

Summary

The purpose of this study is to interpret the PIL test and its relationship to relaxation in Panamanian citizens in confinement. To this end, a survey was conducted in online form to 533 individuals (39 ± 11 years) using the Purpose in Life (LIP) test and an ad-hoc questionnaire for know physical activity (AF), mental relaxation (MRI), hours of sleep, and concerns and satisfaction during confinement. The group that performed the suggested MRI activities obtained a significantly higher PIL test value than the group that did not perform the MRI activities.