

Affect of Physical Exercise on Overall Nature of Dental Students

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ABSTRACT

Being as fit as a fiddle is the utmost importance matter which most of us do not take it seriously. The benefits of physical exercises are hard to ignore, regardless of our age, sex or physical ability. Plus, physical exercise is a great activity to do most during depression especially. Many of us ignore and commonly overlooked it throughout life and prone to eat everything or sleep when in pressure situation. This study aimed to find out does exercise affects depressive symptoms in dental students. It is also to evaluate the effectiveness of physical exercise upon reducing depressive symptoms among them especially and how it influences human nature in them.

Keywords: Physical Exercise, Nature, Dental Students

There is a growing acceptance of physical exercises as the useful treatment for depression symptoms. It is believed that physical exercises are associated with the reduction of depression level.

Other speculates that physical exercise causes people to feel a sense of mastery or they are likely controlling themselves and also environment. This feeling is associated with self-concept, reduction of nervous and anxiety and enhances the personality variables¹.

A study suggests that 30 minutes of treadmill walking for ten consecutive days is able to reduce depression clinically and statistically with measurement of Hamilton Depression rating Scale². Substantially, a study group that associate with a placebo exercise group in patients receiving a standard antidepressant treatment shows a result of great decline of depression scores³.

Besides, the effects of physical exercise in psychological effects are encouraging. It helps to enhance the mental health including self-confidence, self-concept, cognition or other psychological variables^{5,6}. There is a study reported that exercises reduces acute anger and associates with an important characteristics of Type A behavior and longer term increases in tolerance of frustration⁴.

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MATERIALS AND METHODS

This study was conducted in Saveetha Dental College. A total of 100 questionnaires were circulated to the dental students, both male and female in this college. Particularly, all of them are from first year dental students aged between 18 years old to 20 years old.

The questionnaires are made up of two types of question based. The first section is known as multiple-choice question and next is score based question. It has a total of eighteen questions equally for every section. As for score based question section, the students need to answer this questionnaire according to given score; 1(never), 2 (almost never), 3 (seldom), 4 (often), and 5 (almost always). The total score can determine their potential level of depression accordingly. Table 1 below shows four kind of level of depression based on the score given.

| Level of Depression | Score Point |
|---------------------|--------------|
| Low | 24 or lower |
| Moderate | 25 – 35 |
| High | 36 – 44 |
| Very high | 45 or higher |

OBSERVATION AND RESULTS

In this study, the respondents are 58 female and 42 male respectively. Among them, 32 respondents score below than 24 points that marked their potential level of depression is low. Most of them, which are 61 respondents, show a moderate depression level, which is approximately between 25 to 35 points. Meanwhile, seven respondents score roughly 36 to 44 points as for high depression level. However, no respondents show a very high stress level.

Table 2 :Multiple-choice Based Questions

| QUESTIONS | NUMBER OF STUDENTS (N=100) |
|--|----------------------------|
| 1. Do you have interest in doing any physical exercise? | |
| a) YES | 74 |
| b) NO | 26 |
| 2. If so, which type of physical exercise would you like to indulge yourself? | |
| a) Jogging or running | 27 |
| b) Swimming or water exercises | 30 |
| c) Exercise with weighs | 19 |
| d) Aerobics / yoga | 24 |

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| | |
|---|---|
| <p>3. About how many hours a day do you usually perform this activity?</p> <p>a) Half an hour b) An hour c) An hour and a half d) Two hours e) Two hours and a half f) Three hours g) Four hours</p> | <p>14 46 8 24 3 4 1</p> |
| <p>4. How many times you did physical exercises in the last 12 months?</p> <p>a) None b) Less than once a month c) 2 to 3 times a month d) 2 to 3 times a week</p> | <p>16 24 34 26</p> |
| <p>5. How often do you walk a mile or more at a time, without resting?</p> <p>a) Every day b) 4 – 6 days a week c) 1 day a week d) Less than 1 day a week</p> | <p>20 32 30 18</p> |
| <p>6. During past 12 months, have you participated in any group exercise program?</p> <p>a) YES b) NO</p> | <p>40 60</p> |
| <p>7. How important is physical exercise to you?</p> <p>a) Not important b) Moderately important c) Important d) Very important</p> | <p>11 34 37 18</p> |

