

Life satisfaction and increased self-perceived attractiveness as psychological benefits of physical activity

Zadowolenie z życia oraz wyższe poczucie własnej atrakcyjności jako psychologiczne benefity aktywności fizycznej

INTRODUCTION

There is a demonstrable relationship between a higher level of life satisfaction and greater physical activity however, it is difficult to determine the causation of such a relationship [1-7]. In this study authors sought to answer the question, does Crossfit training or Latin Dance change the level of life satisfaction and self-perceived attractiveness in a group of young subjects. Glassman, the creator of CrossFit, claims that

happiness and an active lifestyle depends on the feeling of empowerment that is maintained through physical activity [8].

Three hypotheses were formed: (1) physically active people (CrossFit and Latin Dance group) report higher levels of life satisfaction, than non-active people; (2) participants report higher levels of life satisfaction after completing practice than before physical activity; (3) self-reported attractiveness increases after completing a workout.

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ABSTRACT

The studies demonstrate the relationship between higher level of life satisfaction and exercise.

The purpose of this article was to determine what type of physical activity, CrossFit training or Latin Dance, positively impacts the level of life satisfaction and self-perceived physical attractiveness in young adults.

After CrossFit and Latin Dance training participants declared greater overall satisfaction with life, greater life optimism, increased self-efficacy and greater self-esteem.

The results of the authors' study may be an important contribution to the discussion about factors influencing human well-being. Furthermore, the research could be a scientific argument to promote physical activity among young adults.

Keywords: physical training, CrossFit, Latin Dance, life satisfaction, self-perceived attractiveness, well-being

STRESZCZENIE

Badania wskazują na związek pomiędzy wyższym poziomem satysfakcji z życia i większą sprawnością fizyczną.

Celem artykułu było określenie, który rodzaj aktywności fizycznej – trening CrossFit czy Latin Dance, pozytywnie wpływa na poziom satysfakcji z życia i samooceny atrakcyjności fizycznej młodych dorosłych.

Po treningach CrossFit i Latin Dance uczestnicy deklarowali większą ogólną satysfakcję z życia, większy optymizm życiowy, wzrost własnej skuteczności i samooceny.

Wyniki badań przeprowadzonych przez autorów mogą stanowić ważny przyczynek do dyskusji na temat czynników wpływających na dobrostan człowieka. Ponadto badania mogą stanowić debatę naukową na rzecz promowania aktywności fizycznej wśród młodych dorosłych.

Słowa kluczowe: trening fizyczny, CrossFit, Latin Dance, satysfakcja życiowa, samoocena atrakcyjności, dobre samopoczucie

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Previous studies, in the form of correlation studies, demonstrate the relationship between a higher level of life satisfaction and greater physical activity [3, 7, 9]. The research shows that intensive physical activity significantly improves mood [10, 11]. Recently, there has been more evidence suggesting that the actual increase in human well-being as a positive result of physical activity comes more from the decision-making than physical training itself [7].

Among the different lifestyles of young adults, a healthy lifestyle is a predominant type, and is characterized by taking care of one's body and psychological well-being. Popular aspects of healthy lifestyle are activities such as jogging, fitness, swimming, boxing, soccer, and basketball. CrossFit, a form of exercise that is constantly growing in popularity as a type of training, is based on personalized training and diet programs. Glassman, the creator of CrossFit, claims that happiness and an active lifestyle depends on the feeling of empowerment that is maintained through physical activity [8]. One of the main ideas of CrossFit is the General Physical Preparedness (GPP) concept. The GPP index is linked to self-awareness of one's weaknesses that becomes a starting point for specific training, practice and self-development processes [12]. Furthermore, these areas are responsible for feelings of empowerment that result in overall life satisfaction. Yet, the "power" is defined differently depending on family background, education, material status and aspirations. Self-efficacy can be obtained through different ways such as work or new skills and knowledge development. Young woman, for example, can evolve as model, whereas athletes can build the same self-efficacy by competing at everyday practice and the Olympics.

