OBJECTIVES OF THE STUDY

1. To examine the influence of fitness consulting on the psychological well-being of young mothers (age: 25-40 years) having children between 1-5 years of age.

2. To identify the factors that will enable young mothers towards better adherence of an exercise program.

3. To study the different interventional tools adopted by young mothers having children between 1-5 years of age, for their own psychological well-being.

4. To understand what are the factors that make young mothers decide to hire a fitness consultant.

5. To identify the relevant qualities of a fitness consultant that young mothers look for, that will aid in promoting their psychological well-being.
Psychological well-being can increase with age, education, extraversion and consciousness and decreases with neuroticism (Keyes et al., 2002). In terms of gender, research has suggested that there is no significant difference between men and women on measures of psychological well-being (Roothman, Kirsten & Wissing, 2003). Ryff’s components of objective psychological well-being are outlined separately below for explanation and clarification purposes. When unpacked there appears to be a relationship between Ryff’s psychological well-being components and the psychological skill components previously outlined, with psychological well-being components seemingly inter-related with various psychological skills components. Some studies in this sphere are devoted to organization of sports training of qualified athletes, others devoted to psychological characteristics in the development of physical qualities only in individual kinds of sports, or trainings with children and adolescents who do not go in for sports [19, 20]. On the bases of theoretical analysis and generalization of scientific and methodological literature devoted to improvement of young athletes’ training the following contradictions have been revealed - between modern requirements to increase the effectiveness of young athletes due to personal psychological qualities and the lack of scientifically based methods of recording and classifying children’s motives towards sports. Health and psychological well-being are the most commonly studied outcomes of the retirement transition and bridge employment. Scientists from many different disciplines have documented the positive impact of nature on psychological well-being (Bowler, Buyung-Ali, Knight, & Pullin, 2010; Keniger, Gaston, Irvine, & Fuller, 2013; Maller, Townsend, Pryor, Brown, & St. Leger, 2006). Interacting with nature, even passively (i.e., by viewing a natural scene through a window), has been associated with improvements in attention and focus, potentially by providing restoration of cognitive resources (Berman, Jonides, & Kaplan, 2008; Hartig, Mang, & Evans, 1991) or offering a buffer to physiological stress. The outcome was impact on psychological well-being and all study designs were considered. Search results were reduced from 10,749 studies, to 14 (nine quantitative and five qualitative) after screening. Results Interventions lasted from six weeks to nine months, with nine being multi-component. A positive affect on psychological well-being or related variable was reported in twelve studies. However, there were inconsistencies in measurement, a lack of baseline data and limited follow-up. Conclusions SBIs display a positive trend toward beneficial impact on psychological well-being within prisons. However, future studies should aim to address identified measurement inconsistencies and weak research design, and also include psychological change theory in their design. In summary, psychological well-being was good in most of the overweight and obese adolescents. However, the excess-weight adolescents significantly more often revealed body dissatisfaction and other symptoms related to eating disorders ($p < 0.001$) and abnormal dietary behavior ($p < 0.001$) than their normal-weight peers. 2.2. Psychological well-being of adolescents. 14. 2.2.1. Body satisfaction. They make decisions about professional and educational goals and leave home (Blos, 1962; Garnefski and Diekstra, 1996; Steinberg and Morris, 2001; Gutgesell and Payne, 2004). 13. 2. review of literature. 2.2. psychological well-being of adolescents.