

The relationship between physical activity and mental health of student in faculty of medicine and Health Sciences in an – Najah National University cross sectional study in 2017

Students:

Raheeq Yaseen
Rooa Salem
Israa Omaria
Yaqoot Mahamed
Dema Mahamed
Bara'a Mahamed

Supervisor:

Dr.Mohammad Marie

Abstract:

Background: Physical activity is an important public health tool used in the treatment and prevention of various physical diseases, as well as in the treatment of some psychiatric diseases such as depressive and anxiety disorders. However, studies have shown that in addition to its beneficial effects, physical activity can also be associated with impaired mental health.

Aim: The study aims to review the information available regarding the relationship between physical activity and mental health ,specifically addressing the association between exercise and mental health (depression) .

Methodology :A quantitative descriptive design was conducted in this study. A 200-student sample was collected from Faculty of Medicine and Health Science , convince sampling , and a structured questionnaire was used to collect data .

Results and conclusion: Physical activity has beneficial effects for the prevention and treatment of different diseases, and evidence indicates that this assertion is probably true for psychiatric diseases such as depressive and anxiety disorders. Nevertheless, physical activity can also be harmful, especially when performed in an inappropriate or in a very intense manner, The study was demonstrated that the presence of positive relationship between Physical activity and mental health related to depression .

Keywords: Physical activity, Mental health ,Exercise , Sport, Association , depression