

عنوان مقاله:

Analysis and comparison of the impact of environmental stress, physical activity and mental health in physically active and sedentary people

محل انتشار:

سومین همایش بین المللی تربیت بدنی، سلامت و علوم ورزشی (سال: 1403)

تعداد صفحات اصل مقاله: 10

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خلاصه مقاله:

According to the declaration of the World Health Organization, human health is a state of complete physical, mental and social well-being and not just the absence of disease. Physical well-being is associated with an active healthy lifestyle. Psychological well-being depends on the psychophysiological state and includes information processing competencies such as the ability to understand and process information from the external environment. Social well-being is characterized by the individual's level in society, the feeling of comfort in professional activities or other activities. The structure of physical wellbeing includes components of physical fitness, level of physical activity and age as factors. Traditionally, physical activity has been considered as a preventive health factor. This question is often asked about the definition of a physically active person. We believe that physically active people are related to their ability to perform daily exercises and optimize body posture. The difference between physically active people lies primarily in high resistance to stress and lack of sedentary behavior. One of the main components of mental function is often defined as psychophysiological functions (Cipress et al., ۲۰۱۹).

کلمات کلیدی:

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