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# The Physiological and Psychological Effects of Physical Activity on Overall Wellness

B. Umamaheswari<sup>1</sup>, Priyanka Mitra<sup>2</sup>, Anju Rajput<sup>3</sup>, Dr.M. SivaKumar<sup>4</sup>

Department of CSE, JECRC, Jaipur, India<sup>1</sup>

Department of CSE, JECRC, Jaipur, India<sup>2</sup>

Department of ECE, JECRC, Jaipur, India<sup>3</sup>

IT, Department of MCE, Tiruchirapalli, India<sup>4</sup>

**ABSTRACT:** Physical wellness explores the complex interrelationships among physics, fitness, and wellness by synthesizing recent findings and viewpoints. Recent years have seen a surge in the application of physics concepts to fitness and wellness activities, which offer insights into improving workout regimens, comprehending biomechanics, and fostering general wellbeing. Clarifying the basic physics principles that underpin exercise mechanics and human movement is the first step in the investigation. The mechanics underlying strength training, cardiovascular exercises, and flexibility routines are clarified by examining ideas like Newton's laws of motion, torque, and energy expenditure in the context of physical fitness activities.

**KEYWORDS:** Exercise Routines, Energy Expenditure, Wellness, Strength Training.

## I. INTRODUCTION

Physical activity plays a pivotal role in promoting overall wellness, encompassing both physical and mental aspects of health. In recent years, there has been a growing recognition of the intricate relationship between physical activity and wellness, with research highlighting the numerous benefits associated with regular exercise. From reducing the risk of chronic diseases to enhancing mood and cognitive function, the impact of physical activity on well-being is profound and multifaceted. This paper aims to explore the nexus between physical activity and wellness, examining how engagement in various forms of exercise contributes to holistic health outcomes. By delving into the physiological, psychological, and social dimensions of physical activity, we can gain a deeper understanding of its transformative potential in enhancing overall well-being. The integration of physical activity into daily life has gained prominence as a cornerstone of preventive healthcare, with public health initiatives emphasizing the importance of regular exercise for disease prevention and health promotion. Understanding the mechanisms through which physical activity exerts its beneficial effects is essential for developing effective strategies to promote active lifestyles and improve population health outcomes.

## II. AS A LEARNING OUTCOME

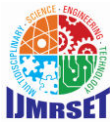
Understanding the connection between students' academic achievement, physical exercise, and fitness has drawn more attention in recent years. The possible influence of physical health and exercise levels on cognitive function and academic achievement has come into focus as educators and politicians work to maximize learning outcomes.

### A. Benefits

Investigating the numerous physical health advantages of consistent exercise, such as enhanced cardiovascular health, increased muscle strength, more flexibility, and better weight control. being aware of how exercise improves mood, reduces stress, and improves cognitive function, among other psychological benefits.

Acknowledging the social advantages of physical activity, such as the chance for community involvement, teamwork, and social connection.





## B. Rules

Introducing students to the most recent physical activity guidelines established by credible health organizations, including the American College of Sports Medicine (ACSM) and the World Health Organization (WHO). Being aware of the fundamentals of exercise prescription, such as the frequency, level of intensity, length, and kind of physical activity needed to achieve health benefits.

## C. Relationship between Physical fitness and learning

Analyzing research results and empirical data that show how physical activity improves a range of wellbeing aspects. Examining the neurological, physiological, and psychosocial processes by which physical activity affects one's physical, mental, and social well-being. Recognizing how physical activity and other behaviors that promote wellness work in concert.

## D. Assessment Methods

Tests or quizzes that evaluate students' comprehension of important ideas pertaining to exercise and well-being. Students are required to apply their knowledge of the connection between physical activity and wellness to real-world events or case studies. Written tasks or projects that delve into particular subjects related to physical activity and wellness, including creating a customized fitness regimen or examining how physical activity affects a certain demographic. Presentations or class discussions enabling students to think critically, converse with their peers, and express how they understand the material. Fig1 shows the assessment results

