



THE INFLUENCE OF PHYSICAL ACTIVITY ON MENTAL HEALTH

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ABSTRACT :

Exercise is a natural and effective anti-anxiety treatment. Exercise is not just about aerobic capacity and muscle size. It motivates most people to stay active. Regular physical activity and exercise improves physical health and physique, help in maintaining lower blood pressure, prevent obesity, reduced cardiovascular risk, and cardiac remodeling, obesity, diabetes, trim your waistline, improve your sex life, and add years to your life. Further studies are needed to understand the mechanisms underlying the beneficial effects of physical activity on mental health. However, there is a very high cost attributed to mental disorders and illness. Studies show that activity can regard gentle to direct gloom as viably as energizer prescription, with no reactions. The use of physical activity as a means of upgrading life quality through enhanced self-esteem, improved mood states, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. The motivation behind this paper is to a) give a refreshed perspective on general wellbeing advancement and b) research proof for physical action and dietary associations influencing emotional wellness.

CONCLUSIONS

Sufficient evidence exists for the effectiveness of exercise in the treatment of clinical depression. Exercise releases chemicals like endorphins and serotonin that improves our mood. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch with other people. If you exercise regularly, it can reduce your stress and symptom of mental health conditions like depression and anxiety, and help with recovery from mental health issues.

KEYWORDS : *Physical activity, Exercise, Mental health, Depression, Anxiety, Stress.*

INTRODUCTION

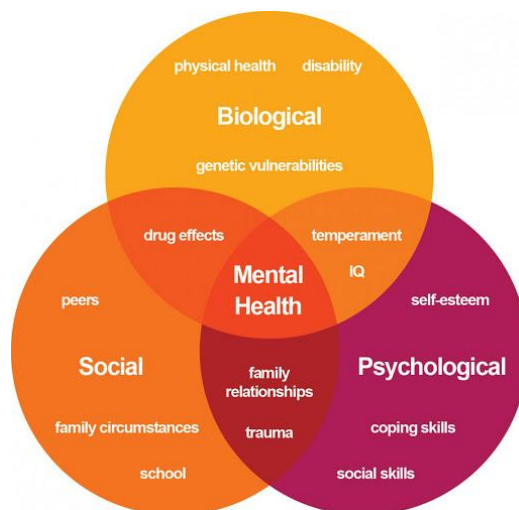
The case for exercise and physical health is now widely accepted by medical authorities across the world. Sedentary living doubles the risk of morbidity and mortality from coronary heart disease and stroke which is comparable with the risk associated with hypertension and hyperlipidaemia and not far behind that of smoking. In addition, low activity levels are thought to be a major cause of obesity and contributor to the rising incidence of diabetes and some cancers. The incidence of inactivity is also high in many developed countries where technology is slowly removing exercise from lifestyles and is estimated at around 40% of the middle aged and elderly in the UK. The public health burden of inactivity is therefore problematic and expensive and activity promotion could provide a cost-effective strategy for



improvement. While physical activity can indirectly improve subjective well-being and life quality by keeping disease and premature death at bay, there has recently been an increasing interest in its direct role in the prevention and treatment of mental health problems. Mental illness and disorders are widespread and possibly on the increase. The 1995 Health Survey for England, for example, showed that 20% of women and 14% of men have at some time suffered mental health problems. Up to 20% of children will suffer mild and 7–10% moderate to severe mental health problems that hinder normal development and there is evidence of a worsening trend, particularly in socially disadvantaged populations. Depression is the most widespread disorder affecting 5–10% of the populations of most developed countries with 20% of those presenting in primary care in Britain having recognizable degrees of symptomology. The cost is therefore high with the British Department of Health estimating 17% of expenditure in health services spent on mental illness and disorders through hospitalization, drug therapy and consultations. Other costs are incurred through social services provision, sickness and invalidity benefits, and loss of work productivity, with 15% and 26% of days of certified incapacity in men and women respectively being caused by mental disorders. Human suffering is high. Mental illness is socially debilitating and associated with suicide ideation and attempts, drug and alcohol abuse and homelessness. For every serious case, however, there are also many more individuals who suffer a general malaise of low mental well-being characterized by emotional distress, low self-esteem, poor body image, sense of hopelessness, chronic stress and anxiety. This is often not clinically diagnosed and so its incidence is difficult to accurately assess but it has major implications for other problems such as heavy drinking, smoking, absenteeism from work, family breakdown, physical violence and abuse, and quality of life. These problems seem to be present in westernized countries regardless of the stability of economic or political climate. Physical activity can be viewed from four different perspectives regarding its direct contribution to solving mental health problems:

1. Treatment of mental illness and disorders;
2. Prevention of mental illness and disorders;
3. Improvement of mental and physical health of those with mental illness;
4. Improvement of mental health of the society.