The research shows that physical activity, no matter what type, can positively affect many aspects of life: health, body condition and psychological well-being, interpersonal relationships - which is confirmed by meta-analysis [7]. Considering the results of many studies, physical activity affects general life quality, and according to Rapley, it is related to happiness, life satisfaction, free will and general well-being [2-5, 7]. In our research, based on that of The World Health Organization we assumed that life satisfaction is impacted by "perceived social position in terms of culture and values that the person lives by in relation to his or her goals, expectations, standards and interests" [13].

Much of the previous research deals with the relationship between physical activity and life satisfaction [6-7, 14]. The research conducted in Poland shows that the majority of participants who regularly played tennis agreed that their life satisfaction level was related to playing sports [15]. Regular practice sessions improved, in this research group, self-perceived physical attractiveness and vitality. Participants experienced more positive emotions that positively affected their mental state, and social relations,

including those in professional life. Research conducted on professional athletes proved these findings. Wojdat and colleagues showed the effects of Brazilian Jiu-Jitsu on quality of life and the level of optimism [16]. The research revealed that training significantly improved athletes' psychological well-being and their life satisfaction, however, the optimism level of women who trained Brazilian Jiu-Jitsu was lower than that reported by men.

Self-satisfaction triggered by post-training endorphin flow increases the life quality of physically active individuals [17, 18]. Physical attractiveness, which is a side effect of an athletic lifestyle, improves the life-satisfaction of many athletes. Mikołajczyk in her study conducted on rowers demonstrated that engagement in sport increases body image satisfaction among adult men [19]. Interestingly, the same results were not found among junior male rowers, suggesting that junior athletes are not focused on their body image yet. Women, on the other hand, perceive sports as having a negative impact on stereotypically understood femininity, since it is associated with a muscular, athletic body type. Indeed, women are highly motivated to carefully monitor their bodies and it significantly decreases the positive impact of an athletic lifestyle on female body satisfaction [2, 20]. Accordingly to these findings, professional female athletes may experience a negative impact of body image on their life satisfaction.

Physical attractiveness is related to biological and social functioning and takes on an important part of everyone's life [5]. Physically attractive individuals build relationships with others much more easily [21-23]. The strongest determinants of interpersonal attractiveness are: physical attractiveness, frequent social interactions, shared similarities among people and certain behaviour exchange between individuals [22, 24]. It has been noticed that young adults engage in fitness and dance classes in order to improve their physical and interpersonal attractiveness. Polish research conducted by Drohomirecka and her colleagues showed that women aged 18-47 who attended fitness classes preferred aerobic classes that included dancing, exercising with music and classes run in groups [25].

Dancing executed to the rhythm of music or spontaneously, can be expressed in artistic, concert or formal dance form. Dancing can be considered as a form of art, as well as a type of sport performed individually or in groups. People of any age - kids, adolescents, adults and elders, even those with disabilities, can surely undertake the activity. Dance has its roots in a human need to move and externalize emotions, moves, mimicry, and gestures. The founder of American modern dance, Martha Graham, used to call dance the expression of man's bothering need and that every dance is a kind of discovery of ourselves [26].

Certain movement schemas characterize specific dance trends, known as choreographic figures [11]. Each form of dance is complemented by specific music based on rhythm, metrics (2nd beat; 3rd beat) and units (fast, slow). Since, music therapy is a complex issue, our article is focused only on the physical activity aspect of it. Physical activity improves physical fitness, by increasing mineral bone density and bone strength, which have a positive impact on quality of life. Dancing is recommended as a form of therapy in order to prevent large number of symptoms or reduce the duration of convalescence during physical therapy [27]. Additionally, there is a close relationship between one's body movement and one's emotional state. Harmonic moves to the rhythm of music can decrease stress and stimulate positive thinking [11, 17, 28-30]. Through various body moves according to changing music rhythms, dance develops an individual's fitness and psychological ability to relax. Both individual and group dance facilitate social interactions and new relation building. The research on the positive effects of dancing on mood conducted on music school students shows that dance affects body coordination, decreases stress level, and improves mood [31].

