

Positive Effect of Physical Activity on Women Health

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Abstract:

Regular physical activity is a tool of attaining all round physiological and psychological traits in women of all ages. It motivates women be in shape by regular physical activity so that they can take social responsibilities. Women with regular physical activity instincts get the byproduct of regularity in the form of confidence, increasing her self- esteem which reflects in their behavior, movement and approaches in taking and dealing with new tasks. This motivates them to attend social functions and gatherings, making new friends and spending time with them. These physically active women are beneficial for the whole society and putting their best to develop their surrounding peoples.

Keywords

Health, Women, Physical activity

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Introduction

Since ages efforts have been taken to understand women's health issues and finding the ways to provide adequate solutions. Several researches come to the conclusion that women derive many health benefits from an active lifestyle. Women involved in physical activity, whether competitive or for welfare, have experienced physiological, psychological and social constraints. In this research, we will try to identify, the positive impact of the physical training and the components developed for attaining better health of the woman as well as on her physical beauty. The psychological benefits of regular physical activity on dealing with anxiety, depression, mood swings, social behavior. We will end up with the role of physical activity in enhancing women's lives. Our objective is extricating the impact of physical activity on women's life and updates its importance on dealing with physiological and psychological issues.

Modalities of the Studied Subject

Samples were explained in the beginning about our objective and the procedure. A semi-directive interview guide is prepared beforehand and contains questions on the different topics to be discussed with the interviewees. The guide evolves during the survey and the questions were asked randomly to avoid copying the answer. Before each interview, a review of the previous interviews is done in order to note down the new points raised by the respondents to rephrase in questions. This makes the guide a benchmark for directing the inquiry in the desired direction and encourages the production of a speech by the interviewee. All interviews were conducted in the same arena and lasted between 30 and 40 minutes.

Sample

Qualitative research sample of a semi-directive interview is generally smaller in size than that of quantitative research and relying on a questionnaire, because the collected data that one based on semi-directive interviews "are valued by context and they do not need to be according to their occurrence probability; only one given information through interview may have a weight which is equivalent to a repeated one (information) in questionnaire. Therefore the determination of the sample size does not control statistical representativeness, but it's a tributary of the exploitation given type. Based on the most possible exhaustive analysis, all the questions are open and formulated in such a way to orient or to direct the interveners to create a discussion- an interaction between the investigator and the investigated. Our empirical questionnaire is based on these principles. In our approach, we have interviewed twenty one women that are practicing physical activities, almost in a

regular way. They attend gyms or are involved in sort of regular physical activity and they are not chosen according to specific criteria, they belong to different social environments and they lie in the category of middle age.

Result

• Women physical fluorescence through regular physical activity

Modern women lead a hectic and tedious life with a lot of social and family responsibilities which makes her health continuously assaulted. Her rhythm of life is more and more unbalanced and agitated by continuous pressure from all around these aspects resulting in health deterioration. Family duties, children, house work and the job are the other worlds of women where she has been exposed to more than others. From here on, planned regular physical activity appears like one of the preferred means to fight against these harmful aspects of modern life and of society too. Rigorous training culture is indeed excellent to both a young girl or simply to women. Women may therefore resort to physical activities in order to distract themselves or to flourish. A great percentage of women are practicing physical activities to maintain the health and beauty of their bodies. Most women come to know about her high blood pressure from a doctor after some severity. In order to manage her disease, she participated in group physical activity. Soon she started feeling better, improved and healthier after adopting regular physical activity sessions. Some women start group physical activity to diminish weight and to reduce obesity but gain a lot of satisfaction and self-confidence. Physical activity is an excellent means to maintain a good health and to ameliorate physical shape to all the investigated women and you can listen phrases or statements like; “I feel better after a training session”, “with training I feel less fatigue when I do house chores”, “I do not suffer from the pain that I had everywhere before I started doing training regularly”, “I lost many kilos that made me suffer and I feel good about myself”.

These ideas are, in fact, affirmed by health specialists who support that practicing regular physical activity is an essential factor in health acquisition and maintenance. Some reports say Breast Cancer among women diminishes from 30% to 38% and that depending on intensity, regularity of physical activity duration; the regular practice of a physical activity allows the functioning integrity of vital functions of the organism.

Studies suggest that physical activity is beneficial to cardio-vascular system in that it diminishes arterial tension and the risk of myocardial infarction and it increases and strengthens heart endurance. Women suffering from bad cholesterol admitted practicing regular physical activity helps them to fight disease without any

recourse to medications. Women also noticed that back, neck pain, and obesity were diminished after the practice of physical activity which surfaced after child birth. Some admit that since they started the regular physical activity, they no longer need to take painkillers for osteoarthritis of which they were suffering.

- **Physical Activities a Gateway for Women's Asthetic Beauty**

The first interest of a woman is to acquire, to increase, to look for and to preserve beauty that is the most powerful and available weapon to her in the incessant duel of sexes where woman plays freely the core of her happiness. To maintain her body is a legitimate behavior of a woman. Working professionals admit and declare that; Regular physical activity makes them beautiful and attractive, slim and beautiful. Some admit regular physical activity keeps them flexible. These confidence and changes could not be achieved without resourcing to physical training methods and hard work. Physical activity can offer particular qualities to women's efforts. Practicing exercise in a regular way is the only path for "the well-being" and the "be in form" of women which become basic dimensions of feminine beauty such as grace, flexibility and slenderness. By instance, there is no woman that would not like to be beautiful, charming, attractive and desired. This is a principal part of womanhood. Thereby physical activity stands as excellent means to improve physical shape and ameliorates feminine corporal qualities. Sports forge ideal women to seduce men. Indeed, no one can deny, nowadays, that a state of well-being allows the woman to lead a long day well. A good environment promotes women to participate and enjoy physical activity, but also to assure her social responsibilities which are based normally on physical soundness.

