



Physical Fitness and Mental Health



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ABSTRACT

Psychical & mental health is most significant for balanced life or like a both sides of one coin. That most important for our physical fitness. Fitness is the ability to live a full and balanced life. The totally fit person has a healthy and happy outlook towards life. Fitness is the young man's absolute necessity. It breeds self-reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony. Fitness does not only refer to being physically fit, but also refers to a person's mental state as well. If a person is physically fit, but mentally unwell or troubled, he or she will not be able to function optimally. Mental fitness can only be achieved if your body is functioning well. You can help relax your own mind and eliminate stresses by exercising regularly and eating right. Mental health is the level of psychological

well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioural adjustment". Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health is a vital concern for healthcare professionals. Most people know the signs and symptoms of physical illnesses, like a heart attack or stroke. But, they may not be able to pinpoint the physical effects of anxiety, PTSD, or panic. Awareness campaigns are designed to help people understand these common signs and symptoms.

KEY WORDS

Muscular, fitness, endurance, psychotherapy, treatment.

RESEARCH PAPER

INTRODUCTION

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.

According to Nixon and cozens (1964), it was the desire to establish a scientific approach to the development of physical fitness which formed the basis of the first meeting of physical educators in 1885 when the profession of physical education originated. The United States president's Council on physical fitness and sports defined the terms "physical fitness as the ability to carry out daily task with vigor and alertness, without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen energy to enjoy leisure time pursuits and to meet unforeseen

General fitness implies the ability of a person to live most effectively with his and her potentials, which depend upon the physical, mental, emotional, social and spiritual components of fitness which are highly interrelated. The primary components of physical fitness identified by the president's council on physical fitness and sports were muscular strength, muscular endurance and cardio respiratory endurance. However, later on the president council also included other motor performance components namely agility, speed, flexibility and balance in physical fitness.

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Definition of Physical Fitness

"Clarke and Clarke (1989) found that physical fitness is not a static factor and it varies from individual to individual and in the same person from time to time depending on factors. Physical fitness is probably the most popular and frequently used term in physical education".

Components of Physical Fitness

Speed, agility, power and balance (which are more important for success in specified sports) as essential components of basic physical fitness. However, the author defines physical fitness by group of five components, namely muscular strength, muscular endurance and cardio respiratory endurance, flexibility and body composition. It is important to mention here that some experts.

The wise men of all ages and races, white, brown, yellow, and black, civilized or barbarians, savages, back to the cave men, made use of the power of mind over body. As you advance with your training you will find that mind is the most important part of training.

Fitness:- Exercise scientists have identified nine elements that comprise the definition of fitness, the following list each of the nine elements and an example of how they are used:

Endurance:- A muscles ability to perform a maximum contracture time after time. (Continuous explosive rebounding through an entire Basketball game.)

Strength:– The extent to which muscles can exert force by contracting against resistance.(holding or restraining an object or person.)

Power:– The ability to exert maximum muscular contraction instantly in an explosive burst of movements.(Jumping, sprint/ starting.)

Agility:- The ability to perform a series of explosive power movements in rapid succession in opposing directions.

Balance:– The ability to control the body position, either stationary or while moving.

Flexibility:– The ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle.

Local muscle endurance :– A single muscles ability to perform sustain work.

Cardiovascular Endurance:– The heart ability to deliver blood to working muscle and their ability to use it.

Coordination :– The ability to integrate the above listed components, so that effective.

health is important at every stage of life, from childhood and adolescence through adulthood.

More recently the concept of mental health has received added significance because of changing societal complexity and global problems. Traditionally, the absence of negative mental states such as depression and anxiety present a picture of mental health. psychologists have indicated presence of positive aspects like achievement, personal competence etc.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Objective

- To examine the physical fitness and mental condition of people.
- To the study of the important of physical fitness and mental health.
- To promote the people about the good health and mental health.

Methodology

The descriptive methodology is used for this research. This paper is theoretical and it is prepared by using qualitative secondary data. Different types of books, research reports, and recent articles published in periodicals and newspapers and web links which are available on internet are references to collect the data concerned.

Importance of physical fitness

Fitness does not only refer to being physically fit, but also refers to a person's mental state as well. If a person is physically fit, but mentally unwell or troubled, he or she will not be able to function optimally. Mental fitness can only be achieved if your body is functioning well. You can help relax your own mind and eliminate stresses by exercising regularly and eating right.

People who are physically fit are also healthier, are able to maintain their most optimum weight, and are also not prone to cardiac and other health problems. In order to maintain a relaxed state of mind, a person should be physically active. A person who is fit both physically and mentally

is strong enough to face the ups and downs of life, and is not affected by drastic changes if they take place.

Save money

According to the Centers for Disease Control and Prevention, chronic diseases cause 7 out of 10 deaths in the U.S., and treating chronic diseases accounts for 86% of U.S. healthcare costs. While some diseases cannot be prevented, you can reduce your risk for certain disease – such as heart disease and diabetes – through reducing risky behaviors and living a healthy lifestyle.

