



Sports and Mental Health: An Analysis

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Abstract:

The benefits of sports and physical Activity on our mental health are endless improved mood, decreased chance of depression and anxiety, better and more balanced lifestyle. The government's sporting future in a new window strategy has mental well being at its hearts we already know that sports are beneficial for our physical health. But there's good news. In recent years, Research also found that sport participation can positively affect our mental health. As sports professionals we can help to prevent mental illness y addressing it early and creating condition where it is acceptable to discuss too openly.

Keywords: Physical activity, depression, anxiety, strategy, participation, professionals, prevents mental illness

Introduction:

Mental health has been described as the emotional and spiritual resilience that enables people to enjoy life and to survive pain, disappointment and sadness. It is fundamental to health and well being and is more than absence of symptoms of mental illness. Mental illness are health condition that are characterized by alteration in thinking mood as behavior associated with distress and impaired functioning mental health and mental illness should be considered distinct. An Individual illness, such as schizophrenia, yet still attains positive, mental health problems

such as diagnosed mental illness. Consequently mental health concerns every one and strategies to promote mental health should be implementing for the benefits of all. No single factor causes poor mental health or mental illness. Rather these are influenced by range and combinations of factors.

The physical health benefits of exercise and physical activity are well established. It is a quite well known that physical exercise help with depression and anxiety. As a result, an entire field called exercise psychology has evolved. It also appears that youngsters with attention deficit disorders may find sports as an outlet when they are unable to focus on the other activities. It therefore seems logical that many individual suffering from mental illness may navigate towards sports. Certain sports may be more likely to attract individuals with psychological problems than others. For example, body building may attract individual with eating disorders or body dimorphic disorder and football or boring may attract people who may suffer from anger disorder.

Importance of sports in developing mental health:

We already know that sports are beneficial for our physical health in recent years; research has also found that sport participation can positively affect our mental health as follows:

1. Sports Improve our mood: Whether we are playing sports, working out at a gym or talking a brisk walk physical activity triggers brain chemicals that make us feel happier and more relaxed team sports in particular provide chance to unwind and engage in satisfying challenge that improves our fitness.

2. Sports improve our concentration: Regular physical activity keeps our key mental skills this include critical thinking, learning and using good judgment.

3. Sports reduce stress and depression: when we are physically active, our mind is distracted from daily stressors exercise reduce the levels of stress hormones in our body. Experts agree that more quality research is needed to determine the relation between sports and depression.

4. Sports improve sleep habits: Sports and other forms of physical activity improve the quality of sleep. They do this by helping us fall asleep faster and deepening our sleep.

5. Sports help maintain our healthy weight: The centers for disease control and prevention (CDD) recommend sports participation as a healthy way to maintain weight. Individual sports such as running, cycling and weightlifting are all particularly effective ways to burns calories and build muscle.

6. Sport bosses our self confidence: The regular exercise that comes with playing sports can boost our confidence and improve e our self. Esteem. As our strength, skills, and stamina increase through playing sports, our self image will improve as well. With the renewed vigor and energy that comes from physical activity, we may be more likely to succeed in tasks off the playing field as well as on it.

Objectives of Research:

1. To study History of sports and its benefits.
2. To study relation of sorts and mental health.
3. To study how the sports are helpful for mental health development.
4. To Give suggestion for to Develop mental health.

Hypothesis of Research Topic:

1. Sports improved our mood and help for develop personality.
2. Sports improve our concentration and mental health.
3. Sports reduce depression and stress.

Research Methodology: Present research is based on secondary data collection method and descriptive and Analytical research methods are used in this research topic.

significance of research: The present research topic has studies that importance of sports and sports affect mental health in which reveal what is the relation of sports ad mental health has been studied.

Conclusion:

The regular exercise that comes with playing sports can boost our confidence and esteem our self esteem. Sports can help full for reduce stress and depression. Regular physical activity can be helpful for keep our key mental skills sharp as our age. Sports and exercise can be helpful for improve our concentration. Sports make us feel happier and more relaxed and improve our mood.

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