

Investigation of the Effect of Sedentary Life on the Health Status of Individuals

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ABSTRACT

Purpose: Exercise is essential to the protection of the organism against disease, as well as its essential to a healthy life. In this study, the aim was to study the effects of inert life on human organism and to contribute to the quality of life of exercise.

Methods: The method of the study is to compile all those who will contribute to our current work that has been scanned using the keywords 'stationary life', 'exercise and health', 'protection of health' in light of the studies in the relevant literature.

Conclusion: In the study, it was concluded that immobile life has many negative aspects of the health of individuals, but also has a negative effect on individuals both physiologically and psychologically.

Keywords: Exercise and Health, Idle life, Health Protection

INTRODUCTION

The world is home to 7.7 billion people. The rapid rise of the world's population brings rapid urbanization along with migration from village to city. Due to crowded cities and busy work life has made stress and static life an integral part of the city's life ¹.

Among the many problems that urbanization has caused, the degradation of human quality of life is at the beginning of these problems. There are many factors that affect the quality of life of individuals. It is difficult to fully define the quality of life in this regard. Because it can be easily influenced by social economic and cultural values ². But overall quality of life is a fundamental goal of providing individuals who are socially active, who can stay away from diseases, that are enjoying life ³.

It causes various health problems in terms of body posture, especially in individuals sitting at a computer or desk in a sedentary life. In this case, since the neck and spine are overloaded, various pains occur in these areas. It can be said that these pains are different spinal curvatures. If the growth in the body is not supported by sports and exercise ⁴⁻⁵, posture disorders occur at different levels of individuals, especially in adolescents and adolescents ⁶, but according to the exercise models applied for health and the recovery protocols applied, fatigue and pain situations are relieved ⁷⁻⁸.

In this study, the exercise of low intensity in sedenter individuals has been examined on human health, the quality of life and the protection of health of the individual.

Physical Health and Exercise: When people today's lifestyles are examined, they are now less and less moving. With technology starting to take part in human life, it is seen that the work that requires physical power is reduced and reduced to movement. In order to maintain general health, people should take good care of their free time by living a planned and organized life. Exercise must be at the heart of these leisure activities ⁹.

The human body is a perfect organism that has been mentioned since its creation. The human center is a life of neurosenorder. The autonomous nervous system, located below the central nervous system, commands the operation of the heart. This allows the organism to work for life by sending the necessary signals to the heart muscle. Life without movement is the basis for the development of various health problems by disrupting the operation of these systems ¹⁰.

When body tissues are examined, muscle and heart tissues have a structure that can be improved. With the development of capillary vessels, muscle strength and muscle can be improved in regular exercise. The muscle stretches and relaxes during exercise, allowing the individual to move through the exercise. With increased muscle contractions, it can be contracted and loosened in less time. Having muscles that can be spun and loosened faster gives the athlete an advantage ¹¹. Similarly, surrounded by a muscle structure in his heart, it is said that heart

muscle is also developing in individuals who exercise long-term aerobic exercise in high pulses.

Demir, M., & Filiz, K. (2004) ranked the benefits of aerobic exercise in 4 points in their theft ¹².

- 1- High blood pressure prevents risk factors such as diabetes, cholesterol, excessive weight gain from forming in the body.
- 2- Effective in preventing mental and mental problems.
- 3- Prevents the formation of diseases such as cancers and cancers.
- 4- Allows for faster and easier disposal of toxins in the body through sweat and urine ¹³.

In regular sports individuals, the heart has a volumetric growth due to the development of the heart muscle. In particular, the endurance (edurans) sports, such as a board bike marathon, have more pots growing in other athletes. This growth is not pathological, it's physiological growth. This is the result of the athlete's ability to withstand high pulses for a long time, resulting in adaptation ¹⁴.

The biggest advantage of heart-volume growth is that the return of pulse growth to normal values due to sporting weight from sporting people's loads is much faster than those who don't exercise. Sports individuals also have a much lower resting pulse rate than those who don't exercise. This gives the athlete an advantage in the ability to continue aerobics for long periods of time ¹⁵.

Stress and Exercise: It is the stressful state of mind that is formed in human body in parallel with the stationary life and the still life at the beginning of the biggest problems of our age. The human organism is constantly under stress in a dense and dynamic life. It has the ability to tolerate stress to a certain point in the human body. However, when looking at individuals under intense stress, they are seen to experience psychological 'bad mood', 'anxiety', 'irritability' and 'anger' as well as physiological problems such as 'intestinal systems weakening', 'heart problems' and 'hair loss' ¹⁶. Especially studies on stress suggest that stress has serious connections to the individual's mental health ¹⁷.