Finally, dance facilitates creativity, emotional expression, stress relief, physical fitness, and a need to attract the attention of others. It helps people to overcome shyness, and improves overall life satisfaction. The resources and research presented are consistent with the basic theory of CrossFit by Glassman [8]. According to Glassman, perceived body image, and physical attractiveness, the main aspects of CrossFit, create a source of power. Improved self-perceived attractiveness obtained through physical training, leads to a higher level of self-satisfaction.

The article presented refers to the relationship between life satisfaction and physical fitness, gained through physical activity. The purpose of the study was to examine physically active individuals who engaged in CrossFit training and Latin Dance. In our study, two research questions were stated: (1) does Crossfit training or Latin Dance change the level of life satisfaction and self-perceived attractiveness in a group of participants; (2) is life-satisfaction higher among young adults doing CrossFit training or Latin Dance. Three hypotheses were tested: (H1) Life-satisfaction will be higher among physically active individuals (CrossFit training and Latin Dance) compared to non-active individuals; (H2) participants will report higher levels of life satisfaction after completing training sessions than before training; (H3) participants will report a higher level of self-perceived attractiveness after completing training sessions of CrossFit and Latin Dance.

Table 1 Participant Demographics Group

Demographics	CrossFit	Latin Dance	Non-active -control
Sample size (n)	25	25	25
Gender (f/m)	7/18	25/0	17/8
Age (M ± SD)	29.92 ± 6.74	31.08 ± 8.15	

Source: own study

MATERIAL AND METHODS

Participants

Recruitment was undertaken using poster advertisements placed in the University of Social Sciences and Humanities, Warsaw, Poland. 75 individuals (aged 20-50; M=30.09; ± 6.35) volunteered to participate in the study and completed the training program (tab. 1). The youngest person was 20 years old, and two people were 48 and 50 years old. The state of health and types of physical activity undertaken were the basic criteria for participation in the study. The participants were physically active people, without any health burdens. A control group consisted of participants not engaged in any physical activity. We took into account that passive control favoured practice effects, and tended to favour null effects for transfer but is largely inconclusive at the meta-analytic level [32]. After completing two weeks of the training program, five participants resigned from the study, four of them from the CrossFit group and one from the dance group. The study was approved by the local Ethical Commission at the University of Social Science and Humanities (permission no 2/2018, annex no 1/I/17-18) and was in agreement with the Declaration of Helsinki: Medical Research Involving Human Subjects. All participants provided their written informed consent prior to the study.

Design and Materials

- **The sociodemographic survey** constructed for the purpose of this study included questions regarding age, gender, general health, medications taken, leisure time preferences (home, dance club, gym, coffee shop, outdoors, friends, none of the above, different individual choice), form of physical activity (jogging, swimming, fitness, CrossFit, box, soccer, basketball, none of the above, different- individual choice), daily physical activity (how many hours a month, a week, a day a person spends on physical activity). Based on the survey answers, subjects were assigned to one of the training groups or the control group (non-active).
- **The Satisfaction With Life Scale (SWLS)** was developed to measure the judgmental component of subjective well-being (SWB) [33].

Numerous studies indicate that SWLS is shown to be a valid and reliable measure of life satisfaction, suitable for use with a wide range of age groups. The Polish version of

SWLS shows a discriminant validity of 0.5 and Cronbach's alpha = 0.81. The construct validity was tested based on correlation coefficients of variables that can reflect or impact life satisfaction. The tests show positive correlation with self-worth, self-efficacy, optimism, and negative correlation with perceived stress, emotional control (anger), depression, and anxiety. Factor analysis indicated one explanatory factor of 56.6% of variance.

Semantic differential was used to evaluate the sense of individual attractiveness.

Semantic differential questions allow the measuring of attitudes or feelings of respondents that might not be revealed through traditional survey question types. Semantic differential questions simply ask where the respondent's position is on a 7-point scale between two bipolar adjectives, such as "happy-sad," or "attractive – unattractive" [34]. For example, "0" means the most happy, "7" – the most sad. Each dimension was analyzed separately.

In the study presented, the following dimensions were used: self-confident – insecure, intelligent – unintelligent, assertive – unassertive, active – inactive, decided – undecided, wise – unwise, open – closed, energetic – unenergetic, trustworthy – untrustworthy, attractive – unattractive. In the analysis, only the attractive – unattractive dimension was taken into account.