Making healthy choices, such as engaging in regular physical activity, can reduce your risk for many health issues and complications that can result in expensive medical care.

Increase your life expectancy

Numerous studies have shown that regular physical activity increases life expectancy and reduces the risk of premature mortality. There's not a magic formula that translates hours of physical activity into hours of life gained, but research suggests that people who are more active tend to be healthier and tend to live longer.

Reduce your risk of injury

Regular exercise and physical activity increase muscle strength, bone density, flexibility, and stability. Physical fitness can reduce your risk for and resilience to accidental injuries, especially as you get older. For example, stronger muscles and better balance mean that you're less likely to slip and fall, and stronger bones mean that you're less likely to suffer bone injuries should you take a tumble.

Improve your quality of life

A sedentary lifestyle and a lack of physical activity can take a toll on a person's body. Physical inactivity is associated with an increased risk for certain types of cancer, numerous chronic diseases, and mental health issues. Exercise, however, has been shown to improve mood and mental health, and provides numerous health benefits. Of course physical fitness also allows you to do things that you may not otherwise be able to do.

Stay active

Staying active and healthy allows you to do activities that require a certain level of physical fitness. For example, hiking to the top of a mountain is a rewarding experience that instills a sense of accomplishment and provides spectacular scenery, but there are people who cannot experience this due to fitness limitations.

But even walking around the zoo with your family or playing on the playground with your children can be challenging for those who neglect physical activity for extended periods of time. Being active means that it's easier to stay active as you get older.

Improve your health

There are numerous health advantages to physical fitness. Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health.

Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers.

In other words, staying active is a crucial part of maintaining good health and wellness.

Mental health

Mental health is the level of psychological well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioral adjustment".

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

According to the WHO (World Health Organization), mental health is:

"... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

Early signs

It is not possible to reliably tell whether someone is developing a mental health problem; however, if certain signs appear in a short space of time, it may offer clues:

- Withdrawing from people or activities they would normally enjoy.
- Sleeping or eating too much or too little.
- Feeling as if nothing matters.
- Consistently low energy.
- Using drugs more than normal (including alcohol and nicotine).
- Displaying uncharacteristic emotions.
- Confusion.
- Not being able to complete standard tasks, such as getting to work or cooking a meal.
- Persistent thoughts or memories that reappear regularly.
- Thinking of harming one's self or others.
- Hearing voices.
- Delusions.

Treatment

There are various ways people with mental health problems might receive treatment. It is important to know that what works for one person may not work for another; this is especially the case with mental health.

Some strategies or treatments are more successful when combined with others. A patient with a chronic mental disorder may choose different options at different stages in their life. The majority of experts say that a well-informed patient is probably the best judge of what treatment suits them best.

Treatments can include:

Psychotherapy (talking therapies) - this is a psychological approach to treating mental illness. Cognitive behavioral therapy (CBT), exposure therapy, and dialectical behavior therapy are examples.

Medication - although it cannot cure mental disorders, some medications can improve symptoms.

Self-help - including lifestyle changes such as reducing alcohol intake, sleeping more, and eating well.

Mental health disorders

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) helps mental health professionals diagnose mental illnesses. There are many types of mental health disorders.

Bipolar disorder

Bipolar disorder is a chronic mental illness that affects about 2.6 percent of Americans each year. It is characterized by episodes of energetic, manic highs and extreme, sometimes depressive lows.

Persistent depressive disorder

Persistent depressive disorder is a chronic type of depression. It is also known as dysthymia. While dysthymic depression isn't intense, it can interfere with daily life.

Generalized anxiety disorder

Generalized anxiety disorder (GAD) goes beyond regular everyday anxiety, like being nervous before a presentation. It causes a person to become extremely worried about many things, even when there's little or no reason to worry.

Schizophrenia

Schizophrenia is a serious brain disorder that is marked by significant changes and disruption in both cognitive and emotional function. Schizophrenia has an effect on the most basic human aspects of life (e.g. language/communication, train of thought, perception of objects, self and others).

Mental health awareness

Mental health is a vital concern for healthcare professionals. Most people know the signs and symptoms of physical illnesses, like a heart attack or stroke. But, they may not be able to pinpoint the physical effects of anxiety, PTSD, or panic.

Awareness campaigns are designed to help people understand these common signs and symptoms.

Conclusion

Understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life.

Encourage your family to be more active, and challenge yourself to meet daily or weekly physical activity goals. Play outdoor sports with the whole family, schedule time each day to go to the gym, or pick up healthy, active hobbies like hiking or cycling.

Mental health refers to your emotional and psychological well-being. Having good mental health helps you lead a relatively happy and healthy life. It helps you demonstrate resilience and the ability to cope in the face of life's adversities.

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