

BÖLÜM 2

Egzersizin Ruhsal Hastalıklar Üzerine Etkisi

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GİRİŞ

Egzersiz fiziksel yeterliliğin bileşenlerini geliştirmeyi amaçlayan, tekrarlı ve planlı bedensel aktiviteler bütünüdür. İskelet kaslarının kasılması ile enerji harcamasına yol açan bedensel hareketleri tanımlayan fiziksel aktivite ise daha geniş bir terim olarak egzersizi kapsar (1). Spor ise bireysel veya takım halinde düzenli egzersizlerin bir amaç doğrultusunda organize şekilde yarışmacı bir ruh ile yapılmasıdır (2).

Ruh sağlığı, kişinin kendisi ve çevresiyle uyum ve denge halinde olabilmesi, ruhsal olarak iyi halini yansıtabilmesi ve günlük aktivitelerine uyum sağlama yetisidir. Egzersizin fizyolojik ve metabolik etkileri olduğu gibi sosyal ve psikolojik etkileri de vardır. Düzenli yapılan egzersiz fizyolojik, metabolik ve psikolojik parametrelerde olumlu yönde düzelmeler sağlar (3).

Araştırmalar fiziksel aktivitenin ve egzersizin fiziksel sağlığı iyileştirmesi dışında, kişinin ruhsal sağlığını da olumlu yönde etkilediğine, yaşam kalitesini yükselttiğine ve zihinsel performansı arttırdığına dair tutarlı veriler sunmaktadır. Bu veriler, egzersizin ister aerobik ister anaerobik olsun ruh sağlığında iyileşme sağladığına ve egzersiz-ruh sağlığı ilişkisine dair güçlü kanıtlar sunmaktadır (4).

Ruhsal hastalıklar hem bireyi, hem çevreyi ve toplumu etkileyen önemli sağlık sorunlarıdır. Bu hastalıkların önlenmesinde ve tedavilerinde egzersizin rolü uzun süredir vurgulanmaktadır. Fiziksel inaktivite psikiyatrik hastalıkların oluşmasında ve ilerlemesinde etkilidir. Egzersiz bu ruhsal hastalıklardaki hem fiziksel hem de psikolojik belirtileri iyileştirebilmekte ve ruhsal iyilik haline önemli katkı sağlamaktadır (4-6).

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DEHB ile ilişkili semptomların egzersiz ile azalabileceği bildirilir (69). Hem hayvanlarda hem de yetişkinlerde yapılan araştırmalar, bilhassa aerobik egzersizin sinirsel büyümeyi artırabileceğine ve bilişsel ve davranışsal işlevi iyileştirebileceğine dair ikna edici kanıtlar sunmaktadır (70). Bu açıdan egzersiz yürütücü işlevlerin çok önemli olduğu DEHB’de tamamlayıcı ve engelleyici bir tedavi olarak önemli yer tutmaktadır.

SONUÇ

Egzersiz; depresif bozukluk, anksiyete ve ilişkili bozukluklar, şizofreni, bipolar bozukluk ve alkol-madde bağımlılığı gibi pek çok psikiyatrik hastalığın tedavisinde kullanılabilir. Egzersiz nöroprotektif koruyucu etkilerle ruhsal hastalıklara ek olarak metabolik hastalıklara karşı da koruyucu etki gösterir.

Devamlılığının sağlandığı uygun şiddette yapılan her egzersiz önemli sistemlerin ve yolların etkinliği olumlu yönde arttırarak fiziksel sağlığı ve ruhsal sağlığını korumaktadır. Bu açıdan genel popülasyona kıyasla daha hassas olan ruhsal hastalıklara sahip kişilerin sosyal hayatlarına dahil edilmiş egzersiz programları etkili ve faydalı olabilir.

Şuana kadarki verilerle genel kanı faydalı egzersizin orta şiddette aerobik karakterde olması yönündedir. Yüksek şiddette yapılan aerobik egzersiz, tersine nöroplasisiteyi engelleyerek, inflamatuvar süreçlerin ve moleküllerin artışına neden olur (1).

Kontrollü bir egzersiz ile olumsuz metabolik etkilerden, psikiyatrik hastalıkların psikopatolojik semptomlarından korunabilir ve yaşam kalitemizi arttırabiliriz.

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