

THE IMPACT OF PHYSICAL FITNESS ON THE PSYCHOLOGICAL HEALTH OF CADETS IN HIGHER EDUCATION INSTITUTIONS

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Abstract

This article examines the impact of physical fitness on the psychological health of cadets and explores potential negative outcomes associated with a lack of physical activity.

Keywords

physical fitness, psychological health, stress, physical activity, endorphins, resilience.

Introduction: The psychological health of cadets in higher education institutions often undergoes severe tests, especially in recent years. Various stress factors, including exams, tests, socialization challenges, and concerns about future careers, affect their mental well-being[1].

Relevance: The issue of youth psychological health remains perpetually significant.

Objective and Tasks: The main objective of this study is to examine how physical activity affects the psychological well-being of cadets[1].

Scientific Novelty: This research highlights that such issues are often overlooked and lack sufficient analysis or study, particularly within the context of the modern world.

Many young people do not take their mental health seriously, often due to various reasons. Specifically, many cadets assume their physical and mental capacities are not yet limited and do not require special attention.

Physical fitness offers numerous beneficial and therapeutic effects on the human body, but for our research, the key point is that physical exercises strengthen not only muscles but also nerves.

Physical activity stimulates the production of the hormone “endorphin,” known as the “happiness hormone,” which improves mood. Endorphins reduce stress and can even serve as pain relievers[2].

Endorphins can be produced through any enjoyable activity, but regular physical exercise contributes significantly to its release. A sedentary lifestyle slows down the production of endorphins in the body.

Of course, endorphins are not the sole reason physical activity improves psychological health. Regular physical activity positively impacts the cardiovascular system, helping the brain to better withstand stressful situations. Sports events also offer opportunities to meet new friends, and athletes often display supportive and friendly qualities, which can easily help any cadet facing social anxiety to make new friends[2].

Stress doesn't just stem from the educational process or exams but can also result from loneliness.

Conclusion: Physical fitness helps cadets maintain not only their physical health but also supports their mental well-being. Physical activity in a cadet's life enhances stress resilience due to the endorphin hormone and improves sleep quality.

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