

**RESEARCH PAPER****Assessing the Impact of Physical Activity on Life Satisfaction among Lawyers****¹Syed Umair Ali Shah * ²Dr. Asif Ali and ³ Natasha Munawar**

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In current modern days, lack of life satisfaction merge as major issue among various professionals including lawyers. Therefore, to assess the impact of physical activity on life satisfaction among lawyers was the primary objective of the study. The study consisted of 230 participants out of which 19 were female lawyers and 211 were male lawyers. These lawyers ranged from 25 years to 65 years ($M=38.19$, $SD=10.08$) in age. The nature of this research was quantitative cross-sectional. Participants level of PA and life satisfaction were measured using IPAQ and SWLS. The findings demonstrated a notably beneficial link between physical exercise and life satisfaction among lawyers. The findings suggested that life satisfaction may be improved by raising level of PA among lawyers. Furthermore, results also indicated that age and gender did not play any significant role. Hence, legal organizations and law firms might consider implementing wellness programs to improve LS among lawyers.

Keywords: Advocates, Lawyers, Life Satisfaction (LS), Physical Activity (PA)**Introduction**

Advocacy is a profession that is known for its long hours, high stress, daily tough tasks, high levels of accuracy, and potential obstacles on several levels (Nickum & Desrumaux, 2023). Lawyers often find themselves navigating a complex web of legal intricacies, intense deadlines, and the pressure to perform at the highest level (Ferraro & Mudric, 2023). Regrettably, lawyers fail to reach their full potential and they sacrifice themselves, their organizations, their clients, and even their loved ones (Richter, 2020). The field of a lawyer is ranked 12th in terms of the occupations with the biggest intellectual burden (Glomb, Kammeyer-Mueller, & Rotundo, 2004). A global study has demonstrated that psychological health issues, such as anxiety, sadness, and addictive behaviors impact the performance health of advocates (Bergin & Jimmieson, 2014).

Additionally, World Health Organization (WHO) has described its goal to maintain sustainable health and well-being of the professionals for sustainable community development (Organization, 2018). In this view, sufficient level of life satisfaction among professionals including lawyers seems important to attain the sustainable goals of WHO (Organization, 2018). The life satisfaction refers to the extent individuals evaluate the overall quality of their lives depending on how well people survive according to measures of mental and physical health (Willroth, John, Biesanz, & Mauss, 2020). The data on life satisfaction serves various purposes, including assessing life quality, pinpointing conditions conducive to a good life and understanding happiness levels (De Vos, 2019).

People who experience high levels of life satisfaction tend to maintain more positive social relationship and receive greater social support (Noor, Zollfikree, & Noruddin, 2021)

Furthermore, individuals with high level of life satisfaction have an edge in terms of professional success (Marum, Clench-Aas, Nes, & Raanaas, 2014) High life satisfaction level is correlated with enhanced job performance, increased career satisfaction, strong organizational commitment, and reduced intention to leave a job (Saeed, Waseem, Sikander, & Rizwan, 2014). Evaluated levels of life satisfaction also correlate with enhanced overall physical health and a reduced incidence of chronic diseases (Antaramian, 2017).

In contrast, the individuals with low levels of life satisfaction confront numerous obstacles in their lives, such as low work satisfaction, worry, lack of believing, failures, low performance in everyday professional matters, perception perceiving lack of employment chances, and many more factors that make them weak and stressed (Marum et al., 2014). Low satisfaction with life interrupts longevity and health leading to negative consequences (Sacchi, Merzhvynska, & Augsburg, 2020). In general, poor physical health and long-term health issues are associated with lower life satisfaction (Durand-Sanchez et al., 2023). Previous research demonstrated the importance of life satisfaction for overall health and well-being of the professionals (Antaramian, 2017).

