

# 15. BÖLÜM

## Kompulsif Egzersiz Bağımlılığı

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### | GİRİŞ

Egzersiz fiziksel durumu geliştirmek, sürdürmek ve sağlık amacıyla yapılan bazı aktivitelerin icrasidir. Fiziksel aktivite ise; iskelet kaslarının kasılmasıyla bazal seviyenin üzerinde enerji harcamayı gerektiren her türlü ev işleri, koşu, yürüyüş vb. bedensel hareketlerin bütünü olarak tanımlanır.(Pitta ve ark.,2006; Yıldırım ve ark., 2017) Düzenli fiziksel aktivitenin her yaşta bireyde bağımsızlık tepkisini güçlendirme etkisi vardır ve fiziksel olarak aktif bir yaşam tarzı, bağımsızlık sisteminin yaşlanmasını geciktirebilir , bu da bulaşıcı hastalıklara (örneğin viral ve bakteriyel enfeksiyonlar) ve bulaşıcı olmayan hastalıklara (örneğin diyabet, hipertansiyon ve kanser) yakalanma riskinin azalmasına yol açabilir. (Campbell & Turner, 2018).

Egzersiz ayrıca, sigarayı bırakmaya yardımcı olma, uykuyu düzenleme, anksiyete ve depresyon belirtilerinin şiddetini azaltma etkileri gibi ruh sağlığı üzerinde de olumlu etkileri olduğu bilinmektedir. (Vardar, 2012) Egzersizin endorfin üretimini artırdığı, bireyde kendini iyi hissetme hali yarattığı ve organizmada yeniden bir talep oluşturduğu bilinmektedir.(Kagan & Squires, 1985; De Coverley Veale, 1987)

Geçmişte egzersiz daha çok performans ile ilişkilendirilirken günümüzde formda olmak ve fiziksel sağlık ön plana çıkmaktadır. Bilimsel olarak fiziksel aktivite önerilerinden ilki "Yetişkinler günde en az 30 dk. orta yoğunlukta fiziksel aktivite yapmalıdır" şeklinde iken(Oja & Titze, 2011) Dünya Sağlık Örgütü (DSÖ) 5-17 yaş grubu için, günde en az 60 dk orta-şiddetli aktivite, 18 yaş ve üzeri

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## SONUÇ

Literatür incelendiğinde egzersiz bağımlılığı ile yeme bozuklukları ile ilgili yapılmış pek çok araştırmaya rastlanmaktadır. Bunlardan nispeten az bir kısmı aşırı egzersizin yeme bozuklukları olmaksızın da var olabileceğini ve egzersiz bağımlılığı ile yeme bozuklukları arasında bir ilişki olmayabileceğini öne sürmektedir. (DE COVERLEY VEALE, 1987) Diğer taraftan ise pek çok araştırma egzersiz bağımlılığı ile yeme bozukluklarının çeşitli biçimleri arasında güçlü bir bağlantının olduğunu göstermektedir. (S. ve ark., 2011) Yeme bozuklukları ile egzersiz bağımlılığı ilişkisini gösteren literatürdeki çalışmalarda bir fikir birliği yoktur. Aynı zamanda yeme bozukluğu ile egzersiz bağımlılığı ilişkisini inceleyen çalışmalar kısıtlı bir popülasyonda yapılmıştır ve geniş kapsamlı araştırmalara ihtiyaç olduğu görülmüştür. Literatüre bakıldığında egzersiz bağımlılığı ile ilişkili bozukluklarda daha çok yeme bozukluklarına odaklanıldığı az sayıda olmakla beraber narsistik kişilik bozukluğu ve obsesif kompulsif bozukluk ile ilgili araştırmaların da olduğu görülmektedir. İlişkili bozukluklar konusunda da daha fazla araştırma yapılmasına ihtiyaç olduğu düşünülmektedir. Egzersiz bağımlılığının epidemiyolojisinin incelendiği araştırmalar genellikle tek bir spor salonu ya da bir fakülte'deki öğrenciler gibi dar bir popülasyon üzerinde yapılan araştırmalardır. Bu anlamda daha geniş kapsamlı araştırmalara ihtiyaç vardır. Egzersiz bağımlılığı kavramı profesyonel, düzenli ve kendini spora adanmış sporcuların yaptığı yoğun egzersiz faaliyetlerinden farklıdır. Bu sporcular haftanın 5-6 günü egzersiz yapmaktadır fakat egzersiz bağımlısı olarak tanımlanamazlar. Literatürdeki yapılacak olan

çalışmaların bu konudaki ayırma atıfta bulunarak konunun aydınlatılması yönünden fayda sağlayacağı düşünülmektedir. Özetle egzersiz bağımlılığı yeni sayılabilecek, üzerine yapılan araştırmaların az olduğu gelişime açık bir kavramdır

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