Does physical education a better option for the development of mental health of the students & to deal with suicidal ideation?

Meenakshi Dwivedi

Abstract
Suicide has become one of the biggest social problems of our time affecting our lives in one way or the other. It has become a day-to-day experience and everyday news in our society. There are various reasons which make the victims to take this step. For eg: depression, loneliness, heartbreak, unemployment etc., and the more shocking news is the maximum percentage of attempting suicide is of age between 15-25 (WHO, 2015) and it is increasing at an alarming rate. Students are on the peak in the list of suicides because students are greatly influenced by the luminous changes in the trend of life. Physical education has always made a great role in everyone’s life. The education provides physical, social, emotional, mental, psychological development etc., which results in all around development, and in some studies it has been stated that the percentage of those who commit suicide are more for those who are not include with physical activities. In this study, researcher wants to claim that physical education could reduce mental stress, mental sickness, health hazards, etc. Thus, physical education could be taken as a powerful tool to reduce the percentage of suicide and improves mental health.

Keywords: Suicide, physical education, mental health, physical exercise

Introduction
Suicide is an act of taking one’s own life, one who dies by his own hands, self-murder (Oxford English Dictionary). Durkheim defines suicide as follows: “the term suicide is applied to all cases of death resulting directly or indirectly from a positive or negative act of the victim himself, which he knows will produce this result.” (Wikipedia.org, 2012). Modernization is a continuous and open ended process. In the last 20 years it has captured the whole world from its original western base. Modernization intensified level and on the world scale brought new social and material strain that may threats the very growth and expansion. Society is becoming more individualistic. Today it is something to be ashamed of, depending financially on anyone but oneself. This increases pressure on individuals- and not everyone can make it. Trends in lifestyle has made life more stylish but in return it also had a worse impact which is slowly taking the form of cancer destructing the mental, domain, physical, emotional, etc of students and in return disturb the health of the people mainly students. Research indicates that in any given year 20% of all high school students seriously consider suicide (archives.umc.org, 2012).

- Each year 34,598 people die by suicide, an average of 94 completed suicides every day.
- Suicide is the 2nd leading cause of death among people of age between 24-35 and 3rd leading cause of death among age between 15-25 in 2011.
- Every year, 864,950 people attempt suicide in every 38 sec.
- There are more than 1,000 suicides in college campuses per year.
- 1 in 10 college students has made a plan for suicide.

Current Rates of Suicide
Top 5 Highest Suicide Rates Of The World: Suicide in a year out of every 100,000 people as updated by the WHO in 2011.

Correspondence
Meenakshi Dwivedi
Research Scholar (M.Phil),
Punjabi University, Patiala,
Punjab, India
Suicide rates in India
It stands in the 43rd position in the world highest suicide rates with a total of 11.2 per every 100,000 people (2011). It is growing in India because of globalization, industrialization and affluences. India alone contributes to more than 10% of suicides in the world (Maithri, 2015) [11].

Suicide is all about Depression
Over 90% of people who die by suicide have a mental illness at the time of their death. And the most common mental illness is Depression. Unattended depression is the number one cause for suicide. Physical education and exercises have shown a tremendous positive effect on depression. Although depression is a treatable condition, when associated with maladjustment in an emotionally unstable individual it is a likely cause of suicide. A number of experimental and observational studies have been conducted using samples that included clinically depressive patients and members of the general population (Craft LL et al. 1998) [4]. For this reason, docs recommend that people suffering from depression or anxiety (or those who are just feeling blue) pencil in plenty of gym time. In some cases, exercise can be just as effective as antidepressant pills in treating depression.

What are the reasons behind student’s depression attempting suicide?
Some of the negative life experiences that may cause depression, and some other causes for depression, include:
- The death of a loved one.
- A divorce, separation, or breakup of a relationship.
- A serious loss, such as a loss of a job, house, or money.
- A serious illness.
- Traumatic
- Bullying
- Drug Addiction
- Social Factors

How Physical Education Help the Victims to Get out from the Ideation of Suicide and improves mental health?
Previously, we have gone through various symptoms, causes & effects of attempting or committing suicide & now we will focus on how the percentage of suicides could be reduced. There are many new studies which shows that regular exercises significantly reduces both suicidal thoughts & attempts among students who are depressed, hopeless, bullied etc.

As high schools across the country and abroad continue to reduce physical education, recess, and athletic programs, a new study shows that regular exercise significantly reduces both suicidal thoughts and attempts among students who are bullied. Using data from the CDC’s National Youth Risk Behavior Survey of 13,583 high school students, researchers at the University of Vermont found that being physically active four or more days per week resulted in a 23 percent reduction in suicidal ideation and attempts in bullied students. Nationwide nearly 20 percent of students reported being bullied on school property. Many studies have also shown that exercises have positive effects on various mental health measures. Exercise on four or more days per week was also associated with significant reductions in sadness. Regular exercise may lower bullied teens’ risk of suicide.