The study of exercise and mental health is not new. The phenomenon ‘feeling good’ and ‘exercise high’ has received increasing research attention in the past decade. In 1987 the US National Institute of Mental Health consensus workshop statements regarding the contribution of exercise to mental health were published. Researches show the impact of physical activity on depression, anxiety and stress, emotion, mood and well-being, self-esteem and self-perceptions, sleep quality, and the negative effects of exercise.



RISK FACTORS FOR MENTAL HEALTH

Everybody has some danger of building up an emotional wellness issue, regardless of their age, sex, salary, or nationality. In the created nations, mental issues are one of the main sources of inability. Note that great psychological well-being relies upon parity of components and a few components of life. Different variables, for example, Social and budgetary conditions, hereditary components, and way of life decisions and so forth., can construct an individual's psychological well-being.

1. *Social and Economic Factors*

- Occupation
- Belonging to a disturbed ethnic group
- Recent loss, either by death, divorce, or other means
- Weak economic status.
- Poor communication skills
- A person's level of social involvement
- Education
- Housing quality
- Gender and Age
- Ethnicity
- Discrimination
- Poverty and living on the outskirts of a large city

2. *Genetic factors*

- The hereditary factor family can build the danger of psychological well-being conditions. Emotional wellness conditions, for example, stress, discouragement, and uneasiness may create because of extraordinary physical medical issues, for example,
- Cancer, diabetes, high BP, asthma and ceaseless agony.
- Complications during pregnancy
- Brain Injury
- Brain-related illness such as Alzheimer's or Parkinson's
- Use of alcohol or drugs
- Poor nutrition
- Lack of sleep

3. *Psychological Factors*

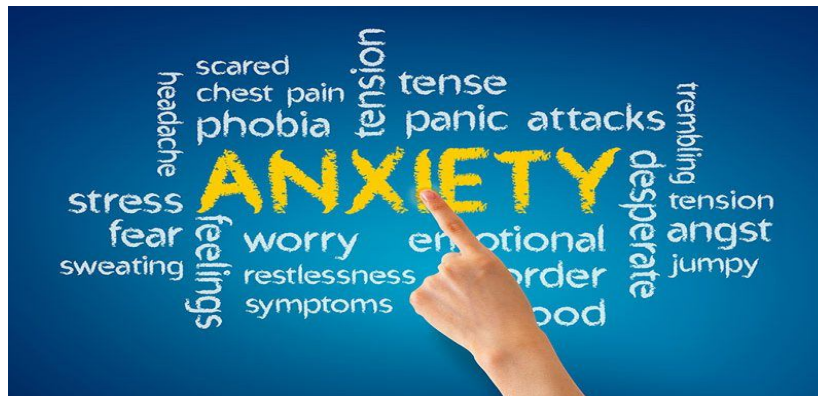
- Stressful life situations, due to financial problems
- Unemployment.
- Traumatic life experiences.
- Low self-esteem,
- Recognizing incompetence,
- Negative thoughts of life
- Poor academic performance
- Lack of skills
- Conflicting thoughts

Common Mental Health Disorders

The most common types of mental illness are as follows:

Anxiety disorders

- restlessness
- fatigue
- tense muscles
- interrupted sleep
- Excessive worrying
- Feeling Agitated
- Irritability
- Tense Muscles
- Panic Attacks
- Social anxiety
- Difficulty Concentrating



MOOD DISORDERS

Individuals with these conditions have noteworthy changes in mind-set, by and large including either madness, which is a time of high vitality and delight, or misery. Instances of state of mind issues include:

- **Major misery:** A person with significant gloom encounters an ordinary low temperament, sentiment of trouble and loses enthusiasm for exercises and occasions that they recently delighted in.
- **Bipolar issue:** An individual with bipolar turmoil encounters uncommon changes in their mind-set, vitality levels, levels of action, and capacity to proceed with day by day life.
- **Seasonal full of feeling issue (SAD):** Seasonal emotional issue (SAD) is a sort of sadness that is identified with changes in seasons. Tragic starts and finishes at about similar occasions each year.