In current modern days, lack of life satisfaction merge as major issue among the professionals. For example, in Russia 25.95% males were dissatisfied and 74.05% females were satisfied with their life (Kolosnitsyna, Khorkina, & Dorzhiev, 2017). In 2005 in the US, 5.6% of the adults, which is roughly 12 million people, reported that they were not satisfied with their lives (Strine, Chapman, Balluz, Moriarty, & Mokdad, 2008). The University of Virginia School Of Law demonstrated that 91% lawyers were highly satisfied with their lives, and 71% of respondents were satisfied with their career to become lawyers (Monahan & Swanson, 2019). These findings highlight the severity of the problem of lack of LS among the masses.

PA maybe considered as a factor to improve health and LS as there is growing evidence that it can also help to improve life satisfaction (Fox, Stathi, McKenna, & Davis, 2007). PA has been the subject of much research by scientists who are interested in its potential to improve the psychological, physical, and social well-being of men (Ye, Kahana, Kahana, & Xu, 2018). PA benefits physical health in many ways, such as improving functional capacity, reducing disease risk, and enhancing body fitness (Teixeira Vaz et al., 2019). Engaging in regular PA can decrease the developing chronic condition or can help to improve the overall health and fitness, and reduce the risk for many serious illnesses (Wöbbeking Sánchez et al., 2021). The PA can clarify the good mental health with satisfaction of life (Durand-Sanchez et al., 2023).

Additionally, some researchers have also suggested the use of exercise and physical activity (PA) as medicine to treat many psychological problems (Loureiro & Veloso, 2017). Physical fitness has a bigger impact on health indicators than PA and being unfit should be viewed as a risk factor separate from inactivity. The effects of both PA and your fitness level on health indicators are not linked to another (Busing & West, 2016; Łabudzki & Tasiemski, 2013). Humans can experience comprehensive gains that favorably influence multiple aspects of their lives by adopting physical exercise into their lifestyle (Ortuño-Sierra, Aritio-Solana, Chocarro de Luis, Nalda, & Fonseca-Pedrero, 2019). Multiple research investigations have demonstrated the psychological benefits of regular physical exercise, as well as increases in mood and life satisfaction (J. P. Lin, Chang, & Huang, 2011; Pickard et al., 2018; Smith, Saklofske, Yan, & Sherry, 2017).

Furthermore, factors contributing to high life satisfaction have gained significant importance among researchers and professionals in health and well-being, as understanding these factors can lead to improve strategies for promoting better health outcomes and overall quality of life. Although, many studies have been conducted in the past that included both these variables in other populations such as teachers, children, adults, doctors and bankers. However, advocacy turned out to be one such profession in this regard

that was missing. Therefore, to assess the impact of physical activity on life satisfaction among lawyers was the primary objective of the study. Additionally, this study sought to add to the body of knowledge and provide meaningful data for programs to promote wellness within this demographic.

Literature Review

Prior research demonstrated a strong and positive association between life satisfaction with health and PA. This further means that if the respondents were physically active and healthy then they will be satisfied with their lives as well (Moral-García, Urchaga-Litago, Ramos-Morcillo, & Maneiro, 2020). In a similar study carried out by An et al. (2020), it was discovered that PA was significantly associated with life satisfaction and happiness of all age groups. It was also suggested that as age of the participants was increased, their level of life satisfaction was also increased. Additionally it was stated that when people engage in more PA and do so with higher intensity, and when they perform better in terms of physical fitness, they tend to experience greater life satisfaction (Y.-T. Lin, Chen, Ho, & Lee, 2020). Satisfaction with life and physical exercise were positively correlated in middle-aged people (Ye et al., 2018).

According to Bae, Ik Suh, Ryu, and Heo (2017), even mild PA throughout the summer can improve LS and physical health. However, in the winter, light PA were connected to certain other beneficial characteristic in addition to physical health and LS (Whitehead, Hamidi, Ebrahimi, Hazavehei, & Kharghani Moghadam, 2023). Additionally, regardless of the season, engaging in moderate PA was favorably related to physical health. Surprisingly, both in the summer and the winter, intense PA did not seem to have any connection to life pleasure or physical health (Bae et al., 2017). According the result of a study by Ferraro and Mudric (2023), it has been discovered that lawyers have unhealthy behaviors when it comes to stress, stress management, nutrition, exercise, and alcohol and cigarette usage. Therefore, it's crucial to identify individual attorneys who exhibit unhealthy behaviors and offer medical assistance (Barani & Sabapathy, 2015). In another study, the association between life satisfaction (LS) and PA was explicitly examined in adult participants (Panza, Taylor, Thompson, White, & Pescatello, 2019).