Training

CrossFit training was performed in groups of 5-11, depending on attendance and following this pattern: warm up, weight workout and metabolic workout. The level of general physical fitness of the participants was verified during the first class in the training room by a specialist physiotherapist (exercise tests, control of physiological indicators of physical fitness).

Accordingly to HIIT method (High Intensity Interval Training), the CrossFit workout was a combination of interval and weight exercises such as running, push-ups, pull-ups, weightlifting, and indoor rowing. An example of CrossFit training is presented in annex 1. There are over 100 combinations of CrossFit workouts and they are based generally on varied, functional exercises mixed with gymnastics and weightlifting, focused on constant, conditioning, repeatable movements at high intensity. To support the participants all training sessions are planned under the watchful eye of the quality trainers. The training is adapted to the physical and health conditions of the trainees to support and not burden the body.

They consist of either AMRAP (as many reps as possible) workout or TC (time cap), in time intervals of about 9-20 min (HIIT) [8].

Latin Dance training was performed in groups of 6-9 at randomly chosen dance schools in Warsaw. Latin Dance, a freestyle dance, is a type of dance that is improvised without adhering to routine movements [35]. An example of dance training is presented in annex 2. Latin Dance is a set of Latin America styles of dance such as Salsa, Bachata, Samba, Argentine Tango, Cha-Cha-Cha and Merengue.

Procedure

The study was designed in 3 phases and included pre-test training and post-test. Subjects from the experimental groups (CrossFit and Latin Dance) completed 18 training sessions according to the plan: 6 weeks x 3 training sessions per week x 45-minute training session. The control group was a non-active group and did not participate in any physical activity during the 6-week study. The subjects agreed to participate in the study. All three groups completed the SWLS, semantic differential and sociodemographic survey as the pretest. Posttest included only SWLS and semantic differential and was conducted 3 days after the last training session. Data analysis contained only subjects who completed both pre-test and post-test as well as participated in all 18 training sessions.

RESULTS

The verification of the hypothesis was carried out using a two-factor analysis of variance for the variable dependent *life satisfaction* (indicator - result in the SWLS test) in the mixed scheme 2 (measurement) x 3 (group). The "group factor" is inter-object, and the intra-object "measurement factor" occurs on two levels: pre-test-diagnosis before training; and post-test-diagnosis after 6 weeks of training. The Anova's assumptions were met, the groups compared were parallel in terms of numbers of members, and the distribution of the dependent variable SWLS in both measurements in these groups was consistent with the normal one.

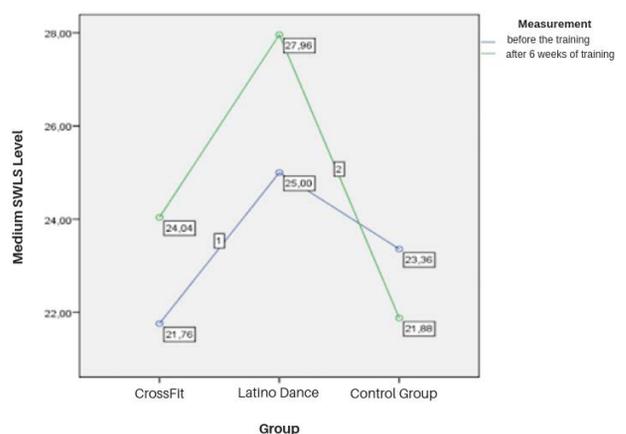


Fig. 1 Comparison of life satisfaction before and after a 6-week training program. N.B. It should be training, not the training Source: own study

The analysis showed a significant main effect of the “group factor”: $F(2;72) = 5.97$; $p < 0.001$; $\eta^2 = 0.969$. This leads to significant differences in the average sense of life satisfaction from both measurements, depending on the group. Pairwise comparisons with Sidak’s correction showed that female Latin dancers are significantly ($p = 0.016$) more satisfied with their lives ($M = 26.48$, $SE = 0.88$) than people doing CrossFit training ($M = 22.90$, $SE = 0.88$), and significantly more satisfied with their lives ($p = 0.008$) than people in the control group ($M = 22.62$, $SE = 0.88$). However, there was no significant difference ($p > 0.05$) between the CrossFit group and the control group. There was also a significant main effect of the measurement factor: $F(1;72) = 21.52$; $p < 0.001$; $\eta^2 = 0.230$. It indicates a significant difference, regardless of the group type, in the sense

of life satisfaction between the pre-test and the post-test (measurement before and after 6 weeks of training). Satisfaction with life of all the subjects analysed in measurement 2 was significantly higher ($M = 24.63$, $SD = 5.08$) than in measurement 1 ($M = 23.37$, $SD = 4.77$).

