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Tipo	Periódico
Título	The impact of passion for exercising on the perception of well-being during periods of social isolation
Autores	Peixoto, Evandro Morais;Campos, Carolina Rosa;Oliveira, Karina da Silva;Palma, Bartira Pereira;Bonfá-Araujo, Bruno;Anacleto, Geovana Mellisa Castrezana;
Autor(es) USF	Peixoto, Evandro Morais; Oliveira, Karina da Silva
Autores Internacionais	
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Resumo	Objective of this study was to, based on a theoretical model, verify the associations between the variables passion, affect, satisfaction with life, and distress, the predictive power of the different types of passion on the perception of positive and negative affect, and the effect of this relation against the evaluation



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of psychological well-being and distress. Method Three hundred and fifty-nine participants aged between 18 and 70 years ( $M = 36.60$ ;  $SD = 11.90$ ) answered a sociodemographic questionnaire, and the Passion, Positive and Negative Affect Schedule, Satisfaction with Life, and the Kessler Psychological Distress Scales. Data were analyzed using correlation coefficients and structural equation modeling. Results The adequacy of the proposed model was estimated with satisfactory fit indices and positive relations between Harmonious Passion, Positive Affect, and Satisfaction with Life. Conclusion The results suggest that Harmonious Passion contributes to coping with suffering and negative experiences, such as those experienced in the pandemic moment.

Fomento

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