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The Role of Physical Activity and Physical Exercise in Improving Health (Literature Review Sport Education)

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Abstract: Literature Review The Role of Physical Activity and Physical Exercise in Improving Health is a scientific article with the aim of analyzing whether Physical Activity and Physical Exercise in improving health. The method examines various studies, articles, and books that are relevant to the topic discussed. The results of this article are: 1) Physical Activity plays a role in Improving Health 2) Physical Exercise plays a role in Improving Health. Apart from these 2 exogenous variables that affect the endogenous variable of Leader Character, there are still many other factors including the environment, service, behavior.

Keywords: Physical Activity, Physical Exercise, Health.

INTRODUCTION

Sports education plays a very important role in shaping public awareness of the importance of physical activity and exercise in improving health. From an early age, sports education teaches us about the benefits of exercising regularly and how physical activity can keep the body healthy. With the right approach, sports education can foster good habits to keep moving, which will have a positive impact on long-term health. In the midst of increasingly advanced developments and lifestyles that tend to be more sedentary, an understanding of the importance of exercise is needed to prevent various diseases that can arise from an inactive lifestyle.

Regular physical exercise can improve heart function, increase blood circulation, and maintain stable blood pressure. In addition, physical activity can also help the body manage blood sugar levels and increase good cholesterol levels. In other words, exercise plays a very important role in preventing degenerative diseases that often arise due to unhealthy lifestyles. In fact, for individuals who have been diagnosed with certain diseases, appropriate physical exercise can be part of a rehabilitation program to improve their health condition.

In addition to physical benefits, physical activity also has a positive impact on mental health. Doing physical exercise has been proven to stimulate the release of endorphins which can improve mood and reduce stress. This helps individuals feel happier, more energetic, and better prepared to face the challenges of everyday life. Often, exercise is used as a way to improve sleep quality and reduce anxiety, which are increasingly common mental health issues in modern society.

The importance of physical activity and exercise in everyday life requires every individual to make exercise an integral part of their routine. By taking the time to move, we not only improve our quality of life but also maintain our bodies to stay healthy and fit. Therefore, from now on, let's raise awareness to be more active and make physical exercise a habit that is beneficial for long-term health.

This study aims to determine whether physical activity and physical exercise play a role in health. Based on references from the problems that have been explained previously. The questions of the scientific article Literature Review are as follows:

1. Does Physical Activity Play a Role in Health?
2. Does Physical Exercise Play a Role in Health?

METHOD

This study aims to examine the role of physical activity and physical exercise in health through a sports education approach. This article is compiled using the literature review method, which examines various studies, articles, and books that are relevant to the topic discussed. The main emphasis in this study is how physical activity and physical exercise in sports can contribute to improving individual health, such as increasing endurance, strengthening the cardiovascular system, managing healthy weight, increasing flexibility and muscle strength.

RESULTS AND DISCUSSION

Results

The results of this article based on the problem background, objectives, and methods are as follows:

Health

Health according to the World Health Organization (WHO) is defined as a state of physical and mental well-being and not merely the absence of disease (Elsevier, 2009). Health is a very important thing in relation to a person's productivity. In essence, every human being needs a healthy life to support their survival (Sulistiarini & Hargono, 2018).

Health is an important aspect to be applied in everyday life. Good health education can be the foundation in every activity and play a role in forming healthy living habits in individuals. With quality health education, individuals will better understand the importance of maintaining body balance, healthy eating patterns, and the importance of physical activity to improve quality of life. Effective health education can also help individuals manage stress, maintain mental health, and prevent future illnesses.

Health has been widely studied by previous researchers, including : (Alqawi, D., Ali, H., & Fauzi, A., 2024), (Sumantri, H. (2015)), (Calundu, R., 2018) .

Physical Activity

Physical activity is a fundamental means of improving physical and mental health. Yet many people have eliminated it all from their daily lives, with profound consequences for their health and well-being. (Cavill, Kahlmeier, & Racioppi, 2012). Lack of physical activity will cause body organs, blood flow and oxygen to be blocked, thus causing increased blood pressure. Exercise or carrying out a routine of physical activity can help lower blood pressure or help stabilize blood pressure (Hasanudin et al., 2018).

Physical activity in sports education can be an effective medium in instilling positive values and improving health. Through various types of sports, training, and hands-on experiences, students not only learn physical skills, but also improve their physical and mental health. Physical education that focuses on improving health will create individuals who are not

only physically healthy, but also have good stamina, stronger endurance, and the ability to manage stress and emotions better .

Physical activity has been widely studied by previous researchers, including: (Muhammad et al., 2020), (Hotma., H. Ali et al., 2023), (Deandra., H. Ali et al., 2020).

Physical Exercise

Physical exercise is a body movement carried out by muscles in a planned, structured and repetitive manner that involves the use of energy to improve fitness. Regular exercise has beneficial effects on health, especially helping to reduce and prevent various cardiovascular diseases, metabolic syndrome disorders, and osteoporosis (Elsa Yuniarti, 2015). Physical condition is a person's ability to achieve sports goals that are carried out optimally. The results of training also vary depending on the routine and productivity when training the body's physique, the more active they are in doing physical training, the higher a person's productivity and fitness (Setia & Winarno, 2021).

In the context of sports education, physical exercise is a series of activities or body movements that are carried out in a planned and regular manner with the aim of improving or maintaining physical fitness, health, and the body's ability to perform certain functions. Physical exercise can include various types of activities such as sports, gymnastics, or strength training that involve muscles and the cardiovascular system.

