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Evaluating the Effectiveness of Morning Exercise on Mental Health and Some Physical Fitness Factors of Marand County county

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Abstract

The purpose of this study was to investigate the morning exercise of mental health and some factors of physical fitness of citizens of Marand city. Materials and Methods: 68 subjects were randomly divided into two experimental groups (n = 34) and a control group (n = 34). The experimental group was trained for 3 months and 4 sessions per week for 45 to 60 minutes of morning exercise under the careful review of the research. To assess mental health, Goldberg and Hiller (1979) 28-item general health questionnaire, and to measure the flexibility of the session and performance test, to measure the standing balance of the standing test, to measure the dynamic balance of the upper and lower steps, and To measure the strength of the affected limb, the number of sitting and getting up from the chair in 30 seconds was used as a research tool. Finally, the data collected using paired t-test were compared experimentally to compare pre-test post-test and for differences between independent t-test groups at a significant level of 0.05, so it was analyzed.. The results show that the trial of manufacturing companies in morning exercise in all research variables is currently usually performed better than others in practice ($P < 0.05$). According to the findings of this study, it seems that morning exercise can be used as a useful way to increase physical fitness and mental health of other elderly people.

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Introduction

Today, one of the most important factors on people's health is exercise and physical activity and affects the dynamics of performance and vitality of children, adolescents, adults and the elderly. An inactive lifestyle and poor nutrition have led to an increase in cardiovascular disease and obesity (Yolanda and Olira, 2012). While sport appears to provide numerous benefits to participants around the world, the level of sporting participation has declined or stagnated (Chalip, 2006). Among the exercises, morning exercise is one of the useful exercises for all ages. Morning exercise not only causes positive physiological and physical changes but also has very beneficial psychological effects. According to some views, sport is a mediator and a factor of communication between the individual and himself or others, this aspect of cognition can be involved in social adjustments and personality (Ahmadi et al., 2017). Also, exercising in the morning to use the clean air in the morning is more useful in the functioning of different body systems compared to exercising at other times. And becomes anxious (Danward et al., 2011). Lack of proof of the functions of morning exercise on all factors as well as the lack of scientific evaluations has led to the lack of appropriate scientific evidence on the functions of morning exercise in various dimensions among the groups participating in morning exercise. This issue has caused the present study to be designed and implemented with the aim of evaluating the effectiveness of morning exercise on physical and mental performance of citizens of Marand city. Therefore, the main question of the present study is whether morning exercise affects the physical and mental performance of the citizens of Marand city?

Methodology

The present study is a quasi-experimental study with a pre-test post-test design with a control group. The statistical population of

the present study includes 84 elderly men and women in the age range of 60 to 70 years. Among them, 68 people were selected by convenience sampling and divided into two experimental groups (n = 34) and a control group (n = 34) by simple random sampling. The experimental group performed research sessions for 45 to 60 minutes of morning exercise for 3 months and 4 sessions per week under the supervision of the researchers. To assess the mental health of the subjects, a 28-item general health questionnaire was used. This questionnaire was presented by Goldberg and Hiller (1979) and has 4 sub-scales which are: Physical symptoms (attitude of the person in this questionnaire to physical condition, related to health or ill health), symptoms Anxiety and sleep disturbance (unpleasant conditions expressed in terms such as worry, anxiety, panic and fear). Social function (a person's way of thinking, in relation to his or her social function in society and in relation to other people) and depressive symptoms (a type of mood disorder whose two main characteristics are frustration and sadness, in which the person, in addition to these two characteristics, Feels inadequate and worthless).

Analysis of findings

The results of paired t-test showed that there was no significant difference in physical symptoms (0.858), anxiety (0.398), social function (0.432) and depression (0.695) in the control group. But physical symptoms (0.023), anxiety (0.001), social functioning (0.008) and depression (0.03) Pre-test-post-test There is a significant difference in the experimental group.

The results of paired t-test showed that there was a significant difference in the amount of static balance (0.987), dynamic balance (0.211), muscle strength (0.435) and flexibility (0.885) in pre-test-post-test in the control group. does not have. However, there is a significant difference between static balance (0.001), dynamic balance (0.018), muscle strength (0.031) and flexibility

(0.001). Pre-test-post-test in the experimental group.

Conclusion

Undoubtedly, morning exercises can be considered as one of these strategies, which has taken a more complete form with the civilization of human beings. According to the background of the present study, morning exercise can have many positive physiological and psychological effects such as: weight loss, improving its control, increasing bone density and preventing osteoporosis, reducing resting heart rate, lowering blood pressure, reducing the risk of heart disease. Vascular, reduce the risk of various diseases and prevent anxiety and depression in the elderly (Gholam Ali and Nourshahi, 2012). It is also observed that the effect of regular movements and sports exercises in various systematic parts of the body has an important and significant effect on individuals and increases the health of individuals and thus the health of family and society. Now, in a situation where the average age in our country is increasing, the need for society to research and study in this field and examine the challenges that exist or will arise in the future, is essential. With further study in this case and by carrying out practical strategies and creating the necessary ground and suitable bed by the officials and those involved, our country will move towards a healthy society of the elderly. On the other hand, the need to provide appropriate and useful solutions also makes our researchers determined to conduct research and research in this field.

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