



THE PSYCHOLOGICAL BENEFITS OF PHYSICAL ACTIVITY FOR ADOLESCENTS

INTRODUCTION

The purpose of this presentation is to critically discuss key findings associated to the benefits of physical activity on adolescent mental health and development.

Physical activity has been proven to aid individuals with making many improvements to their health and wellbeing, including aspects such as improving sleep, mood and confidence, managing depression, anxiety and stress, aiding physiological health such as heart, brain and bone health and reducing the risks of long term illnesses (Mind, n.d).

OBJECTIVE

The main objective of this presentation is to discuss how such benefits of physical activity apply and impact adolescents in particular.



EXISTING LITERATURE

Shift-persist coping strategy

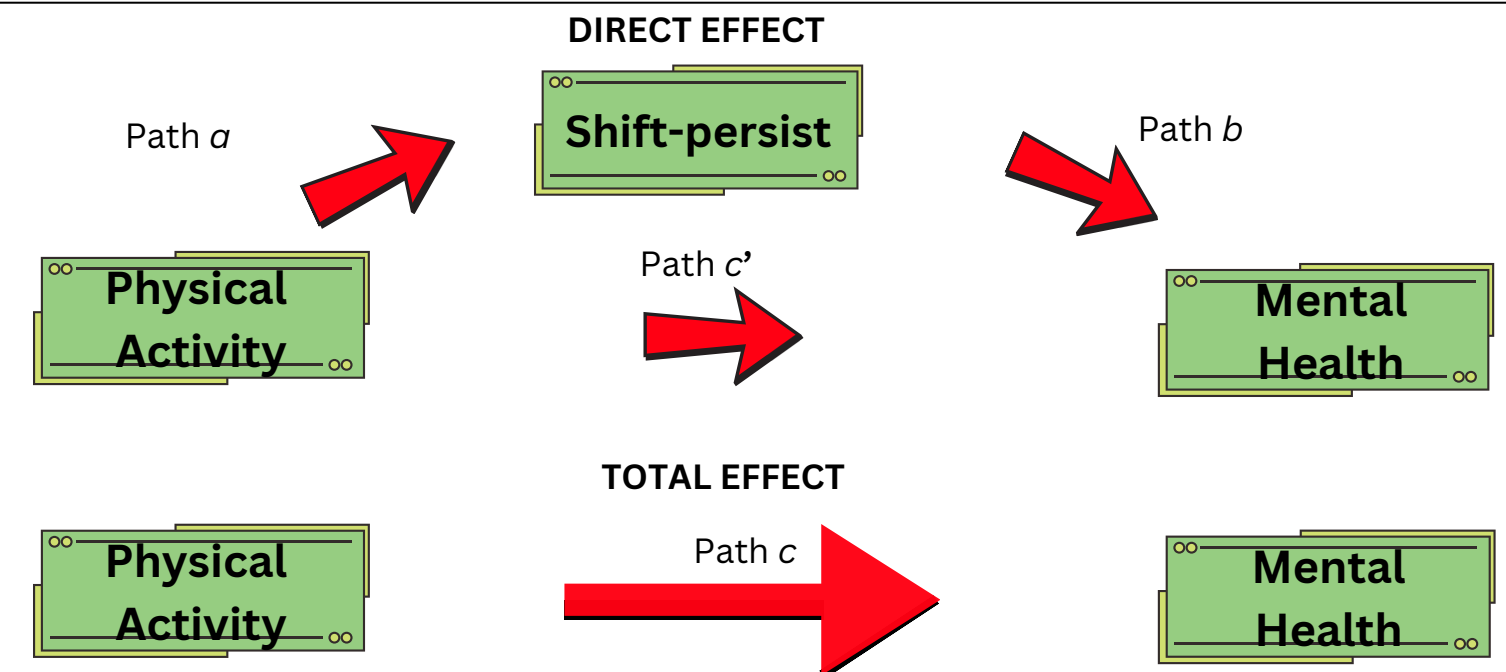
- Shifting focus & persisting with learned strength (Chen & Miller, 2012)
- 2283 13-year in Western Sweden
- Investigates whether physical and sedentary behaviours were associated with stressors by utilising accelerometers & self-reporting surveys
- Findings showcase an increase in physical activity was related to lower reactions to stressors and a decrease in psychosomatic symptoms

(Dahlstrand *et al*, 2021)

Meta-analysis

- Reviewing 204 studies from between 2010 and 2017.
- Focuses on the causal associations with physical activity and mental health
- Findings showcase a causal association between physical activity and cognitive function, with partial evidence linking physical activity to decreased psychosomatic symptoms. No evidence was discovered regarding a relationship between physical activity and confidence

(Biddle *et al*, 2018)



KEY FINDINGS

The studies showcase a positive correlation between physical activity and mental health and wellbeing in adolescents.

CONCLUSION

To conclude this presentation, it has been showcased within extensive research that the benefits of physical activity for adolescents outweigh the repercussions of a sedentary lifestyle. However, further studies may benefit from longitudinal research to determine the strength of causality for physical activity on depression levels, with consideration placed on confounding elements such as socioeconomic status. Another suggestion for future research would be to explore how the intensity levels, duration and type of exercises impact psychosomatic symptoms and cognitive functioning.

References

Biddle, S. Ciacconi, S. Thomas, G. & Vergeer, I. (2018). Physical activity and mental health in children and adolescents: An updated review of reviews and an analysis of causality. *Psychology of sport and exercise*. DOI: [10.1016/j.psychsport.2018.08.011](https://doi.org/10.1016/j.psychsport.2018.08.011) , Retrieved on 30th November 2024, from <https://www-sciencedirect-com.ezproxy.uwtsd.ac.uk/science/article/pii/S1469029218303315>

Chen, E. Miller, E. G. (2012). “Shift-and-Persist” Strategies: Why Being Low in Socioeconomic Status isn’t Always Bad for Health, *National Centre for Biotechnology Information*, 7(2):135–158. doi: [10.1177/1745691612436694](https://doi.org/10.1177/1745691612436694) , Retrived on 3rd December 2024, from <https://pmc.ncbi.nlm.nih.gov/articles/PMC3491986/>

Dahlstrand, J. Friberg, P. Fridolfsson, J. Borjesson, M. Arvidsson, D. Ekblom, O. & Chen, Y. (2021). The use of coping strategies “shift-persist” mediates associations between physical activity and mental health problems in adolescents: a cross-sectional study. *BMC Public Health*, DOI: [10.1186/s12889-021-11158-0](https://doi.org/10.1186/s12889-021-11158-0), Retrieved on 30th November 2024, from <https://research-ebsco-com.ezproxy.uwtsd.ac.uk/c/onvpsy/viewer/pdf/da3k43vzyn>

Mind, (n.d.). How are physical activity and mental health connected? Retrived on 29th November 2024, from <https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/how-are-physical-activity-and-mental-health-connected/>