

# Summary of a quantitative study on mental health and exercise

[Psychology](#)



Mental Health and Exercise Health and Exercise The health benefit of regular exercise is something everyone knows about because of all the research done over the years. It is proven to help with obesity, diabetes, heart disease, cholesterol, and many other diseases. What other benefits can exercise give us? The evidence of regular exercise benefits is defiantly hard to ignore. Exercise is great for everyone no matter what their physical ability, sex or age. How much can exercise improve someone life? Over the last 15 years, there has been an increase of research into the role of exercise improving the mental health. There are now hundreds of studies that are researched in this field. “ These studies have summarized the prospective for work out as a good therapy for either clinical or even subclinical anxiety or at times depression. The use of bodily activity as a mode of promotion of life eminence through better self-esteem, states of mood, flexibility to strain, or some improvement in sleep (Crone & Guy, 2008).” Exercise and bodily action are a great way to feel better, gain health benefits and have fun. The study revealed that people with mental illness had a high probability of having physical problems leading to need of exercise among them.

#### Purpose of research

The main reason behind this article is to explore updated research that proves the evidence of exercise and dietary interaction does affect mental health well being. It tries to establish how physical therapy assisted recovery in people undergoing mental therapy.

#### Method

Qualitative research methodology was used to collect data and come up with a report on physical exercise on the participant. The methodology of taking

involved the use of focus groups. Member of the focus group were supposed to have mental related illness, and still undergoing mental therapy.

### Subjects

The subjects of the research were 11 individuals of which 10 were male and 1 female. The participants were aged between 18-65 years.

### Procedure

Individual who were undergoing mental therapy would take part in a physical therapy. The individuals would provide their views on how they feel before the exercise and after participation. Data would then be collected after participation on the two therapies to establish how they felt. The physical therapy on the individuals would be organized in sessions where the individuals in the focus group would take part. To avoid bias the researcher carried out the exercise in groups of three.

### Results

The result of the study showed that sport therapy helped in mental stability of individuals than those people who did not take place in any exercise. Physical therapy showed some good effect in managing anxiety among the participants.

### Conclusion

The research brought to the lime light that taking physical exercise while continuing with your treatment on mental related issues has an effect of quick recovery. This result can be used to justify the need of people under going mental therapy to take part in physical exercise to improve on their chances of quick recovery.

### Reference

<https://assignbuster.com/summary-of-a-quantitative-study-on-mental-health-and-exercise/>

Crone, D. & Guy, H. (2008). " I Know it is only Exercise, but to Me it is Something That Keeps Me Going: A Qualitative Approach to Understanding Mental Health Service Users' Experiences Of Sports Therapy." International Journal of Mental Health Nursing, 17: 197-207.