

# Title: Importance of Exercise to develop a healthy mind in different levels of students: A Holistic Approach

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**Abstract:** Exercise is important for people to remove mental illness, boost our mood concentration & improves our cardiovascular & overall physical health. Research shows that the people who exercise regularly have better mental health & lower rates of mental illness. Mastering fundamental movement skills boosts brain power and academic performance. Physical activity boosts children functioning promotes life skills and core values like respect and social responsibility. Exercise has important relation with our society. It helps us to increase confidence, leadership skill, brotherhood feeling, co-operativeness & all kinds of social benefit to help children health & happiness. Exercise shape human attitude, culture & character building. Yoga practices reduce life risk, heart disease, diabetes & develop our quality of life. In the study we find exercise increases concentration power from childhood stage to adulthood stage. And the exercise helps to do holistic development & character building in adolescence age. Regularly physical activity helps to enhance academic performance. If physical education subject is included in our higher secondary curriculum then it creates a great positive impact in their adolescent stage.

**Keywords:** Exercise, Physical activity, Cardiovascular system, Holistic approach, Self-esteem, Academic performance, Yoga Practices, Diabetes.

## 1.Introduction:

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”- Plato.

Exercise is any physical activity that increases or maintains physical fitness & total health and wellness.

### 1.1 Background of the study:

Exercise is a subset of physical activity that is planned, structured and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness.

It is performing for various causes to growth & progress strength control aging, strongness of muscle & the cardiovascular system & body weight loss skill. People who exercise continuously have strong mental health & emotional wellbeing & it helps to reduce mental illness. Exercise not only boosts our mood but also develops our concentration. Physical activity can be a strategy for removing our frustration. Unhealthy diets and physical inactivity are major contributors to overweight and obesity (Kelishadi *et al.*, 2008). Exercise gives us positive vibrations to make new experiences.

**Aerobic Exercise:** Aerobic exercise is something known as cardio exercise that needs pumping of oxygenated blood by the heart to deliver oxygen to working muscles. Aerobic exercise stimulates the heart rate & breathing rate.

Example: Swimming, walking, cycling, running, dancing, spinning, hiking etc.

**Anaerobic Exercise:** Anaerobic exercise is activity that causes us to be quickly out of breath. Anaerobic exercise is a type of exercise that break down glucose in the body without using oxygen. Example: Heavy weight training, weight lifting, jumping, sprinting etc.



### 1.2 Statement of the Problem:

In the study the statement of the problem is entitled as follows:

**“Importance of Exercise to develop a healthy mind in different levels of students: a holistic approach”.**

### 1.3 Objectives of the study:

The objectives of the study are as follows:

1. Stimulating different kinds of adaptation improve the standard is specific zone to achieve a specific task.
2. Healthy active living, nutrition, fitness & media habits are play important role in healthy society. Children regardless of their weight shape, size, encouraged to live healthy active lives. Sports & physical activity are a family priority, they will provide children & parents with healthy bonding.
3. Being physically active can improve our brain health, help maintain weight, decrease the risk of disease, strengthen bones and muscles and enhance our ability to do everyday activities.
4. It helps spiritual development, organic development, neuro-muscular development, intellectual or cognitive development, social development, emotional development, health knowledge development etc.

### 1.4 Significance of the study:

Regular physical activity improves our muscle strength. Exercise delivers oxygen, nutrients to our tissues & helps our cardiovascular work more effective. Exercise control weight, it helps to combats health condition & disease, it improves mood, exercise boost energy, exercise promote better health. So, in modern life it is needed for all phases of life from childhood stage to older stage. Therefore, we create to common awareness among people to make good health & life.

### 2.0 Review of related Literature:

Doan *et al.* (2022) revealed that Physical activity and health shocks erode mental health via. Their impact on physical health with a one-point improvement in physical health scores resulting in a rise of 0.43 points in mental health score from Australian longitudinal data. With the use of a novel approach, incorporating longitudinal and instrumental variable methods which can address the reciprocal relationship between physical and mental health and the endogeneity of physical health, before estimating the physical to mental health pathway.

Wang and Li (2022) described that at the University level, students tend to develop anxiety, depression and other emotions and problems and temptations of all kinds provide a direction for psychological problems to arise. They also showed that data from the physical health assessment and the psychological health assessment obtained from the school assessment center were analyzed by using the t test & correlation analysis method, so, as to investigate the influence of physical health on psychological health.

- Zhang and Min (2022) studied that on the influence of sports intervention on the physical and mental health of female college students in H university. Different physical exercises have a significant impact on female college students physical and mental health can improve their physical health and have no significant impact on their social adaptability.
- Elmagd (2016) investigated that the evidence of the benefits of exercise for all the body systems. Physical activity and exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase our muscles and bones strength. It also helps in preventing and reducing heart disease, obesity, blood sugar fluctuations, cardiovascular disease and cancer.
- Fairclough and Straton (2005) described that Physical activity levels during high school physical education lessons. The data were considered in relation to recommended levels of physical activity to ascertain whether or not physical education can be effective in helping young people meet health-related goals. Physical education may make a more significant

contribution to young people's regular physical activity participation if lessons are planned and delivered with MVPA goals in mind.