Material and Methods

Design of Study

The nature of this research was quantitative cross-sectional.

Population and Sample

The data was collected from 230 participant's and age ranges from 25-60 years old (mean age: 38.19; SD: 10.083) to make up the size of sample. The nature of this study was controlled sampling. Data was gathered from lawyers who were the voluntarily to participate in this study.

Instruments

The instrument that was used for data collection for this study consistent of three sections A, B and C. those were included Personal information, PA and LS.

Demographic and Personal information

This section consists of 10 questions related to the age, gender, marital status, income, residence, years of experience, height in inches, weight in kg's, BMI, RHR.

IPAQ-SV

This tool, developed by Craig et al. (2017), was used to assess individuals' PA level (vigorous, moderate, and low) over the previous seven days. It comprises of a series of 7 items that may be used to acquire data on health-related PA on a worldwide basis. Due to its standardized methodology, extensive assessment, global application, validity, accessibility, and cost-effectiveness, IPAQ is a commonly used test for determining PA levels.

SWLS

In order to evaluate the LS of advocates, SWLS was created by Diener, Emmons, Larsen, and Griffin (1985). Each statement was scored by participants on a scale of 1 to 7, where 7 denote strong agreement and 1 strongly disagree. This tool is considered very highly reliable and adequate to gauge life satisfaction due to its CronBach alpha score of 0.84 to 0.88.

Procedures

A questionnaire with three sections was used to collect data: demographic section, PA section and life satisfaction scale section. The participants were instructed about the questionnaire and granted the opportunity to inquire about any items they did not understand. Furthermore, they were assured of the confidentiality of their personal data and were also provided with informed consent to make their participation voluntary. Questionnaire was given out to the respondents, and information was gathered one by one from each person. The questionnaire was filled out by respondents in approximately 20-30 minutes.

Interpretation of data

The software utilized for the purpose of interpretation of data was SPSS Version 27. Pearson correlation, partial correlation and descriptive analysis were also used in this regard to interpret. Lastly, the p-value was fixed to less than 0.05 ($P < 0.05$) for significance in all analysis.

Results and Discussion

The characteristics of sample frequency tables presented in Table1 provide an overview of the distribution of 230 voluntarily across different levels of LS and PA.

Table 1
Characteristics of sample frequency table for PA and LS categories

Gender		
characteristics	Frequency	%
Male	211	91.7
Female	19	8.3
Total	230	100.0
Marital Status		
Married	194	84.3
Unmarried	33	14.3
Divorced	3	1.3
Total	230	100.0
Income		
<50k	51	22.2
50 k_1 Lac	96	41.7
01 Lac_1.5 Lac	27	11.7

>1.5 Lac	56	24.3
Total	230	100.0
BMI (Body Mass Index)		
Low	55	23.9
Moderate	96	41.7
High	79	34.3
Total	230	100.0
Residence		
With family	224	97.4
Without family	6	2.6
Total	230	100.0

The sample contained 91.7% male and 8.3% female respondents. In terms of marital status, 84.3% of the respondents are married while unmarried individuals represent 14.3%, and divorced individuals make up a minimal 1.3%. Regarding income distribution, a notable portion of respondents, 41.7%, of earning between 50k and 1 Lac, followed by 24.3% earning more than 1.5 Lac, 22.2% earning less than 50k, and 11.7% earning between 1 Lac and 1.5 Lac. According to the distribution of body mass index (BMI), 41.7% of respondents have a moderate BMI, 34.3% have a high BMI, and 23.9% have a low BMI. Furthermore, the vast majority of respondents, 97.4%, reside with their families, while a small proportion, 2.6%, lives without family.

