

# Exercise as an Antidote

## *How Exercises Reduce the Dangers of Mental Disorders*

Siti Nurbayani, Dian Budiana, Cep Ubad Abdullah and Imam Nawawi

*Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Jln. Dr. Setiabudhi No. 229, Bandung, Indonesia  
s.nurbayani@upi.edu*

Keywords: Mental Disorder, Public Health, Exercises, Habituation.

Abstract: *Mens sana in corpore sano* - a healthy mind in a healthy body. The phrase suggests that one's mental health is affected by exercise. Even exercise can be an alternative antidote in reducing the mental disorder. Lots of impacts resulting from exercise, but few people are concerned about it. So nowadays, the middle of social problems faced by many cause and increasing of mental disorder. This study aims to find out the benefits of exercise, especially about public health and mental disorders. The researcher expects that the result of this research can contribute to the awareness for the public to make exercise as capital and an important antidote in reducing mental disorders. This research uses qualitative method with phenomenology approach. The results shows that in reducing mental disorders can be solved by getting into the habit of exercise and healthy life. But what kind of exercise that can reduce those ones?

## 1 INTRODUCTION

The existence of 28 people in mental disorder that occurred in Pangauban, West Bandung, is an apprehensive and extraordinary phenomenon. Those victims are affected by several factors, such as high life pressures, poor health, and unhealthy environments. Unhealthy environments could affect psychological health directly (Hill et al., 2005). In addition, low education and economy is a high morbidity against mental disorders (Thoits, 2010). As well as in Pangauban, some people with mental disorders are living in that environment.

Reviewing the factors of mental disorders is an important to do. Health is the most important aspect that must be fulfilled for healthy long-term and mental disorders preventing (Soejoeti, 2005). Especially nowadays, complex social problems increasingly, so it needs a health and strong mental to keep moving dynamically. Hence, essentially public health can eliminate factors related to disease, disability, and premature death (Ainsworth et al., 2007).

Public health becomes more meaningful life and for a long life, because essentially it focuses on protecting and improving public health (Murphy and Bennett, 2004). In fact, many people are still less aware of the importance of health, that happens in Pangauban as well. Whereas, the local community

has been responsive to social problems of mental disorders by establishing public health services named "*Sehat Jiwa*".

Public health can be obtained by maintaining a dynamic lifestyle (DiPietro, 2012). The observation, experience and development of science suggest that regular physical activity such as exercise can be beneficial for long-term health (DiPietro, 2012). So, regularly exercise is able to avoid the dangers of depression, pressure or mental disorders. Moreover, interaction with other society reduces a burden of life. That is why, people who are still less aware of the importance of exercise and healthy life is easier getting anxiety, depression and the possibility of mental disorders. Thereby, people who have mental disorders can be caused by both physical and psychological.

## 2 METHODS

This research was conducted in Pangauban, West Bandung, using qualitative method and phenomenology approach. Phenomenology approach is used, because it is rooted in philosophy and psychology, and focuses on the experience of human life or sociology. Besides, the instruments of this research is observation and interview guidelines.

### 3 RESULTS AND DISCUSSION

#### 3.1 Causes of Mental Disorders

Stress is an imbalance condition between the demands and the problem solving ability, resulting in heavy pressure and depression for person who does not have a well health system (Danielsson et al., 2012). Stress can affect healthiness, such as mental disorders (Slavich, 2016), especially nowadays that complex problems and world demanding increasingly can causes mental disorders increasingly as well (Danielsson et al., 2012).

If mental disorders left unchecked, it will have an impact on other aspects of life. Long mental disorders can causes serious problems such as bad performance, chronic fatigue, disinterest, peevishness, memory disorders or mental disorders, sleep problems, and numbness (Danielsson et al., 2012).

Poor health Society often suffered many illnesses and mental disorders (Danielsson et al., 2012). The results showed that there were 28 people who had mental disorders in Pangauban. The dominant factors that cause psychological disturbances are economic factors. According to Danielsson et al. (2012), it can be concluded that Pangauban includes in unhealthy society category.

The mentally disorder sufferer in Pangauban came from low economic class, divorce families, and bad educated. Low economic class and the burden of life could cause panic, anxiousness, and apprehensive that caused severe depression. Low economic class tend to be a biggest factor of unhealthy societies and even mental disorders (Thoits, 2010).

The low economy class causes the uncleanness environment. The real environmental conditions in Pangauban are categorized as densely populated, mostly living around slum or uninhabitable neighborhoods, and conditions are not clean as many houses do not have toilets. That conditions will slightly affect the condition of people who have mental disorders.

#### 3.2 Exercise as an Antidote

One of alternative and important way in reducing mental disorders can be done through exercise. Doing exercise is beneficial for spiritual, physical, and psychic health. Therefore, in this case, exercise can affect a lot of public health, especially for mental disorder sufferer. Exercise can be used as an antidote for mental disorders in order not to get worse, because it can be beneficial for health (DiPietro, 2012).

