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Effect of Physical Activity on Mental Health and Illness

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Abstract

Mental disorders are common, and they are a significant contributor to disability in the community. There is growing interest in the effectiveness of exercise interventions for improving mental and physical health in individuals with mental disorders. This paper reviews the evidence for the benefits of exercise for mental health problems and also shown that physical fitness apparently protects the memory centers of the brain. Regular physical exercise helps lower our risk for high blood pressure, high cholesterol, diabetes, and host of other problems. In this paper we are discus the effect of physical fitness as a factor influenced by sport and other bodily activities on the mental health of non-patients.

Key Words : Physical Activity, Mental Health, Sports, Exercise.

Introduction

There is a substantial body of evidence that shows a positive relationship between physical activity and mental health and illness People who are engaged in sports activities have a better feeling about their body image and physical health Cross-sectional studies show that regular physical activity is associated with better mental health and emotional well-being and lower rates of mental disorders· Physical fitness exercises help cure panic, reduce depression symptoms, increase emotional responses in depressed people decrease anxiety cure psychosomatic disorders, obsession and psychosis[1], increase life expectancy and improve the quality of Because of today's lifestyle and eating habits, relaxed work environment rich as well as poor people also

are struggling with various vaious mental and physical disorders / sickness, like high blood pressure, diabetes, censer, hart despises, hypertension, etc.

For betterment and maintaining standard of life every human being has to mention his/ her mental health sound. Physical Fitness and its components are related with mental health. Self-image and life satisfaction are truly responsible for good mental health. It helps to improve positive approach towards self and others. And it is been proved that physical activity helps an individual in mentioning his/ her mental state.

Research has proved that Mental health is improved by regular low, medium level physical activity. People exercising for regular succession find improvement in their self actualisation, self image and their physical fitness In today's generation, lack of exercise has become very serious health issues associated with mental and Physical health. Through participation in sports and other physical activity self image can be improved and personality becomes dynamic. Also self confidence, high social cooperation and coordination can be achieved. By exercising physical activity anxiety can be reduced. and increases emotional response of people suffering from anxiety. It helps in making an individual free from physical and mental fitness related disorders [7,8] Also it helps to improve Quality life span.

Therefore, the aim of this research is to study the effect of physical fitness as a factor influenced by sport and other bodily activities on the mental health of non-patients.

Effect of Exercise on Various Components of Mental Health :

Emotions:

A start with regular exercise of any physical activity then it becomes our habit with regular exercising any kind of physical activity. It helps to achieve good living standard and good habits. Regular exercising fills our life with positive attitude and strengthens our emotional attitude.

Physical exercise is related to continuous positive emotional state of an individual's mind. Research work carried out in this field proved that physical activity and mental health are closely associated with each other. 'META' describes that aerobic exercise provides boost to the mental

and physical energy level. Which required performing day today work. In our daily routine sometime we come across intensive fatigue, partially or complete failure, anxiety, depression etc. Throw exercising regular physical activity we can lower the intensity of such elements. Experimental test promotes positive effect of medium intensity level exercise in maintaining good mental health.

Quality of life:

Physical activity is closely associated with overall physical, mental, spiritual, health and our quality of life depend upon all this aspects. There are total 8 components on which quality of life is chararactarized. Vitality, Social work, mental health, emotional health pain, physical work, health limitations. Research has proved that physical activity is benefitted for the people suffering from mental disorder [9] High level physical activity helps adolescents to balance their mental health related state positively [27]

Self Image:

As per experts self assessment is the best index of an individual's mental health. It has been proved from 399 non clinical tests, positive impact of regular exercise can be seen as self image, self concept can be positively improved and level of anxiety (depression) can be reduced. Study shows that regular exercise is beneficial for self awareness and self image. Also to change negative self image in to positive. And also it has been proved that in less time clustered of aerobic exercise and resistance training method helps to improve self-image.[5]

It is been studied in supervisory training programmer implemented/ executed for obese adolescents, they found their improvement in their self image and also approach of others towards them was positively improved.[22]

Sleep

Research shows that out of adult population 30 percent people are suffering from sleep disorder. And also found that exercising physical fitness activity done in adequate presence of light it helps in sound sleep. Also in personal study it is been observed that through exercise quality and

depth of sleep is improved [13]. Therefore people who are suffering from sleeping disorder by exercising any physical activity regularly they can improve their quality of sleep.

Stress

Study shows that regular physical activity can minimize or control the anxiety level of stress or tension. To avoid / reduce mental or physical stress people generally found smoking or drinking but it won't help. And it's bad reaction can be observed. Exercise is the only healthy way of overcoming any sort of stress and anxiety. By exercising regular physical activity we will be able to maintain our health sound and can improve positive response to mental stress and control it.

Sadness

Medical field has proved that mental challenge and stress are the two mild levels of mental disorders and through exercise one can overcome from it. Research shows that exercise is a perfect way of mental stress healing. Therefore physical activity is a n easier way to keep away sadness rather than smoking, Alcohol consumption, taking medical and or any psychiatric treatment. Also study shows that people who are actively doing Physical activity from last two or more years are physically and mentally fit].

Importance of Physical activity to maintain the Mental Health.

Various research being carried out regarding curing various serious physical or mental disorder, minimum three time per week 30 minutes workout is suggested by the medical Practitioners. 'DOSE' study suggests that 30 Minutes Exercise for 5 or more days in a week, it helps in lowering the desperation / mental stress Aerobic and anaerobic physical training beneficial for overall health.

Conclusion:

In this paper relation between physical activity and mental health is studied. It is also observed that Physiology and Psychology this two different subjects are closely related with each other. Also for curing mental health physical activity are being suggested. And high level physical fitness enables an individual to improve and or maintain his / her mental health and to pursue a

good standard of living. Physical fitness can be enhanced by regular sporting and other physical moderate activities. Once physical fitness, as a factor influenced by sport, is improved, society's mental health can be expected to be attained. Since sport, as a tool in managing tension, can reduce the effects of tenseness, increase positive emotions and since it can enhance people's physical and mental health and, as a result, their happiness in life. As mental disorders increase the risk of chronic physical conditions, and tend to recur across the lifespan, exercise can be useful for both mental and physical health, and may maintain well-being and prevent recurrences of poor mental health

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