Table 2
Descriptive statistics of distribution of 230 participants across different levels of PA and LS

Characteristics	N	Minimum	Maximum	Mean	SD
Age	230	25	60	38.19	10.083
Gender	230	male	female	1.08	.276
Marital status	230	married	divorced	1.17	.409
years of experience	230	1year	36 years	12.46	9.224
Income	230	<50k	>1.5 Lac	2.38	1.082
Residence	230	With family	Without family	1.03	.160
height in inches	230	60	74	67.90	2.162
Weight in Kg	230	52	125	84.44	13.503
BMI category	230	Low	High	2.10	.758
RHR	230	54	106	82.14	11.252

An overview of the major variables in the research sample is given by the descriptive statistics in Table 2. 230 people made up the sample, and descriptive insights were obtained by analyzing health-related and demographic factors. The age distribution of the respondents was found to be relatively wide within the sample, with average age 38.19 years age (SD = 10.083), ranging in age from 25 to 60. The gender distribution the sample population showed a male skew, with a mean of 1.08 (SD = 0.276) and a preponderance of males. With a mean of 1.17 (SD = 0.409), married respondents made up the bulk of the sample; divorced respondents made up a comparatively smaller percentage.

The respondents' professional backgrounds were stated to be varied, and their years of experience varied from one to thirty-six. With a mean year of experience of 12.46 (SD = 9.224), the participants exhibited a considerable degree of professional knowledge. Income levels varied across the sample, with a mean income category of 2.38 (SD = 1.082), suggesting a broad range of income brackets represented, from less than 50k to over 1.5 Lac. A mean of 1.03 (SD = 0.160) revealed that most respondents lived with their families, emphasizing the familial setting in which the sample was located.

Anthropometric measures showed that respondents' average weight was 84.44 kg (SD = 13.503) and their average height was 67.90 inches (SD = 2.162), demonstrating a wide variation of body compositions within the sample. Body Mass Index (BMI) groups were classified as low, high, and mean 2.10 (SD = 0.758) indicated that participants' weight status varied. A mean resting heart rate (RHR) of 82.14 (SD = 11.252) was found, with values ranging from 54 to 106 beats per minute. This information sheds light on the sample's cardiovascular health profile.

Table 3
Pearson correlation of explanatory variable PA and response variable life satisfaction scale among lawyers

Correlations			
		PA Levels	Life Satisfaction global score
PA Levels	PEARSON CORRELATION	1	0.255**
	Sig.(2-tailed)		0.000
	N	230	230
Life Satisfaction global Score	PEARSON CORRELATION	0.255**	1
	Sig.(2-tailed)	0.000	
	N	230	230

Pearson correlation of PA and life satisfaction among lawyers is shown in table 3. The correlation coefficient between PA Levels and Life Satisfaction Global Score is 0.255, indicating a positive correlation. This suggests that as PA Levels increase, Life Satisfaction Global Score tends to increase as well. The significance level (p-value) for the correlation coefficient is reported as less than 0.001 (2-tailed), denoted by the double asterisks. The analysis is based on a sample size of 230 individuals. The positive correlation between PA Levels and LS Global Score ($r = 0.255$) implies that, in this sample, increase life satisfaction has been linked to PA. Significance level being less than 0.001 suggests a strong statistical confidence in the observed relationship. This means that the probability of obtaining a correlation as large as observed in a sample of 230 people, assuming the two things, life satisfaction and PA level, are not really related. The overall score is quite poor.

Table 4
Partial correlation of predictor variable PA and dependent variable Life satisfaction while controlling the effects of Gender and Age variable among lawyers

Correlations				
Control Variables			PA Levels	Life Satisfaction Global Score
Age & gender	PA Levels	Correlation	1.00	0.197
		Sig.(2-tailed)		0.003
		df	0	226
	Life Satisfaction Global Score	Correlation	0.197	1.00
		Sig.(2-tailed)	0.003	
		df	226	0

Partial correlation of PA and life satisfaction among lawyers is shown in table 4. Partial correlation was used to examine the relationship of LS with PA, while controlling for age and gender. After adjusting for both gender and age, the partial correlation coefficient between the PA levels and the Life Satisfaction Global Score is 0.197. This indicates a positive partial correlation, suggesting that after accounting for the influence of Age & Gender, there is the global life satisfaction score and are still positively correlated and PA

levels The significance level (p-value) for the partial correlation is reported as 0.003 (2-tailed), which is less than 0.05.