Exercise as an antidote and mental disorders has strong effect because of the appropriately and well exercise records and good stress management. Stress management can help a person feel better life (Suinn, 2005). Through exercise and good stress management, it can help people with mental disorders in recovery and not to exacerbate the mental.

Exercise can be beneficial for the health of the society for a longer life, because it avoids the dangers of depression, pressure or mental disorders, and interact with other society as well (DiPietro, 2012).

The role of family and society certainly can be a good contribution in actualizing exercise for mental disorders sufferer. Sometimes, people with mental disorders would be difficult if only ordered to exercise independently, but must be accompanied by the family so that people are stirred to exercise. In addition, the surrounding society should also play a role in creating a community climate that cares about health and loves exercise.

#### 3.3 Exercise Coaching

Exercise habituation can improve a healthy lifestyle. Exercise is a way for people to release and lighten the burden of life, so that the pressure can be minimized. Because of the exercise's benefit and the impact, the society needs to apply the exercise habits as early as possible and started from the family. Inculcation of exercise habits in our self gives positive effect on life in society.

Exercise habituation certainly needs support from various parties. That activity is difficult if only done by individuals, especially individuals are in the middle of a slum society and not concerned with health and exercise. Researcher in this case will describe exercise habits in the society that has many mental disorders.

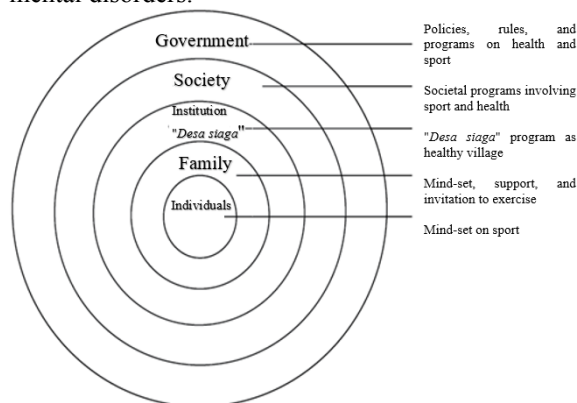


Figure 1: Society Coaching Level.

## 4 CONCLUSIONS

Mental disorders can be prevented and minimized through exercise (Kartono, 2003). In this case the exercise as a preventive way for a healthy society without depression or mental disorders. Exercise as a solution and antidote as well for people who have suffered mental disorder, because of its beneficial for physical, psychic and mental health. Because of the urgency of exercise in public health as a prevention of mental disorders, the researchers dare to say that "exercise is better than cure".

It is the emphasis that exercise habits should be invested in the society. Exercise should be viewed as a necessity or even an obligation for the community especially for people who are in an "unhealthy" environment. Exercise habituation is certainly a must be sought by all parties, especially in the society. The realization of habituation starts from raising individual awareness, support from community groups, families, and the wider society.

## REFERENCES

- Ainsworth, B. E., Mannell, R. C., Behrens, T. K., Caldwell, L. L., 2007. Perspectives of public health and leisure studies on determinants of physically active leisure. *Journal of Physical Activity & Health*. 4 Suppl 1, S24–S35.
- Danielsson, M., Heimerson, I., Lundberg, U., Perski, A., Stefansson, C. G., Akerstedt, T., 2012. Psychosocial stress and health problems: Health in Sweden: The National Public Health Report 2012. Chapter 6. *Scandinavian Journal of Public Health*. 40(9 Suppl), 121–134. <https://doi.org/10.1177/1403494812459469>
- DiPietro, L., 2012. Physical Activity and Public Health: The Challenges Ahead. *Journal of Physical Activity and Health*. 9 1 3–4.
- Hill, T. D., Ross, C. E., Angel, R. J., 2005. Neighborhood Disorder, Psychophysiological Distress, and Health. *Journal of Health and Social Behavior*. 46(2), 170–186. <https://doi.org/10.1177/002214650504600204>
- Kartono, K., 2003. *Patologi sosial 3: Gangguan-gangguan kejiwaan*, PT. Raja Grafindo Persada. Jakarta.
- Murphy, S., Bennett, P., 2004. Health psychology and public health: theoretical possibilities. *Journal of Health Psychology*. 9(1), 13–27.
- Slavich, G. M., 2016. Life Stress and Health. *Teaching of Psychology*. 43(4), 346–355.
- Soejoeti, S. Z., 2005. Konsep sehat, sakit dan penyakit dalam konteks sosial budaya. *Majalah Cermin Dunia Kedokteran*. (149).
- Suinn, R. M., 2005. Behavioral Intervention for Stress Management in Sports. *International Journal of Stress Management*, 12(4), 343–362.

Thoits, P. A., 2010. Stress and Health: Major Findings and Policy Implications. *Journal of Health and Social Behavior*. 51(1\_suppl), S41–S53.