

BÖLÜM 27

SPORDAN UZAKLAŞMADA ÖNEMLİ ETKENLER

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Giriş

Sağlık, Dünya Sağlık Örgütü (DSÖ) tarafından sadece hastalık veya sakatlığın olmayışı değil, fiziksel, ruhsal ve sosyal yönden bir bütün olarak iyi olma hali olarak tanımlanmıştır (1). Spor, fiziksel olarak zinde olma ve ruh sağlığını ifade etme veya iyileştirme, sosyal ilişkiler oluşturma veya her düzeyde rekabetçi bir sonuç elde etme amacıyla rastlantısal veya organize katılım yoluyla gerçekleşen herhangi bir fiziksel aktivite türü olarak tanımlanmıştır ve tüm bu yönleriyle sağlıkla iç içe geçmiştir (2). Spor, kardiyorespiratuar zindelik üzerine etkileriyle katkıda bulunduğu fiziksel sağlığın (3, 4) ötesinde ruhsal ve sosyal açılardan da iyileşmeye katkı sağlar (5). Spor başarı duygusu sağlar, benlik saygısını ve başkalarına saygıyı geliştirir, stresi azaltır, disiplini ve iş birliğini öğretir (6-9). Spor faaliyetlerine katılım, sosyalleşme ve arkadaşlık ağlarının gelişmesi için fırsatlar sağlar, madde kötüye kullanımı ve kendine zarar verme düzeylerini azaltır ve toplum refahını arttırır (10). Düzenli fiziksel aktivitenin sağlığa faydaları kanıtlanmışsa da DSÖ, tüm dünyada, 4 yetişkinden 1'inin önerilen fiziksel aktivite düzeylerini karşılamadığını ve dünya adolesan nüfusunun %80'inden fazlasının fiziksel olarak yeterince aktif olmadığını tahmin etmektedir (11).

Fiziksel inaktivite tüm dünya genelinde mortalite risk faktörleri sıralamasında dördüncü sırada gelmektedir (12). Bu sebeple spor faaliyetlerine katılım oranını arttırmak için spordan uzaklaşmada önemli ekonomik, sosyal ve ekolojik etkenlerin bilinmesi halk sağlığı için önem arz etmektedir (13).

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