

# The influence of systematic practice of exercise on the mental state of sport participants

Melania Câmpeanu<sup>1</sup>, Ioana Debeurre<sup>2</sup>

<sup>1</sup> Babeş-Bolyai University Cluj-Napoca, Faculty of Physical Education and Sport

<sup>2</sup> Center of Massage and Kinotherapy, Rouen, France

## Abstract

*Background.* Physical activities are performed because of their benefits such as: recreation, fun, relaxation, enjoyment, physical and psychological relaxation, attenuation of stress effects. Physical activities are very different and with very few regulations, because people who wish to enjoy their leisure time, prefer not to be too physical in these activities. It is well known that sports activities prevent and control the effects of psychological stress.

*Aims.* Our study, tries to demonstrate, that the systematic practice of physical exercise with high or moderate intensity over a short or long period of time, can be associated with an important decrease in the mental tension of sport participants.

*Methods.* In this study performed on 135 subjects we try to demonstrate the psychological benefits of practicing physical activities on the mental state of the subjects. For the assessment of physical and psychological health we used the SCL-90-R (Symptom Checklist 90-Revised)

*Results.* Depending on one's personality and individual capacity of reactions to environmental stimulation, long term practice of physical exercise, as well as short term practice, can cause a considerable decrease of anxiety and an important increase in mental well being.

*Conclusions.* The present sociological survey shows the existence of a statistical significant and positive association between the practice of sports and physical exercise by the subjects and their physical and mental health, assessed by the generic life quality questionnaire of Derogatis-SCL-90-R.

**Keywords:** physical activities, mental state, systematic exercise, SCL-90-R.