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| | |
|--|----|
| 8. Would you say that you are physically more active, less active or as active as other persons your age? | |
| a) More active | 34 |
| b) Less active | 34 |
| c) Same | 32 |
| 9. Do you think being active physically is good for your mental health? | |
| a) YES | 87 |
| b) NO | 13 |

Table 3 : Score Based Questions

| QUESTIONS | SCORE | | | | |
|---|-------|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 |
| 1. I have tendency to eat, talk, walk and drive quickly | 7 | 21 | 24 | 11 | 37 |
| 2. I feel fatigued even after having enough sleep | 3 | 19 | 45 | 22 | 11 |
| 3. I feel annoyed or mad at something even though it seems a small matter | 4 | 34 | 28 | 19 | 15 |
| 4. I experience mood swings | 14 | 27 | 29 | 22 | 8 |
| 5. I find myself disappointed when things have not gone according to plan | 11 | 12 | 51 | 19 | 7 |
| 6. I cannot pay full attention during classes | 9 | 9 | 53 | 10 | 19 |
| 7. I could not finish my work within deadlines given | 5 | 13 | 44 | 30 | 8 |
| 8. I set my life goals and am determined to achieve them | 0 | 15 | 38 | 39 | 8 |
| 9. I enjoy in doing something even it is hard to accomplish | 0 | 8 | 15 | 54 | 18 |

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Line 1 : Total Number of Students Based On Every Score

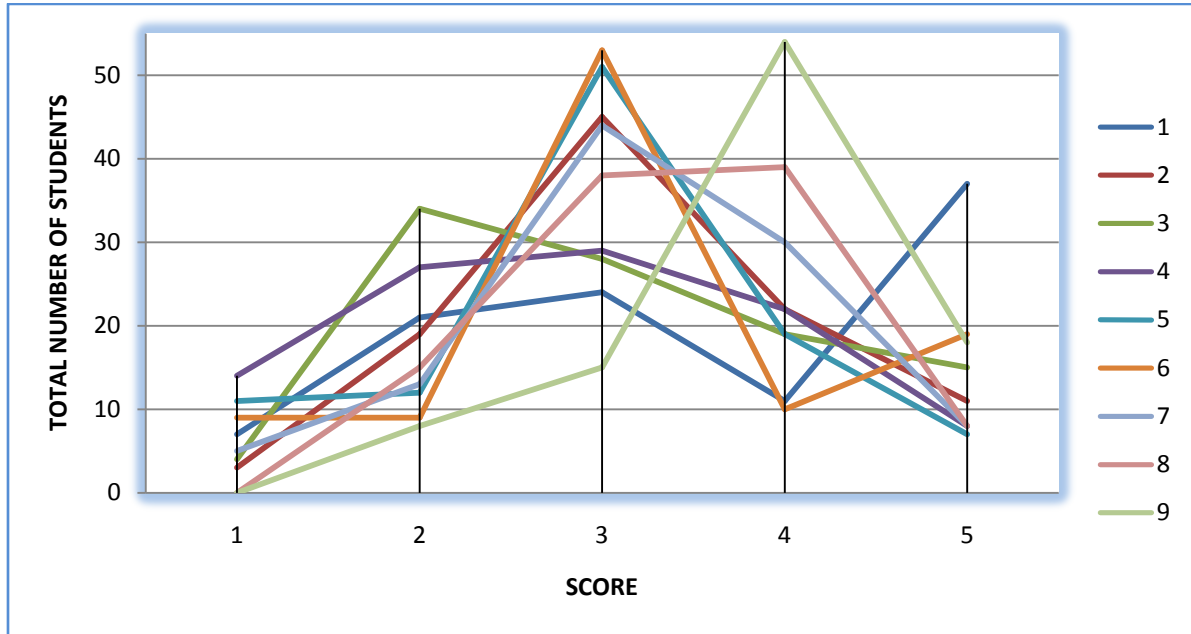
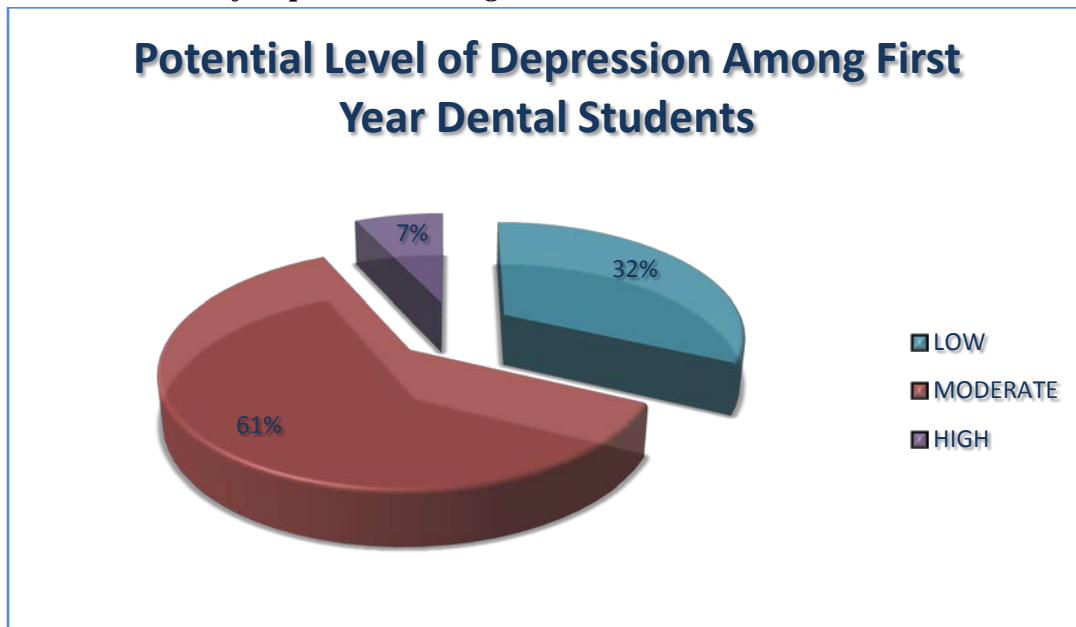


