



The Effect of Physical Education on Students' Mental Health

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Received: 01-12-2024

Revised: 05-12-2024

Accepted: 13-12-2024

Abstract: Mental health is an important aspect for students to support academic performance, productivity and overall well-being. However, various factors such as academic pressure, lifestyle changes, and lack of physical activity can have a negative impact on students' mental health. Physical education is considered an effective intervention to promote mental health among students through participation in physical activity and sports. This study aims to provide a more comprehensive understanding of the role of physical education in promoting mental health among students, by considering various aspects such as type of physical activity, frequency, intensity, and psychosocial factors involved. In this research, the approach used is a literature review or literature review. The research instrument used is a table of relevant research results to collect and analyze data from various literature sources related to the topic of the influence of physical education on students' mental health. The results showed that participation in physical education and physical activity had a positive impact on students' mental health, such as improving mood, reducing symptoms of depression and anxiety, and improving social functioning and interpersonal skills. However, there are significant differences in mental health status between men and women, with men tending to have better conditions. In conclusion, integrating physical education into the higher education curriculum to support students' mental well-being.

Keywords: Physical Education; Mental Health; Students; Physical Activity

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INTRODUCTION

Physical education is one of the important aspects in the education system that aims to develop the physical, mental, and social abilities of individuals. In the context of higher education, physical education has a significant role in maintaining and improving students' mental health. Good mental health is essential for students to support academic performance, productivity, and overall well-being (Wahyuni, 2013). However, various factors such as academic pressure, lifestyle changes, and lack of physical activity can negatively impact students' mental health. Therefore, physical education can be an effective intervention to promote mental health among university students. Previous research has shown that participation in physical activity and sports can improve mood, reduce stress, and increase self-confidence (Saufi, 2024). In addition, physical education can also facilitate social interaction and develop interpersonal skills that are important for mental health (Mukhtar & Lengkana, 2019).

Although the benefits of physical education on mental health have been recognized, there are still gaps in the understanding of how physical education specifically affects

college students' mental health. Several studies have examined the relationship between participation in physical education and mental health indicators such as depression, anxiety and stress in university students (Dongran & Nugroho, 2021). However, existing studies are often limited in terms of sample size, duration and variety of physical education programs evaluated. Further research is needed to explore the mechanisms underlying the effect of physical education on college students' mental health, as well as identify factors that may influence the effectiveness of physical education programs in this context. This study aims to provide a more comprehensive understanding of the role of physical education in promoting mental health among university students, taking into account various aspects such as the type of physical activity, frequency, intensity, and psychosocial factors involved.

METHOD

In this research, the approach used is literature review or literature review. The research instrument used is a table of relevant research results to collect and analyze data from various literature sources related to the topic of the influence of physical education on student mental health. The literature sources used include scientific journals indexed in databases such as Google Scholar. The characteristics of the sample in this study were studies or literature that discussed the relationship between participation in physical education and mental health indicators in university students, factors that influence the effectiveness of physical education in promoting mental health, and optimal physical education learning strategies to support students' mental well-being. The data analysis technique used was content analysis by coding and categorizing the data obtained from relevant literature. Content analysis was conducted to identify, extract, and synthesize important information related to the role of physical education in maintaining and improving students' mental health, as well as uncovering the mechanisms underlying the relationship.

RESULT AND DISCUSSION

Result

Table 1. Relevant Research Results

	Name	Year	Title	Method	Result
1	Putri Rinjani, Repani Rahmawati, rangga Azzahra Setiawan, Muhamad Ramdan, Naura Zecca Permata, Whenda Derlina	2024	The Importance of Mental Health in the Field of Sports: Issues and Implications for FPOK Students	This research uses descriptive quantitative survey methods, while collecting data using a questionnaire. The survey is in the form of research regarding the mental health and current physical conditions of FPOK students at the Indonesian University of Education for the 2023/2024 academic year. Next, quantitative	The research results show that the majority of students agree that mental health conditions influence the continuation of physical activity. Of the 50 students, 12 students (23.5%) were not in good condition. All students (100%) agree that sport can be a positive activity for mental

Audinni, Mochma nad Whilky Rizkyanf i	descriptive statistical techniques were used to analyze the questionnaire results. The results are presented in diagrammatic form. The population in this study was FPOK students at the Indonesian University of Education, totaling 50 people. "The instrument used is an open questionnaire with 9 questions and scoring using a Likert scale with two alternative answers, namely Yes and No.	health and that mental health conditions affect a person's self-quality. Most students (98%) also agree that exercise can help treat mental health conditions. "This proves that there is a close relationship between sport and mental health among FPOK students at the Indonesian University of Education.	
2 Zhirkoo Ahmadi, Ali heryani, Nahid Jabari	2013 Physical Education and Gender Influence the Mental Health	The research sample consisted of 1950 students, of which 890 students came from physical education (P.E.) (430 girls, 460 boys) and 1060 students from other educational fields (600 girls, 460 boys) with an age range of 15-17 years. The GHQ-28 (Goldberg, 1972) is used to assess mental health which consists of four subscales including somatic symptoms, anxiety/insomnia, social dysfunction, and feelings of depression. All items are assessed with a four-point scoring system using Likert scoring (0-1-2-3). Independent t-test was used to analyze the data..".	The results show there is no significant difference between P.E. and non-P.E. in somatic symptoms, anxiety/insomnia, and feelings of depression, but there were differences in social dysfunction in which P.E. have better conditions. "In addition, there are significant differences between men and women in all mental health subscales, namely somatic symptoms, anxiety/insomnia, social dysfunction, and feelings of depression, where men have a better status.

Discussion

The results of research by Rinjani et al. (2024) revealed that most students agree that mental health conditions can affect the sustainability of physical activity. This is in line with the theory put forward by Penedo and Dahn (2005) which states that mental health and physical activity have a reciprocal relationship. Poor mental health can lead to decreased motivation to exercise and participation in physical activity, while regular physical activity can improve mental health through the release of endorphins that function as natural analgesics and increased production of neurotransmitters such as serotonin and dopamine associated with mood (Penedo & Dahn, 2005). These findings are also supported by a longitudinal study conducted by Jerstad et al. (2010) which showed that individuals with mental health disorders such as depression and anxiety tend to have lower levels of physical activity compared to individuals without mental health disorders.

The results of research by Ahmadi et al. (2013) showed that there were no significant differences between students who took Physical Education (P.E.) and non-P.E. subjects in somatic symptoms, anxiety/insomnia, and feelings of depression. However, there were significant differences in social dysfunction, with P.E. students faring better. These findings are in line with previous research conducted by Hausenblas and Fallon (2006) who concluded that regular physical activity can improve individuals' social functioning and interpersonal skills. This is due to the increased self-esteem, confidence, and positive mood associated with participation in physical activity (Hausenblas & Fallon, 2006). In addition, the social environment formed in sports activities such as teamwork, social interaction and peer support can contribute to the development of social and interpersonal skills (Eime et al., 2013).

CONCLUSION

This research provides valuable insight into the relationship between physical education and mental health in students. The results showed that participation in physical education and physical activity had a positive impact on students' mental health. Regular physical activity can improve mood, reduce symptoms of depression and anxiety, and improve social functioning and interpersonal skills. However, there are significant differences in mental health status between men and women, with men tending to have better conditions. These findings emphasize the importance of integrating physical education into higher education curricula to support students' overall mental well-being.

ACKNOWLEDGEMENTS

Acknowledgments to Universitas Negeri Riau helped conduct research or who funded it.

CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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