

JOGGING AND MENTAL HEALTH

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Introduction. Health is the first and most important human need that determines his ability to work and ensure harmonious development of personality. Active long life is an important component of the human factor. Health is the state of physical, mental and social well-being and not just absence disease or infirmity. Mental health is an integral part and an essential component of health. Strengthening mental health includes steps to create living conditions and environments that support mental health and allow people to keep a healthy lifestyle.

Optimal motor mode is the most important condition for a healthy lifestyle. Its basis is on the systematic physical exercise and sports. Jogging is the most simple, effective and affordable means to the preservation and promotion of health.

Particularly important role of jogging is in overcoming stress and frustration. The positive influence of running isn't only on physiological, but on psychological processes also.

Aim. Identification dynamics of the human mental state under the influence of jogging.

Materials and methods. We used analysis and generalization of scientific-methodic literature, pedagogic testing and monitoring.

Results and discussion. Studies were conducted on department of physical training NUPh. Student that involved to jogging, after training felt cheerful, good mood, no anxiety, were internally balanced and calm.

Indicators of mental well-being, sense of power and energy are more evident after a series of classes jogging. Such feelings as anxious expectation, fear, bad temper, depression are less harassed students. After the jogging they had a sense of freedom, vitality and coherence in the actions. They were cheerful, and after rest mental and physical performance were raised.

There are emotional stability and appropriate response to various situations that enhance resistance to stressful influences.

Conclusions. As a result of studies we established:

1. Mental health is an integral part and an essential component of health.
2. Positive dynamics of the mental state of people under the influence jogging.
3. Regular jogging makes dominate indicators of mental well-being, a sense of strength and power over performance anxiety, depression, bad mood
4. Regular jogging leads to vitality, improve mental and physical performance.