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The role of exercise in mental disorders

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Abstract

Today's many scientific studies have shown that exercise, in addition to being a valuable tool for physical health, is closely linked to mental health, and especially to preventing mental disorders.

Athletes feel less anxious and depressed than sedentary people.

Exercise is a field for developing talents and understanding better abilities and indicators such as: Improving self-esteem, self-esteem and social adjustment are among the most urgent human needs that are essential to mental health. Relaxation is a feeling of security, joy and vitality, and exercise is one of the important ways to achieve this, which is why exercise is called the body-mind relationship.

Keywords: Exercise, physical health, disorder, social adjustment

Introduction

In the contemporary world, sport has taken a special place in all societies. The link between physical activity and sport with the various sciences has opened up new avenues for human study, and the breadth of issues related to sport and physical education has grown to such an extent that it has created the need for specialized sciences and special studies. In this article, however, the topic chosen for this study is the impact of exercise on mental disorders, and all the material presented is of practical application and can be used by all age groups. That article pursues the following goals.

When a researcher is involved in a research process, it is undoubtedly a motivation and a goal that the athlete's mental disorders and the effects of exercise are the subject of this research.

The role of exercise over the mental

Nowadays, mental illness is one of the most common and common diseases that many people around the world complain of tense nerves and chronic headaches. The director of one of America's famous health clinics (Mr. Mayo) announces that more than half of hospital beds are occupied by people with neurological discomfort. Fear, despair, and despair come from despair. (Abdali, 1390)

Many people say that they have a restful sleep when exercising regularly, and athletes are talking about the psychological benefits of exercise as much as talking about the benefits of exercise physiology.

Almost everyone who works out says they feel refreshed after a workout and feel good and varied. They improve their spirits and gain confidence, which increases their performance and ability. (Eghbali, 1389) ^[1]

Many scientific studies today have shown that exercise, while being a valuable tool for physical health, is closely linked to mental health, and especially to preventing mental disorders.

Athletes usually feel less anxious, anxious and depressed than sedentary people.

Research has shown that exercise has a balancing effect in the treatment of chronic and acute depression, and the highest levels of stress reduction include those who need clinical treatment, further studies suggesting similar effects of exercise on mental states in certain conditions. (Lily, 1391) ^[6]

The results of various studies show that doing different types of exercise, in addition to the many physical benefits of coping with neurological and psychological problems, also has beneficial effects. Due to the positive effects of exercise on human health and well-being, more attention has been paid to the culture of sport, as seen in today's life as a machine, making people lazy as one of the main pillars of life recommended throughout the world. And it has been tried to incorporate at least 15 to 20 minutes of exercise and exercise into

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people's daily routine, which helps keep the spirit of the person healthy and rejuvenate. (Mojab, 1395)

All of us during school have heard of the effects of exercise on heart health by extending the life span of bones, improving digestive function, and the like, if you know that exercise can affect mental health as much as physical health. Studies by scientists show that regardless of class or fitness level, that ordinary people vary from marathon runners. Exercise definitely affects brain activity, its function. You need to know better how exercise brings you mental health, improved relationships, and a happier and healthier life. (Thomas, 1370)

Reducing anxiety by 20 minutes of bathing or bathing or getting water plays an important role in the body, and studies have shown that regular exercise can lead to the creation of new brain cells and cells that improve brain function. It can enhance intellectual ability and can increase brain power and learning. (Mashaikh, 1392)

For better sleep adjustment for some light exercise such as free gymnastics, moderate temp shower, etc., it can be as effective as a sleep supplement, about 5 to 6 hours before bedtime. Increases before the temperature returns to normal the body signals to the brain that it is time to sleep.

People who exercise have an average ability to do more work, so they lag behind in their careers. (Wilmore, 1386)

Various studies have shown that exercise reduces depression and anxiety. In some cases, the effects of exercise on the body, such as antidepressants, can be equally effective in treating depression. Only 30 minutes of exercise a day can bring happiness. Increase.

One of the most important health effects of exercise is stress reduction. Exercise reduces stress on the body and the mind. The chemicals that are released into the body after exercise prevent anxiety. Light and moderate to moderate levels of anxiety can reduce anxiety.

Outdoor Exercise Another effect of exercise is that exercising in the open air increases confidence. Exercises such as mountaineering, wrestling and outdoor hiking can be beneficial to the mind and can help you get vitamin D in the open air. (Thomas, 1370)

In a workout program, increased relaxation is reinforced and moderately effective as sleep medications, especially for people who have insomnia, exercise can be beneficial and also motivate each other to exercise. And have a positive impact on each other. In fact, being a member of a sports team increases strength.

Studies show that people who exercise regularly have more energy and are more capable of doing different things. Exercise enhances creativity up to two hours later. Sports in the open space have a greater impact on creativity. (Aziz Abadi, 1383)^[5]

A person has mental and neurological health when he / she adapts to the environment by recognizing and maintaining personality traits. Self-knowledge is the set of perceptions of values, thoughts and emotions that make one aware of one's being.

In that sense, he understands who? And what is it? In addition to genetic factors, environmental factors can also have a great impact on mental health. Although it is very difficult to fully understand the mental health features of a person, it is important to have healthy mental and neurological characteristics.

Danish researchers say those who walk regularly or do relatively heavy workouts live 7 years longer than those

who do not, unless they are among the men who walk a few years. They were compared to men who were not mobile for 20 years.

Researcher Peter Schnohr, a heart disease specialist, says it is beneficial for some physical activity to be healthy. The expert believes that those who are sedentary in poor physical condition should walk faster because it will have a greater impact on their health. The body lays. Many diseases such as depression, diabetes, hypertension and heart disease can be prevented with exercise. (Abdali, 1390)

Findings

Studies have shown that exercise reduces depression and anxiety. In some cases, the effects of exercise on the body such as depression medications can be equally effective in treating depression. Only 30 minutes of exercise per day can increase happiness.

Regular exercise maintains physical and mental health, though it reduces the risk of developing chronic lung disease and increases the vitality of depression for daily activities. Regular and systematic exercise helps the body to become more successful in controlling the nervous system to gain confidence and make the right decisions in critical situations.

One of the most interesting studies has found that exercise is not only very effective in treating depression, but also plays a significant role in preventing the return of the disease, and by stopping exercise, the risk of depression is significantly increased.

Conclusion

In this article we can summarize as follows

Exercise is the exercise of the body's movements, repetition in such a way that it enhances the growth and development of the nervous system, respiratory system, and physical fitness.

Exercise is Physical and Mental Health All people have found that doing physical activity brings about greater vitality and vitality.

Given that there are various relationships between the soul and the body, it has become clear that exercise has a direct bearing on the psyche. Thus, the benefits of exercise, which in some respects are most important, are directly and indirectly influenced by mental health and personality balance and preparation for spiritual development.

Exercise and physical activity can have a beneficial effect on a regular basis. The social and psychological effects of exercise on the individual include helping the person socialize and adjust to the environment by developing the right personality, filling in the leisure time and preventing social deviations. Events that take place during life-long illnesses such as depression, anxiety, and stress gradually disappear.

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