The most interesting thing from the point of view of hypothesis 1 is the effect of interaction, which also turned out to be significant: $F(2;72) = 26.11$; $p < 0.001$; $\eta^2 = 0.420$. This effect is shown in figure 1 and verified by the analysis of simple effects.

The analysis showed a significant main effect of the measurement factor in each of the three groups analysed. There was a significant improvement in life satisfaction: $F(1;72) = 23.74$; $p < 0.001$; $\eta^2 = 0.248$ among the CrossFit trainees. Additionally, satisfaction was significantly higher ($M = 24.04$, $SD = 4.76$) after the training than before the training ($M = 21.76$, $SD = 5.47$). The dancers’ life satisfaction improved significantly: $F(1;72) = 40.00$; $p < 0.001$; $\eta^2 = 0.357$ and was higher after the training ($M = 27.96$, $SD = 3.67$) than before the training ($M = 25.00$, $SD = 3.94$). Even though the difference in the control group was significant: $F(1;72) = 10.00$; $p = 0.002$; $\eta^2 = 0.122$, it was in the opposite direction. The subjects’ life satisfaction was significantly higher before the training, ($M = 23.36$, $SD = 4.40$) than after 6 weeks ($M = 21.88$, $SD = 4.87$).

We compared the feeling of self-attractiveness at the pre-test and post-test stages within the experimental and control groups. The analysis of variance was carried out for the percentage indicator of change in the attractiveness rating, calculated according to the formula $\text{Posttest-Pretest} \times 100\%$ (tab. 2).

The analysis showed significant differences in all the dimensions of the differential, apart from two features: Wisdom and Openness. Under the influence of training, a percentage improvement of self-reported attractiveness

Table 2 Comparison of the self-reported under the influence of training, depending on the type of physical activity (based on the semantic differential)

Variable		N	M	SD	Anova results	Differences between groups
Self-confidence	crossfit	25	24.20	23.98	$F(2;72) = 11.32$ $p < 0.001$	CrFit = Latin
	latin	25	21.67	33.09		CrFit > contr
	control	25	-10.38	28.14		Latin > contr
Intelligence level	crossfit	25	12.33	18.24	$F(2;42.9) = 5.81$ $p = 0.006$	CrFit = Latin
	latin	25	9.29	21.42		CrFit > contr
	control	25	-0.57	10.04		Latin = contr
Decisiveness	crossfit	25	12.36	30.59	$F(2;39.5) = 6.40$ $p = 0.004$	CrFit = Latin
	latin	25	14.85	38.27		CrFit > contr
	control	25	-6.29	13.11		Latin > contr
Activity/Engagement	crossfit	25	14.43	17.78	$F(2;72) = 11.47$ $p < 0.001$	CrFit = Latin
	latin	25	10.39	23.58		CrFit > contr
	control	25	-13.44	24.71		Latin > contr
Determination	crossfit	25	20.63	26.72	$F(2;41.1) = 12.24$ $p < 0.001$	CrFit = Latin
	latin	25	21.20	53.74		CrFit > contr
	control	25	-7.68	15.47		Latin > contr
Wisdom	crossfit	25	6.23	19.00	$F(2;72) = 2.21$ $p = 0.117$	ni
	latin	25	5.96	14.10		
	control	25	-1.68	11.11		
Openness	crossfit	25	21.23	43.83	$F(2;72) = 2.50$ $p = 0.089$	ni
	latin	25	34.21	121.51		
	control	25	-12.10	20.62		
Energy	crossfit	25	29.87	47.11	$F(2;38.9) = 10.96$ $p < 0.001$	CrFit = Latin
	latin	25	29.34	75.13		CrFit > contr
	control	25	-12.87	20.99		Latin > contr
Reliable/Trustworthy	crossfit	25	9.67	17.28	$F(2;72) = 3.65$ $p = 0.031$	CrFit = Latin
	latin	25	4.60	17.38		CrFit > contr
	control	25	-2.40	12.42		Latin = contr
Attractiveness	crossfit	25	18.00	23.33	$F(2;42.8) = 14.0$ $p < 0.001$	CrFit = Latin
	latin	25	75.47	167.44		CrFit > contr
	control	25	-16.31	26.33		Latin > contr