This indicates that the observed partial correlation is statistically significant, suggesting that the association between PA levels and Life Satisfaction Global Score, while keeping controlling for Age & Gender, is unlikely to have occurred by random chance. The degrees of freedom are given as 0 for Age & Gender and PAL, and 226 for Life Satisfaction Global Score. This may be due to the specific way the analysis was conducted, and the degrees of freedom are not typically zero. It would be advisable to check the specific settings used in the analysis.

The positive partial correlation coefficient ($r = 0.197$) implies that even after accounting for the influence of Age & Gender, a positive relationship persists between the overall life satisfaction score of lawyers and their levels of PA. The significance level being less than 0.05 suggests a statistically significant relationship. The partial correlation analysis, while controlling for Age & Gender, allows us to isolate the relationship between life happiness and PA levels global score, providing a more nuanced understanding of their association within the study's context.

Discussion

Factors contributing to high life satisfaction have gained significant importance among researchers and professionals to improve health and well-being. However, advocacy in this regard turned out to be one such profession that was left unexplored. Therefore, to assess the impact of physical activity on life satisfaction among lawyers was the primary purpose of the research. The findings demonstrated a notably beneficial link between physical exercise and life satisfaction among lawyers. The findings suggested that life satisfaction may be improved by raising level of PA among lawyers. Furthermore, it was also observed that age and gender do not play any significant role in this regard to influence the above-mentioned findings.

The findings concerning the association between PA and LS were quite significant. The results indicated that positive effects of PA on LS among lawyers were found in this study. This result is consistent with earlier research showing these benefits. The previous studies on middle school student's levels of PA, life satisfaction, and self-related health, showed that engagement in PA and participation in sports are linked to enhanced life satisfaction among middle school students (Zullig & White, 2011). Regular PA was linked to a number of psychological advantages, such as increased learning, decreased anxiety and depression, enhanced life satisfaction, according to numerous research (Gous, Ali, & Hadayat, 2023). A person's level of life satisfaction determines their subjective level of happiness (Veenhoven, 2015). It is influenced by a variety of circumstances, including physical and mental health Ko and Jung (2021), social cohesiveness Holt-Lunstad (2018) and strong financial standing (Gous et al., 2023).

Additionally, it was also observed that age and gender do not play any significant role in this regard to influence the above-mentioned findings. These findings align with the results of a past study conducted to explore any correlation between life satisfaction and PA across various age groups. The age groups comprised of young, middle-aged, and older persons. The findings suggested a noteworthy correlation between PA and the outcomes in all these three age groups (An et al., 2020). PA supports prospects for social interaction and interest in important things to perform, both of which have been shown to enhance life contentment (Kim, Lee, Chun, Han, & Heo, 2017). These findings, to our knowledge, might contribute to the existing literature by adding significant results. Additionally, to gain a more thorough understanding of the observed relationship, it may be necessary to investigate potential contextual and demographic factors that could moderate.

Conclusion

The results showed a strong positive correlation between lawyer's level of physical exercise and life satisfaction. Lawyers who received regular PA were more satisfied with their lives in general. These results emphasize the significance of PA in the development of life satisfaction among lawyers. Additionally, it can also be concluded that regular PA might help lawyers live more fulfilled lives and increase their level of overall life satisfaction.

Practical Implications

The study emphasized the importance of PA in the stress-induced lives of lawyers. In order to support the health of their employees, legal organizations and law firms might consider implementing wellness programs, which could enhance LS and PA. In addition, attorneys themselves need to recognize the potential benefits of maintaining a healthy lifestyle and emphasize the need to balance professional commitments with self-care activities like working out.

Recommendations

The final results recommend that sufficient level of physical activity is required to improve life satisfaction among lawyers. However, more studies with larger sample size and longitudinal design are required in this regard to strengthen the above-mentioned findings.

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