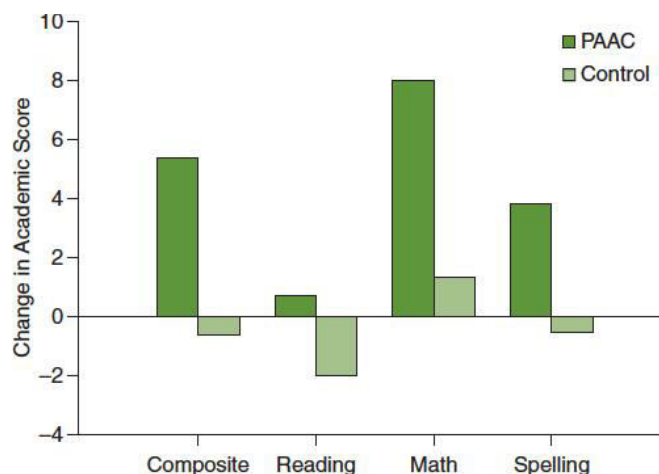


Fig. 1 – Assessment Results

## III. FORMATTING OF IMAGE

Wellness encompasses various aspects of a person's life and overall well-being. It involves making choices and taking actions towards a healthy and fulfilling life.

### A. Physical Wellness

Physical wellness refers to the aspect of overall wellness that focuses on maintaining a healthy body through various practices and behaviors. It involves taking care of your physical health to optimize your body's functioning and prevent illness or injury.

Engaging in physical activity on a regular basis is essential for physical wellness. This can include aerobic exercises (such as walking, running, swimming, or cycling) to improve cardiovascular health, as well as strength training exercises (such as weightlifting or bodyweight exercises) to build and maintain muscle strength and endurance.

### B. Emotional Wellness

Emotional wellness refers to the aspect of overall wellness that focuses on understanding and managing one's emotions healthily and constructively. It involves being aware of your feelings, coping effectively with stress, and fostering

positive relationships with yourself and others. Emotional wellness begins with self-awareness—understanding your own emotions, thoughts, and behaviors. Pay attention to your feelings and how they influence your actions and relationships. Practice mindfulness techniques to cultivate self-awareness and stay present in the moment. Stress is a natural part of life, but chronic stress can have negative effects on emotional wellness. Practice stress management techniques such as relaxation exercises, meditation, yoga, or physical activity to reduce stress levels and promote emotional well-being.

### C. Intellectual Wellness

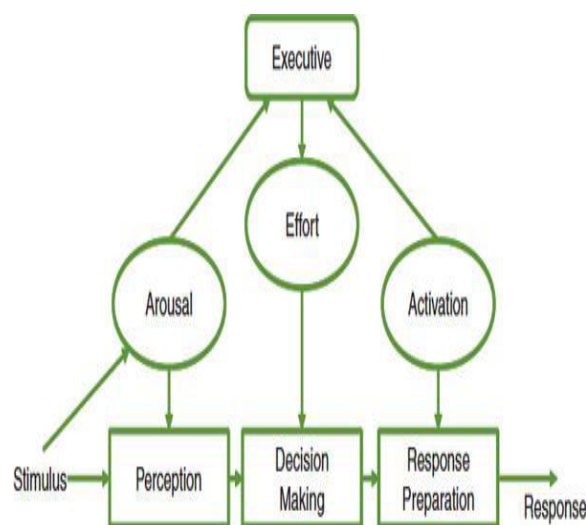
Intellectual wellness refers to the aspect of overall wellness that focuses on engaging in activities that stimulate the mind, expand knowledge, and promote personal growth. It involves actively seeking out opportunities for learning, critical thinking, creativity, and problem-solving. Intellectual wellness involves a commitment to lifelong learning and continuous personal growth. Engage in activities that challenge your mind and expand your knowledge, such as reading books, attending lectures or workshops, taking online courses, or pursuing hobbies and interests that require mental stimulation.

### D. Social Wellness

Social wellness refers to the aspect of overall wellness that focuses on building and maintaining positive relationships with others, fostering a sense of belonging and connectedness, and contributing to the well-being of the community. It involves developing healthy and supportive relationships, effectively communicating with others, and actively participating in social activities and networks. Cultivate meaningful and supportive relationships with family, friends, peers, and colleagues. Invest time and effort into nurturing these connections, and prioritize open communication, trust, and mutual respect in your interactions.

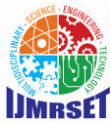
### E. Spiritual Wellness

Spiritual wellness refers to the aspect of overall wellness that focuses on finding meaning, purpose, and connection to something greater than oneself. It involves exploring your beliefs, values, and sense of identity, as well as nurturing a sense of inner peace, harmony, and purpose. Spiritual wellness is not necessarily tied to organized religion, but rather encompasses a broad range of beliefs, practices, and experiences that help individuals cultivate a deeper understanding of themselves and their place in the world. Take time for self-reflection and introspection to explore your beliefs, values, and personal philosophy. Reflect on questions of meaning, purpose, and identity, and consider how these aspects of your life shape your thoughts, actions, and relationships.