Table 4 : Potential Level of Depression Among Dental Students

| Potential Level of Depression | Number of Students (N=100) |
|-------------------------------|----------------------------|
| LOW | 32 |
| MODERATE | 61 |
| HIGH | 7 |
| VERY HIGH | NONE |

Pie 1 : Potential Level of Depression among Dental Students



DISCUSSION

In the first question of multiple-choice question, 74 % of the respondents had interest in doing physical activity that included jogging, swimming, exercise with weights and aerobics or yoga. 26 % of them showed no interest towards physical exercise. Coming to the second question, majority comes to swimming or water exercises which score 30%, followed by 27% of jogging or running and 24% of aerobics or yoga. Respondents showed the least interest in exercise with weights that show 19% only.

Next question, most the respondents exercised for about two hours per day and 14% of them which is less ten percent than that of highest score, prefer to exercise approximately for half an hour daily. 8% of them exercised for an hour and a half only 7% for more than two hours. In the fourth question, 34% of the respondents exercised two to three times a month and 26% of them exercised two to three times a week for the last 12 months. On the other hands, less than once a month and no exercise at all show 24% and 16% respectively.

For fifth question, it seems most of the respondents walk a mile or more than that without resting for four to six days a week and one day a week. 20% of them often walk like that for everyday followed by 18% for less than one day. After that, we can see that majority of the respondents have not been to any group exercise program during past 12 months meanwhile the rest 40% had or have joined any group exercise program.

37% respondents were aware and acknowledged the importance of physical exercise and 18% believed that physical exercise was very much important towards them. At the same time, 11% and 34% respondents thought physical exercise is not important and moderately important separately.

Coming to the eighth question, more than 30% of respondents believed that they were physically more active and less active as others in their age , which both recorded 34% respondents each. The rest 32% respondents thought they were physically as active as other persons with same age. Based on the last question, more than three quarters (87%) of the respondents believed that being physically active is good for mental health whereas 13% of them thought the opposite way.

According to score based question, none of the respondents showed a very high level of depression state and 7 of them were recorded high potential level of depression. From the result, 61% of the respondents' portrayed moderate or normal state of depression level and 32% had low potential level of depression.

CONCLUSION

Physical exercise portrays a significant role as a coping strategy for reducing depression. A large number of the respondents who were doing physical exercise regularly show a positive response with reduced potential level of depression. Apart from that, majority of the cases improved slightly their mental health, which seems to be effective in reducing depression as being recorded in the result.

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