- **Development through Physical Activity**

Freud said: "the I is before all a corporal I" which means, the self-esteem degree varies according to the individual satisfaction from his body. This means, physical activity practice responds to the need to exercise which varies person to person (Training load), to movement and to physical outgoing can end in a feeling of satisfaction that guarantees psycho-physical balance of woman. Sport allows her to blossom up mentally, to develop psychologically and to discharge aggressiveness which is a source of pleasure and enjoyment.

- **Coping with Stress through Sports and Group Activities**

Sport or physical activity in a group are known as an excellent means of entertainment which helps women to discharge the boredom of monotonous family life, Women noticed feeling better after each training session: "sport became a means to get rid of bad moments of the day, especially after eight hours in a bureau". sport

and group physical activity helps discharging and blossoming “women noticed: after doing sports or group physical activity they have become more delighted, more lighting up and satisfied with themselves; their relationships with family and colleagues became more happening.

Sports and physical activity in a group contributes to the lighting up and helps evacuate daily tension, bringing concentration and control. Some consider physical activity in a group to develop fluorescence and provide pleasure. This pleasure is work as a stress buster, it is a session of relaxation. This idea is widely expressed by all the interviewees.

Unemployed women feel that group physical activity stands as a means of fluorescence and fighting stress. It also helps a nervous and stressed woman to calm down and to relax, while others feel comfortable and composed after each training session because this activity helps them to forget all their problems and regains her mood. “They reconnect with themselves after physical exercise”.

- **Social Aspect of Group Physical Activity on Women**

Participating in a Physical activity group allows women to find new friends, maintain relationships, develop new social relationships, communicate with others and adjust to new social surroundings. Group activity provides opportunities to make new friends, meetings and consequently, exchange conversation and thoughts and have discussions which could become intimate over time. Communication has a dual advantage. First, bring a same minded person into a friendly relationship, share common opinion and behaviors, second promotes interpersonal relationships.

It is also noticed that after physical activities women can link her inside and outside world and can manage overlapping situations between public space and private space. Group physical activity is considered as a means to access more general social empowerment, Life outside the house is an open gate towards the extension and provides wider space from household and family work. Sport is seen as a window towards the environment “sport is an opening towards the outside”. It is based on common life and the fight against self-confinement.

By instance, Dr. Cristopher Delong explained in his book ‘Le Sport Dams La vie d’une femme’ the positive impact of physical activities on women health and consequently on social relationships. He also demonstrates that the medical and the social aspect of living are inseparable when it concerns woman wellbeing. Sports practice promotes interpersonal relationships and collective life. For women, sport activity is not only an occasion to communicate with others but also a space of liberation.

Most of them admit that during sport sessions, they know many women, they become friendly, and discover that they have common concerns". Others admit "They made a lot of friends due to sporting activities, and found characteristics changes since they have started practicing sport, they used to be very reserved. Now, they do not have a problem of integrity." Many of the investigated women raise the role of group activity as a means to facilitate communication and to open the inter-individual dialogue. Some explained "They are housewives, and practice sports and physical activity to communicate, they discover many sides in other women's lives when compared to their own self. They found common points which brought them closer", "Group activity and sports is the only means to ensure a life in a group, for me and for other women in general". Whatever the age or religion, sport encourages life in a group and leads women to develop her feelings of belonging. It makes clear that women need to be situated in society. All the women interviewed admitted that the regular practice of sport has allowed them to better integrate into their social environment.

Conclusion

Physical activity provides opportunity to women for good health and physical well-being, helps to be in form, fight diseases, and endows women with health and a force which makes her apt to fill in social duties that are waiting for them. The results of the study confirm that the regular practice of a sports or physical activity in the form of dance, gymnastics, aerobics, brisk walking, running or cycling is the path of "well-being" and bring the feeling of "being fit" in women.

This study showed that physical activities increase life expectancy. It is certain that it encourages us to live a quality life and diminishes the consumption of harmful chemicals. Psychologically speaking, physical activity restores a woman's self-confidence, they accept "they feel much better since they enroll in to practicing physical activity". One thing was common and Crystal clear from interviewees' responses - that they feel less stressed, less angry, more composed and most noticeable; they have more confidence in themselves and start loving, caring for themselves too. This state of mind can develop social integration, work for social betterment, harmony and peace. Such a state of total and complete mind-body balance for women is beneficial to society in general. On the basis of this idea, women constitute half of society and they can take the responsibility to develop the other half of society and make it physiological and psychological diseases free.

Knowing the benefits of practicing physical activity in women, is it possible to find a place to be devoted to regular practice? Daily women's schedule will

always be there, it needs to be done but let women have the freedom to engage in sports and self-fitness activity for her personal pleasure and let us help her in shouldering social charges smoothly. Let's spread the idea of "sport for all" and rethink about changes to be done to facilitate sport, physical training centers, parks and gyms all over the country within the reach of every woman.

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