Source: own study

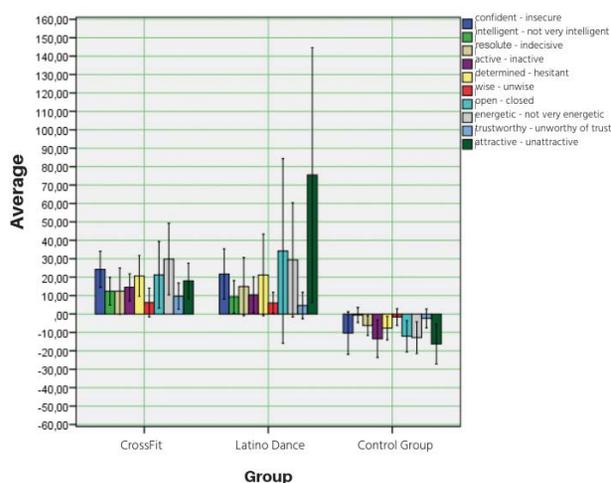


Fig. 2 The changes in self-reported attractiveness as a result of training Source: own study

was noted in the case of most of the indicators included in the semantic differential (in general in CrossFit and Latin groups self-reported attractiveness was higher than in the control group). According to the hypothesis, there was a significant increase in the sense of attractiveness in both training groups. The higher increase in the sense of attractiveness (about 75%) occurred in the group of Latin dancers. In the training groups, the average improvement rates were positive and increased by a minimum of 5% for a Reliable feature, approx. 10-14% for such features as: Activity /Engagement, Decisiveness /Firmness and Intelligence, and by 20-35% for the features Determination and Energy. In the control group, the results declined after 6 weeks of training, which may indicate a decrease in self-assessment in the examined range (fig. 2).

DISCUSSION

Previous studies refer to the analysis of cognitive benefits (attention, working memory, executive functions) of completing specific type of training: cognitive, physical, or compare the effectiveness of cognitive and physical training in different age groups [1, 14]. As yet, no research has been published regarding the effectiveness of different type of physical training, such as CrossFit and Latin Dance, on life satisfaction. Moreover, life satisfaction as an effect of physical activity seems to be a neglected and undervalued aspect in the research literature. The most common research results refer to the effects of dance on appearance, self-perceived physical and interpersonal attractiveness as well as the influence of systematic physical exercising on social relations and psychological states in athletes [11, 20, 24].

For this reason, in the study presented, we explored two issues: (1) does intensive physical exercising, such as CrossFit and Latin Dance, positively impact life satisfaction, and (2) self-perceived attractiveness in young adults?

The results of this study show that physical activity such as CrossFit and Latin Dance, positively affect levels of life satisfaction and self-perceived attractiveness. That confirms Glassman's theory of the relationship between happiness and the feeling of empowerment which is maintained through physical activity. Finally, in both experimental groups, the participants recorded a significant increase in life satisfaction level compared to the control group. Moreover, repeated tests in the control group indicated the contrary tendency, showing that participants in the control group reported higher life satisfaction in the first assessment compared to the second one. After completing the training program, participants in Latin Dance group reported the highest increase in self-perceived attractiveness (pre-test-post-test improvement of about 75%). The result obtained seems to confirm earlier research results that suggest that young adults should engage in fitness and

dance classes to improve their physical and interpersonal attractiveness. Latin Dance helps people to overcome shyness, and improves overall life satisfaction [31]. To clarify the results, we referred to the specifications of SWLS satisfaction with life questionnaire [33].