The increase in inactivity among students and decrease in physical activity that occurs with aging caused sedentary lifestyle to be created from the standpoint of physical aspect both during school and after graduation (Tavakolizadeh J et al. 2009-10) [10]. Sports and leisure programs for the formation of active lifestyle while studying at university and after graduation can be very helpful (Hazavehi S et al. 2008) [9]. Physical education course is one of the best opportunities to develop students' knowledge and healthy life style. Half hours of general physical education classes are taught practically and the other half is theoretical and it is expected after learning this lesson, students create greater improvement in physical fitness and learning the sport skills, because in such classes, students understand the importance of participating in physical activity programs and are likely to continue physical activities outside of class time, or after the end of the course, throughout life. Physical education is an effective tool to address the psychological needs through which individuals can take advantage to satisfy their own needs and internal desires expression (Hosienpur E, et al. 2012) [10].

"I was surprised that it was that significant and that positive effects of exercise extended to kids ally trying to harm themselves,” said lead author Jeremy Sibold, associate professor and chair of the Department Rehabilitation and Movement Science. "Even if one kid is protected because we got them involved in an after-school activity or in a physical education program it's worth it." The study was published recently in the Journal of the American Academy of Child & Adolescent Psychiatry.

What happens exactly inside the body by physical exercise?
There is a positive effects of exercise on mood states such as anxiety, stress and depression, through physiological and biochemical mechanisms, including endorphins, mitochondria, mammalian target of rapamycin, neurotransmitters and the hypothalamic-pituitary-adrenal axis, and via the thermo genic hypothesis. In addition, psychological mechanisms influence the effects of exercise on mood states, as suggested by both the distraction hypothesis and the self-efficacy hypothesis. Exercise has also been shown to reduce inflammation via several different processes (inflammation, cytokines, toll-like receptors, adipose tissue and via the vagal tone), which can contribute to better health outcomes in people suffering from mental disorder (D. Scully, J. Kremet et al. 1998) [5].

Various positive effects of Exercises are as follows:
1. It helps in reducing stress.
2. Exercise releases endorphins, which create feelings of happiness & euphoria & boost up happy chemicals.
3. It helps to improve the feeling of self – confidence.
4. People starts enjoying the other's company & participate in outdoor activities.
5. Alleviate Anxiety.
6. Improves mental toughness & boost brain power.
7. Brain releases Dopamine which helps to control addiction.
8. Enhances mood, feelings of happiness, satisfaction & increases relaxation.
9. Increases mental status & improves creativity.
10. Physical education really played a great role in increasing self-confidence through motivation.

There are some others factors which can reduces suicidal
Ideation –
1) Counseling
2) Parents guidance
3) Teachers support
4) Peer environment
5) Talk therapy
6) Medication
7) Lifestyle changes

Role of Physical Education teacher in the prevention of suicide and improvement of mental health

Victims could be treated from mental illness by changing environment, reduces peer pressure, taking strict actions against ragging, counseling etc. Physical teacher plays a great role in changing the life of depressed, hopeless & lonely person. Teachers examine the effect of mental health on how prepared students are for learning and exploring innovative ways to expand services and work with faculty to embed mental wellness messages in the classroom. Teacher should have the knowledge of individual differences and should deal well with weak students. Students should also co-operate with teachers in dealing with weak student. "For students to be able to learn at their peak capacity, they need to be physically, emotionally, intellectually and spiritually well," says Douce. That's essential, since 78 percent of students with mental health problems first receive counseling or support from friends, family or other nonprofessionals, suggested by Eisenberg (Journal of Nervous and Mental Disease, 2011). Research led by University of Michigan economist Daniel Eisenberg, PhD, for example, suggests that investing in mental health services for college students can help keep them from dropping out (B.E. Journal of Economic Analysis & Policy), 2009.

Conclusion

As human, it is true that we all must die one day. But the way of we die also matters. Physical education have always been a great option to improve the physical, mental, emotional, social health status of the students by reducing their feelings of depression, inferiority, unhappiness, mental illness etc., There are various lifestyle factors such as age, gender, hormonal changes, changing trends, social changes etc. which make students more tensed, more silent, more lonely but physical activities and exercises can enhance their mood, mental stress etc. If exercise reduces sadness, suicide ideation, and suicide attempts, then why in the world we are cutting physical education programs and making it harder for students to make athletic teams at such a critical age?" It has been demonstrated that depressive persons have significantly lower physical work capacity than individuals from the general population and that the reduced fitness levels are mainly due to their poor physical activity in daily life.

Suicidal percentage will definitely reduced if students get indulge with regular physical activities. Teachers, parents, parents, peer group, environment should be taken care while dealing with victims. So, it can be concluded as “Physical Education has a Great Role in Developing Healthy Mind among Students to Deal with Suicidal Ideation”.

References
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