SCHIZOPHRENIA DISORDERS

Emotional wellness specialists are as yet attempting to decide if schizophrenia is a solitary issue or a gathering of related sicknesses. It is an exceptionally mind boggling condition. Indications of schizophrenia regularly create between the ages of 16 and 30 years, as per the NIMH. The individual will have contemplations that seem divided, and they may likewise think that its difficult to deal with data. Schizophrenia has negative and positive indications. Positive indications incorporate fancies, thought issues, and mental trips. Negative manifestations incorporate withdrawal, absence of inspiration, and a level or wrong temperament.

The effects of physical activity on mental health

Ordinary exercise can have positive effect on wretchedness, tension, stress, ADHD and then some. It additionally mitigates pressure, improves memory, causes you rest better, and lifts your general state of mind. Examination shows that moderate measures of activity can have any kind of effect. You can figure out how to utilize practice as an integral asset to feel better as per your advantage, age and build. Exercise invigorates synthetic concoctions that improve your state of mind and the pieces of the cerebrum answerable for speculation and learning. Exercise discharges synthetic concoctions like endorphins and serotonin that improve your temperament.

Depression and Exercise

Studies show that activity and physical action can regard melancholy as successfully as medication with no reactions. As one model, an ongoing report done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes every day or strolling for an hour diminishes the danger of significant melancholy by 26%. Notwithstanding mitigating despondency indications, research likewise shows that keeping up an activity timetable can keep you from returning.

Exercise is an incredible misery contender for a few reasons. It advances a wide range of changes in the mind, as neural development, diminished start, and sentiments of tranquility and prosperity through different exercises. It likewise delivers endorphin concoction in mind that empower and help our sentiments and cause us to feel cheerful. It can likewise assist with diminishing sentiments of dejection and disengagement, and can get you out of the negative musings that feed wretchedness. Indeed, even moderate exercise during the time can improve discouragement. A few specialists suggest evaluating an activity for these conditions before going to prescription.

Anxiety and Exercise

Exercise is often the first step in lifestyle modifications for the prevention and management of chronic diseases. Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy and enhances happiness through the release of endorphins. According to the Anxiety and Depression Association of America, anxiety disorders are the most common type of mental illness. People with these conditions have severe fear, which relates to certain objects or situations. Regular exercise builds up resources that support resilience against emotions and also results in physiological changes and adaptations in the human body. Exercise activates frontal regions of the brain responsible for executive function, changes brain chemistry, getting heart rate up, decreases muscle tension and lowering feeling anxious. Besides exercise make some lifestyle changes as a way to help manage your anxiety. According to the National College Health Association, one in three teenagers between 13 to 18 year of age and one in five Americans over 18 year of age, having a chronic anxiety disorder during the past year. About 63% of students felt tremendous anxiety during their fresh year in college. Maximum benefits can be achieved by:

1. Choosing something enjoyable,
2. Building resilience
3. Work out with a friend or in a group.
4. Do exercise in nature or green space, which lowers anxiety.
5. Listen to music or read a book.
6. Try to stay in current state.

STRESS AND EXERCISE

Stress is a typical issue that every one of us faces in our day-to-day lives. However, one can learn some helpful stress management techniques to cope with stress. Stress can also be reduced through physical exercise. Exercise is considered vital for maintaining mental fitness, and reducing stress. Any form of

exercise, from aerobics to yoga, can act as a stress reliever. Exercise and other physical activity produce one's feel-good neurochemicals, called endorphins. Endorphins chemicals in the brain act as natural painkillers and improve the ability to sleep, which results reduction of stress.. Maintaining a regular exercise routine increases ones overall health, improves sense of well-being, improves mood, enhances self-esteem, and increases energy level. Exercise can also be a powerful way to release physical and mental tension while reducing feelings of fear and worry. When stress affects the brain, the rest of the body also feels the impact as well. Exercise can be particularly helpful when stress has consumed your energy and ability to concentrate.

According to a recent ADAA online poll, 14% of people make use of regular exercise to cope with stress, 18% talking to friends or family, 17% sleeping, 14% watching movies or TV, 14% eating and 13% listening to music. It is not possible to eliminate stress, but one can learn to manage stress using various techniques.



SUMMARY

Evidence is convincing that exercise can be useful in treating and avoiding depressive illnesses, and can be used as a means of reducing stress and anxiety on a daily basis. In addition, there is sufficient evidence to show that single bouts of activity can improve mood and sleep quality and that people who are more active are much more likely to rate themselves and their sense of mental well-being more positively. The feeling good effect of exercise therefore seems to be substantiated by research. In addition, regular exercise appears to offer a vehicle for more deep-seated change through improvements in the way we view our physical selves, and this has potential to generalize to higher self-esteem and identity change. Any negative mental effects from exercise seem to affect only a small percentage of participants.

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