### 3.0 Research Findings & Discussions:

- Research findings that a person's culture that shapes human attitudes toward and engagement in physical activity. Cultural factors such as dietary restrictions like dietary controls in our life. Childhood obesity, body image, eating disorders, hunger & malnutrition are dissent that various cultures deal with in several days.
- An individual physical & mental wellbeing which concern in health education & physical education. Both acts with habits of exercise, rest & sleep etc. Health education is very much effective for development of health oriented, knowledge & behavior.
- In COVID-19 pandemic many Governments have introduced social distancing while this restriction help content the Virus, it had adverse effects on human beings mental and physical health specially childrens. Exercise can be beneficial for mental health & well being during lock down. Physical activity protects against the negative impact of Corona virus fear on adolescence mental health during COVID-19. During whole session of lock down they can exercise by the help of social media like that instagram, you tube, facebook & other internet source.



There are various ways to teach health in school. Teacher facilitate learning experience & decision forming skill. Teacher give health information that influence quality of life. Health behavior plays in vital part in character building of people.

Physical activity & physical exercise enhance academic achievement. Children obesity, diabetic, depression have very common in today's lie. Doctors advising parents to motivate children to do physical exercise through routine games.

- In adolescence age (12-19 years) physical exercise help to develop strong bones, muscles, reduce anxiety & depression controlling risk rate of heart disease. It also helps to develop happy life & focusing concentration & also character development.

Physical activity improves cognitive development & thinking capacity. Physical activity keeps the boy strong & healthy. It improves mental-health by reducing indications of pain & loneliness.

Childrens who participate in regular physical activities enjoy all relations & create positive body image.

Physical activity plays & vital role in developing the brain & supporting essential mental function. Exercise leads to improve motor skill better thinking & problem solving. These two features benefit school performance.

- Yoga education meaning teaching of yoga, posture & asanas promote the control of the body by bringing flexibility, strength, power & of the mind by increasing meditation & alertness.

According to Sri Aurobindo, "The practice of yoga brings us face to face with the extraordinary complexity of our own being".

- Meditation meaning is awareness. Meditation is widely defined as working with the mind and comprise focusing, relaxation & reflection. Meditation is an ancient tradition and spiritual practice that is still practiced whole world to create a sense of peace, harmony & calm. The practice is becoming ever more popular as a way of relieving stress in our busy and often unstable modern lives.

Meditation & yoga plays a vital role to improve mental focus & concentration. Yoga focus on long, deep, slow breathe. Yoga possess breathe patterns chanting focusing our aims. Yoga combines strength & flexibility with meditation mindful technique. In yoga a wide range of mental, physical health problems including a growing body of evidence focusing positive effects in child centric.

Yoga combines strength & exercise with relaxation & meditation. Yoga & meditation can create progressive result that can be quite helpful for the pupils. Few benefits of yoga of pupils:

- Focus concentration leading to better grades
- Maintaining blood pressure
- Enhancing interpersonal relationship
- Reducing absenteeism
- Improve confidence level
- Increase calmness
- Sharper brain
- Sports education guides us to making social education. Sports education teaches us to co-operate & to listen to other childrens.



Importance of sports education in school curriculum are below:

- Healthy livelihood: Physical exercise, sports can help learners to lead healthy & illness free life.
- Balanced good fitness level: It avoid excess of fat deposit & stay fit & slim.
- Helps to make self-esteem: Physical exercise enhance self-actualization level & confidence level to achieve goals of life.

Whole family is more physically active everyone get benefit from maintaining healthy weight, reducing stress & controlling the risk of heart disease & other serious conditions.

Minimum several ways helps parents to motivate their childrens & more active in their life style.

- Identical proper activity according developmentally appropriate & according to their age.
- Parents should spend their life together with their child.
- Make a conducive safe environment of child development for their playing. Due to this make a plan for this.
- Childrens who regularly see their parents enjoying sports & physical activity. Always help our childrens make time for exercise & limit screen time.
- Some childrens are so overloaded with their homework, music lessons & other plan activities that they do not have time for exercise.
- Exercise & physical activity should not hurt if become painful children should slow performance will go down.
- It at list five serving of food such as to help balanced online & offline activities.



#### 4.0 Recommendation Suggestion for the study:

- ❖ To improve levels of physical activity among adolescence the study recommends us:
  1. Effective policy & programmes to enhance physical active in adolescence.
  2. Multisectoral action is necessary to offer opportunity for young generation to be active, involving education, urban planning & another.
- Suggestions:
  1. Childrens and adolescents age six & older need 60 minutes of physical activity every day, bone & muscle strengthening exercises. Children younger than six years needed 3 years of activities.
  2. Avoid sugar drink, select water or milk for healthy hydration. Exercise & balanced diet provides the foundation for a healthy active life.
  3. Doctor suggestion & guidance help children to be more fit & fine in their daily life.

#### 5.0 Conclusion

Exercise as a vehicle for improving our health. Physical activity and exercise as part of their life style that facilitate to lessen the negative impact of aging on the body as well as the mind (Bherer *et al.* 2013). Various literatures expressed that physical activity improves mood and reduces symptoms of depression and anxiety (Ross and Hayes, 1988 & Stephens, 1988). Future research should also explore the impact of physical education and sports on health, society, culture & education. Regular activity can improve our quality of life. A minimum half an hour of a day can allows us to enjoy these benefits.

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