

In our study, it was determined that well-being scale varied in exercise programs done by individuals who did sports. Accordingly, the individuals who did yoga were observed to have higher well-being status when compared to those who did fitness. As the result of the literature scan, the studies done more with yoga come to the forefront. Gaiswinkler & Unterrainer (2016), in their study done with 455 individuals interested in gymnastics, divided those who did yoga into three groups, and determined that there was a significant and high positive relationship in the well-being status of the highest yoga group when its relationship with well-being was examined. Kelley & Kelley (2020), in their study done with individuals over 60, found that there is a positive relationship between yoga and well-being status. In many studies conducted, physical activity and yoga are also observed to have positive effects on psychological mental health (Forfylow, 2011; Paterson & Warbuton, 2010; Yeom et al., 2009). When we examined

our study results, it was observed that both yoga and fitness exercise programs ensure the compliance between the body and spirit, while their approaches to exercise differ from each other. Yoga can be thought to provide the balance between mind and body of the individual like relaxing, stretching and meditation, ensuring the individual to feel mentally good.

When the relationship between the variables were examined with correlation and regression analysis, it was determined that there was a small positive relationship between subscale of psychological main needs in exercise and subscale of healthy lifestyle behavior. In the meanwhile, in the consequence of the regression analysis made for revealing the relationship between their structures, the activity having the subscale of healthy lifestyle behavior was found to be the most important determinant of competence having the subscale of psychological needs. At the end of the literature scan conducted, Ferriz et al. (2016), in their study made with 554 high school students being educated in Spain, stated that students foresaw the satisfaction of three main psychological needs related to physical activity. Xu et al. (2023), in their study made with 92 women over 60, stated that autonomy has a positive relationship with physical activity. Consequently, it can be observed in our study that a rise in the level of awareness of individuals can be ensured together with providing three main psychological needs, and they can spare time for themselves and involve healthy behavior into their lives together with the rise of the possibility to have a healthy body.

In our study, it was found that there was small positive relationship between subscales of main need in exercise and well-being status. There are many studies similar to this study. Goulimaris et al. (2014), in their study made with 290 people who joined Greek dance program, reported that there was a small positive relationship between subscales of main psychological needs in exercise and psychological well-being. Again, Bean et al. (2021), in their study made with 160 athletes of six community clubs in youth sport programs, found that there was a medium level positive relationship between subscales of main psychological needs in exercise and well-being. The result of this study shows that the participation in any sport activity increases the satisfaction of main psychological needs and psychological well-being mentally. There are many studies that support this study, too. **(**Cantarero et al., 2021; Deci & Ryan, 2008; Martela et al., 2023; Wilson et al., 2009).

In our study, it was determined that there was a positive, medium level of relationship between subscales of healthy life behavior scale and well-being. At the same time, in the consequence of the regression analysis made for revealing the relationship between their structures, it was observed that health responsibility, nutrition, spiritual development, stress management, and interpersonal relations are the most important determinants of well-being status. In the consequence of the literature scan made, Roh (2018), in their study made with 187 female students who joined pilates courses at six universities in South Korea, examined that the perceived health condition has a positive effect on their psychological well-being, reporting that the individuals who feel healthy physically are also psychologically healthy. Schulz (2020), in their study made, stated that consuming more healthy food every week, doing more spiritual exercise and doing more activities to live in harmony with natural environment are related to perceived well-being. Koch et al. (2021), in their study made with women, found that there is a positive relationship between healthy life behavior and psychological well-being. In the consequence of this study, it is seen that the individuals showing healthy life behavior like health responsibility, nutrition, spiritual development and stress management and interpersonal relations are in interaction with well-being status. Most of the studies in this field have examined the contributions of healthy life style behavior like exercise and physical activity to well-being (Chei et al., 2018; Martin-Maria et al., 2020).

In the consequence of the study carried out with individuals who join exercise programs in gyms, it was found that there were relationships between subscales of main psychological needs, healthy life behavior and well-being status scales of individuals who participated in the exercise programs. In the analyses made for revealing these relationships, it was observed that health responsibility, nutrition, spiritual development, stress management are the most important determinants of well-being. When the exercise programs of three main structures in our study are compared, it is seen that yoga program show more effect in health responsibility, physical activity, nutrition, spiritual development, stress management and well-being subscales. According to these resultant consequences, it is inferred that exercise programs are effective in behavior that trigger health, individuals feel themselves psychologically good, and yoga is the exercise program whose development is the most effective.

In addition to exercise programs that encourage individuals to be active, programs that aim to teach healthy lifestyle behaviors can be disseminated throughout the country. In addition, since meeting basic psychological needs is important for the development and health of the individual, the positive or negative effects on individuals can be investigated by including different exercise programs in gaining these healthy lifestyle behaviors. As a result of our research, the reason why yoga is preferred more can be supported by a qualitative research method by interviewing individuals. Investigating the effects of these exercise programs on adults as well as the effects on children in developmental age through experimental research can make a different contribution to the literature.

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