



Sports and our Mental Health

Mr. Jadhav B. S.

Assistant Professor, Dept. of Psychology,

Shivaji College, Hingoli. Tq. Dist- Hingoli (Maharashtra)

Abstract:

Today's life seems to be too complicated for a person. Every person in the world suffers from mental illness. Today technology has reached every person in the village. As technology has its advantages, there are some disadvantages as well. Due to new technology; we are neglecting our mental health today. Physical exertion is diminishing, sports are also being neglected. Various factors that affect mental health can be explained. For example, Excessive use of (smarts phone) mobile, depression in childhood, negative thinking, ect. Many research articles have shown a close correlation between sports and mental health. For the present study we have used review of literature methods. The only thing I want to tell about this study is that you want to educate your children about mental health. Children need to be convinced of the importance of the game. Sports play an important role in the life.

Keywords: Sports, Mental Health.

Introduction:

According to the World Health Organization, health means that the person is not only physically and mentally ill, but also physically fit, including mental health. In today's runway life, this concept is lagging behind. Even though science has made great strides today, there is a loss of some human race along with that progress. Yes, even though there are many disadvantages of such a device, many parents will encourage their children to handle it that. As a result, they are addicted to mobile phones and children can no longer be separated without them. Whether it is sports or indoor games, children develop intellectual abilities. In a nutshell, the mental health of

the individual / child develops in a proper way. In this run of life, a person is neglecting his mental health. Individuals often face problems while fulfilling increased workload and family responsibilities, thus reducing the person's ability to adjust, mainly because of the physical health of many people. So to keep mental health healthy, you have to look at the game in a positive way. Learning to play is to learn how to relate to others. The world is known through this game. An important step in understanding how to contact the outside of your family can be to play. You can get a positive energy from different sports. Sports can be learned how to deal with different situations. Definition of mental health by the World Health Organization includes "subjective well-being, perceived self-efficacy, autonomy, ability, dependence, and self-realization of intellectual emotional potential". Mental health is, in essence, a state of functioning at the level of satisfaction factor that aligns with one's emotional behavior.

Mary Zahoda has stated six categories for classifying a mentally healthy person:

- 01) Positive attitude towards self.
- 02) Personal development.
- 03) Integration.
- 04) Autonomy.
- 05) Reality awareness.
- 06) Environmental dominance.

Factors That Affect Mental Health:

1) Smartphone: –

Despite the revolution in the mobile world, the opposite effect is being seen in the hands of many people. While the image of mobile addiction is seen in the cities, it is also seen in the village, its use is increasing. These addictions are all involved, from children to adults. With mobile, children are beginning to feel the difference in the relationship between the childhood and the

family-social breakdown of the responsible person. Children are becoming autistic and single. According to Dr. Madhumita Bhale (Psychiatrist, Pune District Hospital) mobile gaming addiction has increased at present. Gaming stresses the individual so much that adversely affects his personal family social, mental and educational life. Parents should be careful about this.

2) Negative thinking:

Good mental health can improve your quality of life. Increasing evidence showing emotional capacity is related to behaviors such as stress management and physical health. One of the factors that adversely affect mental health is our negative thoughts, many people have negative emotions while doing any work, such individuals become self-inactive and the person who makes others inactive also lacks adjustment ability.

3) Depression and Childhood:

The foundation of a person's life begins with childhood. His personality is reflected in how and when he was a child. Social skills Behavioral skills and thinking patterns are evolving in childhood. However, poor mental health is the main reason that many people have difficulties with such skills. Common mental illnesses in children include autism, anxiety, and depression. Such children lose their social contact, they are not interested in anything, and they cannot focus on anything. Daily activities take place slowly. Children who live alone are separated from the community. Depressed children lose their decision-making ability, so if they want to keep their mental health healthy, they need to have a positive outlook on sports. Everyone should be aware that mental health can be improved through sports. In short, the game is crucial to getting out of depression.

4) Sports and Mental Health:

A lot of research has shown that sports and mental health are closely linked. Throughout the game the whole personality develops. Like the phrase 'healthy body smells in healthy body', those who have a healthy body also help their mind stay healthy. In the case of a player who is a very good player but is mentally retarded, we cannot expect him to perform well. Because any competition is won before the heart, which is why a player is motivated by his team so that their

purpose of winning is strong and they are hard on their heart. Through sports a competitive attitude is created which is essential for your life. Decision making takes place through the game. Along with physical development, mental and intellectual development is also required.

5) Physical activity:

It is said that the person should exercise for one hour daily. This should include walking, cycling, swimming, rope jumping, outdoor sports, etc. Walking is an excellent exercise. So your body stays healthy. Much research has shown that physical activity has been shown to affect depression and anxiety. Anxiety levels also decrease through physical activity. Normally physical activity increases effectiveness, academic performance, confidence, emotional stability, independence, intellectual performance. So, the substance reduces alcohol addiction, anger, anxiety, confusion, depression.

Conclusion/Summary:

Sports and mental health have a positive relationship. Sport Education Should Begin at Nursery Level. Because, from a young age, they will become interested in the game. Parents and teachers should give children a lot of guidance about the game. Parents should make their children aware that mental health is healthy through play; it is not just a time pass but it is a way of looking at one's life in an ideal way. Not only physical fitness through sports but also your mind is happy and decision making is enhanced, positive attitude is taken. The failures in life can be dealt with properly. Positive thinking takes place through play. Sports / physical activity can help you avoid any addiction.

References:

Article, Dainik Lokmat , dated, 01 Dec. 2019

Brown R. Exercise, fitness and mental health. In: Bouchard C, Shepard RJ, Stephens T, Sutton JR, McPherson BD, editors. Exercise, Fitness and Health: A consensus of current knowledge. Champaign: Human Kinetics; 1990. [Google Scholar]

Jadhav B.S. (Jan./March 2019) (Www.Sjifactor.Com) Ajanta, peer reviewed Refereed journal,-
40776 ISSN-2277-5730 (IMPACT FACTOR 2018-5.5)

Paluska, S.A. & Schwnek, T.L. (2000). Physical Activity and Mental Health: Current Concepts.
Sports Med, 29 (3), 167–180.

Rowland TW. Exercise and Children's Health. Champaign: Human Kinetics; 1990. [Google
Scholar]

Silvana Galderisi,¹ Andreas Heinz,² Marianne Kastrup,³ Julian Beezhold,⁴ and Norman
Sartorius⁵. *World Psychiatry*. 2015 Jun; 14(2): 231–233. Published online 2015 Jun 4.
doi: 10.1002/wps.20231 PMCID: PMC4471980 PMID: 26043341

World Health Organization (2015). “*Physical Activity: Factsheet No. 385.*” [Accessed on
04/11/15].

www.google.com/ Wikipedia

www.sport-psychology.com