Physical exercise has been widely studied by previous researchers, including: (Pranata, D., & Kumaat, N., 2022), (Tanzila, RA, & Hafiz, ER, 2019), (Duhe, EDP, 2020).

Discussion

a) The Role of Physical Activity in Health

According to the Indonesian Ministry of Health (2006), regular physical activity has a beneficial effect on health, namely preventing heart disease, stroke, osteoporosis, cancer, high blood pressure, diabetes, etc., controlled body weight, more flexible muscles and stronger bones, ideal and proportional body shape, more self-confidence, more energy and fitness, overall health conditions become better.

In addition, physical activity can also help improve the function of the body's immune system. According to Nieman (2019), moderate exercise can increase the body's immune response, help fight infections, and reduce inflammation. Regular physical activity can stimulate the immune system to work more efficiently in protecting the body from various diseases. However, it is important to note that excessive or too intense exercise can reduce the effectiveness of the immune system, so moderation in exercise is essential.

This research is in line with research conducted by: (Rosidin, U., Sumarni, N., & Suhendar, I., 2019), (Laksmi, IGAPS, & Jayanti, DMAD, 2023), (Atmaja, RAJ, & Rahmatica, R., 2017).

b) The Role of Physical Exercise in Health

Physical exercise plays an important role in improving body health and improving quality of life. According to Lee et al. (2017), regular physical exercise helps improve the function of the heart, lungs, and blood circulation system. Physical activities such as exercise can increase the body's aerobic capacity, which means the body is more efficient in distributing oxygen throughout the body. This contributes to increased physical fitness and a reduced risk of heart disease, hypertension and respiratory disorders. Therefore, consistent physical exercise can strengthen the body's systems and prevent the emergence of long-term health problems.

exercise also plays a role in improving mental and emotional health. Regular physical activity can stimulate the release of endorphins, known as the happy hormones, which can help reduce stress, anxiety, and symptoms of depression. Exercising consistently can also improve

sleep quality, improve mood, and increase self-confidence. Thus, physical exercise is not only important for physical health, but also provides great benefits for mental well-being, creating a balance that supports a better overall quality of life.

This research is in line with research conducted by: (Wicaksono, A., & Handoko, W. (2020)), (Nurul, V. (2024)), (Christiani, M., & Rahmah, F. (2025)).

c) The Relationship between Physical Activity, Physical Exercise, and Health

Physical activity and exercise are closely related to health, as both play an important role in maintaining and improving body condition. Regular physical activity can help strengthen the heart, improve blood circulation, and increase lung capacity. Thus, the body becomes more efficient in carrying out its functions, and reduces the risk of various diseases such as obesity, diabetes, and hypertension. Physical exercise, which involves structured body movements, accelerates this process by providing a stimulus for the muscles and cardiovascular system to develop.

A study by Smith (2015) revealed that the integration of physical activity and physical training in sports education can help individuals improve their overall health. Through the routines in physical training, children learn to maintain better physical fitness, increase physical endurance, and develop healthy living habits that have a positive impact on their mental and physical health.

Conceptual Framework

Based on the problem formulation, theoretical studies, relevant previous research and discussion of the influence between variables, the framework for this article is as follows.

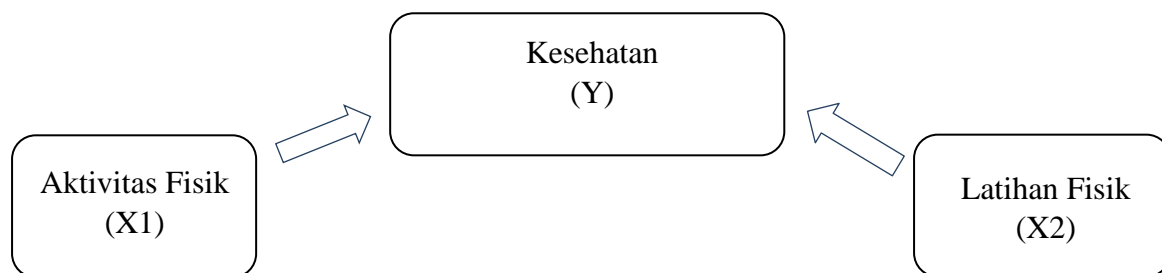


Figure 1. Conceptual Framework

And there are many other factors that influence character formation (Y), including:

- a) Environment: (Firmansyah, PD, & Ali, H., 2024), (Harsono, H., Ali, H., & Fauzi, A., 2023), (Juanda, J., & Ali, H., 2022), (Sjarifudin, D., & Ali, H., 2023).
- b) Services: (Shobirin, M., & Ali, H., 2019), (Ali, H., Octavia, A., & Saputra, F., 2024), (Ali, H., 2017), (Ibrahim, AM, & Ali, H., 2024).
- c) Behavior: (Nurrohmah, B., & Ali, H., 2020), (Putra, R., & Ali, H., 2022), (Widayati, CC, Ali, H et al., 2019), (Ridwan, M., Mulyani, SR, & Ali, H., 2020).

CONCLUSION

This study aims to determine whether physical activity and physical exercise play a role in health. Based on the article's questions, the following conclusions can be drawn from this study: 1) Physical Activity plays a role in Health, 2) Physical Exercise plays a role in Health.

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