Benefits Of Mental Disorder

The topic I am researching is benefits of mental disorders in sports, because some sports may require you to have a high IQ and some of the mental disorders may hinder that. Many athletes have a lot of social and mental stress during the season and it can take a toll on their body. Due to the sports-specific characteristics of many mental disorders, with diagnostic and therapeutic difficulties, a special qualification is needed to meet the challenges in this field. Exercising can have an influence on mental health as well as conditions that limit wellness or quality of life. A disorder such as bipolar can sometimes be a bad thing as well as a good thing. It can be a bad thing if the player is causing all these calls on the team because they can't control their emotion. Bipolar can be a good thing because some people may see it as passion for the sport and that can motivate the team to pick up the intensity.

Physical activity can play an important role in improving the mental and physical health in patients with mental disorders. Not only does physical activity help to improve the physical health of people with mental disorders, it also has an effect on mental health and mental disorders. Cross-sectional study took place at the psychiatric outpatient clinics of three hospitals. Physical activity was assessed by self-report with physical activity questionnaire. Outpatients suffering from mental disorders are able and willing to perform physical activities, but large proportions do not meet the recommendations with their level of physical activities. Provides the potential benefits of physical activity on mental health.

Athletes with hidden disabilities often exhibit behaviors that are not conductive to the sporting environment. Vargas, Flores, Beyer, and Weaver believe that some coaches label these kids as problematic or challenging and may negatively adjust their behaviors toward these athletes. Many coaches may become overly aggressive to them or might even be snappy and overreact to everything the kid does even though they have a hidden disability. Many parents believe that a coach behavior can have a major impact on a child because this perception can guide that of the child, as well as whether the child continues to participate. I don't think some coaches know the impact they have on the players lives especially those who have mental disabilities. Coaches are looked at as a mentor in life and you should always give your players life lessons and instill your philosophy into them. Depending on the area you coach in then your players need a ticket out of bad environments like whether it's a scholarship for a sport they play, or you tell them the importance of an education and they receive an academic scholarship. The study that Vargas, Flores, Beyer, and Weaver used investigated parents' perceptions of their young athletes' experience in recreation sports. Three hundred eleven parents were surveyed and thirty of them indicated that their child had been tested for learning disabilities.

Athletes with hidden disabilities may have learning needs that differ from their peers without a disability, and a supportive environment and positive interaction with a coach is the first step toward meeting these needs. Coaches who have athletes with hidden disabilities may not always recognize a disability present and this might have them view the athlete as a problem to the team. This can cause the coach to continuously yell or punish the player that has the hidden disability which can ultimately cause the player to quit trying to please the coach or even stop them from coming to practice completely. Depending on the age group some of these coaches might be volunteers and don't know how to recognize hidden disabilities and this can cause the

coach to basically have an athlete be mistreated and make the athlete constantly cause problems that will become detrimental to the team.

Reviews the documented association between mental disorders and lack of regular physical activity. Describes physical activity as an intervention that may be helpful for the promotion of mental health. The prevention and treatment of common mental disorders, and as a strategy in psychosocial rehabilitation for persons with severe mental disorders. Various interventions and settings for promoting physical activity and highlights that mental health professionals are an underused resource for the promotion of physical activity. Evidence is weak for almost all groups of disorders.

Kiluk and Weden believed that the extensive research has demonstrated the direct physical health benefits that resulted from the participation in physical activity. Few studies have examined the psychological benefits of physical activity in children with attention deficit hyperactivity disorder (ADHD) who may be at higher risk for mood and anxiety problems. The method that Kiluk and Weden used was scored on parent-reported measured of mood and behavior were retrospectively compared among a group of 65 children who ages ranged from 6 to 14 years old and was diagnosed with ADHD based on their amount of sport participation. Kiluk and Weden found that children with ADHD who participated in three or more sports displayed significantly fewer anxiety or depression symptoms than did those who participated in fewer than three sports. The results suggested that active sport participation may be associated with a reduced expression of anxiety or depression symptoms in children with ADHD.

Henchoz et al believed that health benefits of sport and exercise are well documented in children, adolescents, and adults. The promotion of an active lifestyle has become a priority for modern societies. They believed that participating in sports whether it’s recreational or for your school team and exercising could help improve your health as well as your mental state. The method that Henchoz et al used was to analyze baseline and do a 15-month follow up data from the cohort study on substance use risk factors. The results were that at baseline, all health indicator scores were observed to be better for regular exercises than for other exercise levels. From a health promotion perspective, this study emphasizes how important it is for emerging adult men to maintain, or adopt, regular sport and exercise.

The safety, feasibility, and efficacy of a 12-week structured exercise program targeting post-traumatic stress disorder (PTSD) in women veterans of childbearing age was tested in a pilot study. The method that Shivakumar, Anderson, Suris, and North used was thirty-one women veterans of childbearing age were enrolled in the study, 22 remained eligible after the baseline assessment, and 16 completed the exercise protocol. This resulted in both post-traumatic and depressive symptoms improved significantly by the end of the study. The preliminary results of this study suggests that 12 weeks of moderate intensity aerobic exercise may be a promising intervention for PTSD in women veterans of childbearing potential. Shivakumar, Anderson, Suris, and North believe that exercising whether its sports related or just working out can help improve your mental state.

Although we do see physical activities can improve with mental health and well-being in general, it’s still hard to determine if that has a positive impact on mental disorders. Not to many researchers are sure that sports or even physical activities can help improve mental disorders but can help improve mental health.

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