The participants used the SWLS questionnaire and Likert scale to rate individual satisfaction of life, achievements, and life conditions. The discriminative power of SWLS is extremely high and indicates high validity. The validity testing that involved psychological variables influencing life satisfaction, showed positive correlations between life satisfaction and self-esteem, self-efficacy and optimism. Negative correlation was shown with perceived stress, anger control, depression, and anxiety [6, 21, 28-29]. Extrapolation of the given data enabled the researchers to interpret the results of the participants who practiced CrossFit (this type of activity is more highly preferred by men). The Latin Dance group (dominated by women) reported greater optimism, increased self-efficacy, and a higher level of self-esteem. Thus, the participants became more energized and expressed positive energy that enabled them to create a positive image of themselves as optimistic and vital individuals. According to Glassman, the founder of CrossFit, the subjective feelings of "power" and self-efficacy are the main aspects of CrossFit [8]. A Good appearance, articulated through physical attractiveness, remains the source of the "feeling of power". Thus, CrossFit training can increase attractiveness, and consequently self-satisfaction. Previous research indicates that a similar effect can be obtained through Latin Dance. Dancing fosters not just physical fitness but also creativity, emotional expression, stress relief, expression of the need for being likeable and increased self-consciousness, which all influence self-perceived attractiveness and life satisfaction [11].

Research indicates the existence of hormonal correlators (endogenous morphine) of physical activity that create the feeling of happiness, self-satisfaction and overall satisfaction from the activity people engage in [17-18]. In fact, these benefits, particularly feelings of happiness, can be achieved through both intensive training like CrossFit, and Latin Dance, which is a sequence of rhythmic moves to specific music. These results are also consistent with the results of studies on the positive impact of dance on quality of life. In social science, life quality is consistent with feelings of happiness, life satisfaction, free will and overall well-being [4, 28]. Ultimately, according to the research, physical activity might lead to a happier life for many individuals.

CONCLUSIONS

The results of the study presented may be an important contribution to the discussion about factors influencing human well-being. Furthermore, the research will be a scientific argument to promote physical activity among young adults. According to our results, CrossFit training can be recommended to both men and women, as it improves physical fitness and increases self-perceived attractiveness (feelings of power and self-efficacy), which positively impact life satisfaction. The literature shows that group physical workouts particularly, have a positive impact on interpersonal relations, decrease stress and have relaxing effects on participants [31]. Latin Dance, on the other hand, can be recommended for women as a form of physical activity that improves physical fitness, body and emotional awareness, and, as our study shows, can be an activity that increases self-perceived attractiveness and life satisfaction. Finally, our results may be useful in improving the life quality of lonely individuals, as well as individuals with low self-perceived attractiveness and self-esteem.

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ANNEX 1

WOD (Workout Of the Day) – an example:

WARM-UP

10 push ups
10 pull ups
10 back extensions
10 air squats

STRENGTH TRAINING

overhead squats 3x3 repeat

METABOLIC TRAINING

3 clean & jerks 50kg (men)/35kg (women)
4 thrusters

AMRAP 3 min. / REST 1 min. / 4 rounds
(the score is the total number of repetitions)
* **AMRAP** – As Many Rounds As Possible

ANNEX 2

Latin Dance training – an example:

Warm-up

The classes always begin with a classic warm-up of about 10-15 minutes.

This part of the training includes, among others:

- starting warm-up
- warming of the ankles and knees
- spine strengthening

Initial training

Presentation of the dance steps, in such sequences that the participants of the group could remember them. Initially: to counting steps, and after that – to the music. The trainer corrects rhythmic errors, both in the silhouette and the counting of the steps.

Proper training

When the step sequence is composed and memorized, the group dances it to different music, so that some different rhythms can be practiced. As the dancers admit – they had great fun doing it, adding pieces of their personality to the steps. It makes the same step sequence a bit different for each person performing it. It looks as it's being danced in different ways.

End of the training

After intensive training, the trainer dedicates about 10 minutes to a calm down sequence, some breathing exercises and stretching: that is exercises for tired muscles and tendons.

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