There are many factors in human organism that create stress. Stress is a concept that needs to be assessed in a wide range of impacts on the organism, while being able to differentiate in each individual. Each individual's reaction to stress may not be the same as each other. Especially, exercise is thought to affect the stress formation of the organism. Baltas and Baltas (2008) have discussed ways to deal with stress from different angles. He has shown that both physical exercises and relaxation exercises are effective in dealing with stress within the body-related methods ¹⁸.

Obesity and Exercise: The most intense negative effect of Sedanter lifestyle on individuals is obesity. While obesity is considered a problem on its own, heart pressure does not bring many diseases, such as kidney disorders. Exercise is the only way

to avoid obesity by getting rid of the individual's motionless and sedanter lifestyle¹⁹⁻²⁰.

Depression and stress in particular make changes to the eating and drinking habits of individuals. This shows the individual's cat in the way that, instead of taking too much food at each meal or consuming enough food at three meals a day, the meal is skipped and too much food is consumed at one meal. We see that obesity is becoming more and more widespread in our country, as in the world, and in Turkey, according to the health ministry, 41% of women are considered 'fat'^{21,27,28}. The spread of obesity every day is thought to have more health problems in more individuals. While obese and overweight individuals may lose weight and have a normal weight in the following stages, various health problems are considered to be permanent in the individual.

The Covid-19 Process and Exercise: The covid-19 pandemic, which emerged in China and influenced the whole world, initially produced diseases in individuals with symptoms of covid-19. But then, with the closures, individuals have been brought to my different mental and physical health problems, as a result of long periods of inactivity and physical activity in homes. Due to restrictions in the pandemic process, it is imperative that individuals remain in their homes to prevent participation in physical activities. In the light of this development, they have experienced intense stress and in connection with many different mental health problems, depending on the individual staying indoors²².

Tunç, Zorba ve Çingöz, (2020) Their work shows us that individuals exercising in the covid-19 pandemic process are better quality of life than those who don't. Given this result, exercise has a positive effect on the quality of life of individuals in itself²².

Exercise is especially important for the right physical development of individuals with a certain age group. In a way, exercise is indispensable for both physical and mental health of individuals in critical times. For example²³, their work has concluded that the psychological integrity levels of the participants exercising in the covid-19 social isolation process are higher than those who do not exercise.

CONCLUSION

Besides the benefits of exercise to the human body, there are many negative aspects to the human body in a still life. We see more and more diseases associated with inadequate physical activity between intense urbanization and the population of people. Demir ve Filiz, (2004) in studies studied the effects of exercise on human organism, the effects of exercise on muscles, heart-to-heart and respiratory systems were found²³.

Civan, Özdemir, Gencer ve Durmaz, (2018) The study concluded that the low-intensity exercises performed regularly have a positive effect on the organism, both psychologically and physiologically, and that the resilience of the organism entering hormonal stress-related activities increases and provides effective stress management⁹.

Ağaoğlu, (2015) 30-60 min a week (one day intervals) in her work on exercise in women. The exercise concluded that women have prevented their heart health, pregnancy periods, overweight gain, and contributed positively to their psychological health²⁴.

Daniels ve Leaper, (2006) in their work, she has determined that there has been self-esteem and self-esteem in women participating in sports and exercise activities. In light of this result, sport is also believed to be contributing to an individual's confidence and self-respect^{25,29,30}.

Doğru, Kızılcı, Balcı, Korkmaz & Tekindal, (2015) In their work, the Open field sports tools are one of the ways that help our society to gain exercise habits. However, health problems may occur due to improper exercise. This shows that we need to exercise consciously, especially the various tools made available to the public by the municipalities, and generally need to be informed about the movement before starting to exercise there^{26,31,32,33}.

As a result, certain concentrations of aerobic exercises have positively influenced the quality of life of an individual, turning it into a more active and stress-free lifestyle than a sedanter lifestyle. Individuals are also protected from heart disorders, high blood pressure, diabetes, and other diseases caused by inert life through exercise.

Suggestions: Schools should be given the habit of exercising from a young age. They need to embrace sport as a lifestyle and integrate it into life, not as a lesson

- Older people in society need to perform light aerobic exercises during certain periods of the day and at certain times in order to prevent diseases that may occur due to age progression.
- As health expenditure is among the major expenditures in the country's economy, it is thought that individuals can contribute to the country's economy by reducing health costs by paying attention to their individual health.

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