

Association among Physical Activity Level, and Quality of Life with Mental Health in Young Individuals

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Editorial

Factors associated with technological advances have increasingly distanced individuals from physical activity, given that people are performing fewer tasks, which tend to be facilitated and mediated by technological devices [1,2]. This problem is one of the causes of a life characterized by lack of movement and exercise (hypokinetic) [1], thereby contributing to the decline in physical activity levels (PAL), which may contribute to the development of chronic degenerative diseases [3], obesity [4], sedentarism, and other disorders [2].

In order to decrease the likelihood of this occurring, it is necessary to seek a desirable PAL, which may positively impact the health of inactive individuals, resulting in complications [2-4]. To reach the recommended PAL, regular moderate physical activities must be performed, if possible, for 30 minutes a day and 150 minutes a week [5], but leisure-time physical activity (LTPA), which is directly related to HRQL, is also important [6]. In addition to the benefits cited, PAL is an important factor in developing good mental health, correlating primarily with mood state (MS) [7], anxiety and health-related quality of life (HRQL).

The literature corroborates this evidence, showing that regular moderate physical exercise reduces depression and anxiety, in addition to raising mood scores, thereby having a positive effect on mental health. However, if the exercise is intense and inappropriate, especially over a prolonged period of time, all the other variables previously mentioned may worsen, resulting in further problems such as changes in sleep patterns and overtraining.

Other studies have also shown the importance of PAL in association with the variables in question, such as the article published by Werneck [7], who obtained positive results related to vigor and humor. In his analysis of 41 adolescents (17 boys and 24 girls), a relationship was observed between physical activity level scores, total mood disorder (TMD) and vigor. This difference showed that the lower the PAL, the higher the TMD, while the highest PAL values exhibited a better

correlation with vigor, revealing a beneficial correlation between PAL and mood.

In relation to anxiety, Santos also found a relation with PAL. A group of 200 elderly subjects were divided into two groups of 100, one physically active and the other inactive. It was observed that the inactive individuals obtained higher anxiety scores than their active counterparts. Gordia, in turn, found a connection between PAL and HRQL. Of the 608 adolescents studied, the less physically active boys were 1.7 times more likely to exhibit a poor physical domain for HRQL, compared to active boys. The situation was worse for girls, in that the likelihood increased 2.8-fold. Future studies should make efforts to include new variables to analyze the interaction between the biological, physiological, emotional and social aspects that encompass body image understanding.

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