

## ABSTRACT

The study of self-perceptions and subjective well-being in aged people is reduced, especially in active and sedentary. Considering the importance of self-perceptions and subjective well-being, our study has as main goal to evaluate self-perceptions in active and sedentary aged and to see how physical activity influence physical self perceptions and well-being levels on those.

The present study is an exploratory study because the reduce/clinical version of SPSS is primary used on these population in Portugal.

The sample is made up of 65 individuals of which 28 are actives and 37 are sedentary. Their age ranges between 65 and 74 years, and an average of  $69,5 \pm 2,12$ .

The instruments used were: a test battery for subjective well-being: the Satisfaction With Life Scale, of Pavot et al. (1998), the Self Anchoring Rating Scale, of Cantril (1965), to value the global life satisfaction at the moment, the Perceived Stress Scale (PSS), of Cohen et. al (1983) – Portuguese version of Ferreira, J.P. (2005) and the Physical Self-Perception Profile – PSPP, of Fox and Corbin (1990) – translated and adapted by António Fonseca (FCDEF – UC).

Concerning to the statistical treatment, we used the descriptive statistics (average, standard deviation, frequencies distribution and respective percentage), and the inferential statistic, we fell back upon the analysis of the variance through the Student T-Test and One Way ANOVA.

The results obtained after the statistical treatment allowed us to conclude that are statistically significant differences between Life Satisfaction on males and between physical self-perception and the variable escolarary. Results suggested that physical self-perceptions and subjective well-being become more positive with physical activity. These results are reduced and are a description of those.

**Key-words:** Physical Self-Perceptions, Subjective well-being, Aged, Physical activity.