## IV. PHYSICAL FITNESS

Physical fitness refers to the state of health and well-being achieved through regular exercise, proper nutrition, adequate rest, and overall healthy lifestyle habits. It involves various components that contribute to overall physical health and performance.

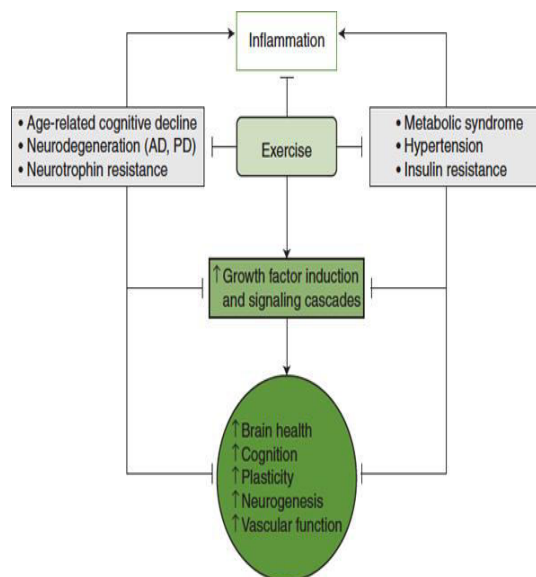


### A. Cardiorespiratory Endurance

This component relates to the ability of the cardiovascular and respiratory systems to supply oxygen to muscles during prolonged physical activity. Activities that improve cardiorespiratory endurance include running, cycling, swimming, and brisk walking.

### B. Muscular Endurance

Muscular endurance is the ability of a muscle or muscle group to perform repeated contractions over a period of time without fatigue. Exercises that target muscular endurance include high-repetition resistance training, bodyweight exercises, and circuit training.

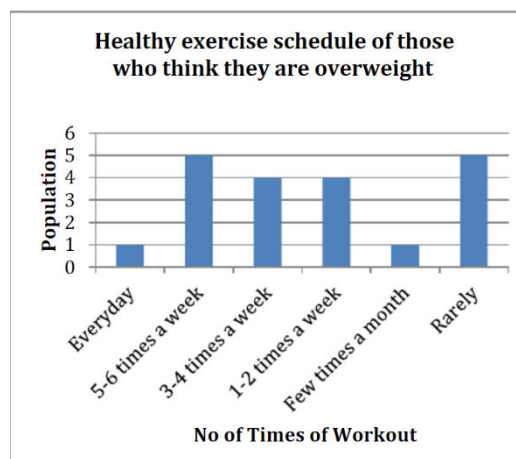


### C. Muscular Strength

Muscular strength refers to the ability of a muscle or muscle group to exert maximal force against resistance. Resistance training exercises, such as weightlifting, bodyweight exercises, and resistance band workouts, help improve muscular strength.

### D. Flexibility

Flexibility refers to the range of motion available at a joint. Stretching exercises, yoga, and Pilates are effective ways to improve flexibility, which can help prevent injuries and improve overall movement quality.



### E. Body Composition

Body composition refers to the proportion of fat mass to lean mass (muscle, bone, organs, etc.) in the body. Achieving a healthy body composition involves maintaining a balance between muscle mass and body fat through a combination of regular exercise and balanced nutrition

## V. MENTAL FITNESS

Mental fitness, also referred to as mental well-being or emotional resilience, encompasses various aspects of psychological health and cognitive functioning. Similar to physical fitness, mental fitness requires regular maintenance and practice to achieve optimal well-being. Here are some key components and practices associated with mental fitness:

### A. Emotional Intelligence

Emotional resilience refers to the ability to cope with stress, adversity, and challenges in a healthy and adaptive manner. Developing emotional resilience involves recognizing and managing emotions effectively, cultivating positive coping strategies, and bouncing back from setbacks or hardships.

### B. Stress Management:

Stress management techniques are essential for maintaining mental fitness. Effective stress management involves identifying sources of stress, implementing healthy coping strategies (such as deep breathing, meditation, or mindfulness), and finding balance in life to prevent burnout.

### C. Positive Thinking:

Cultivating a positive mindset and optimistic outlook can enhance mental fitness and overall well-being. Positive thinking involves focusing on strengths and opportunities, reframing negative thoughts, and practicing gratitude and appreciation for the good things in life.

### D. Mindfulness and Meditation:

Mindfulness practices, such as meditation and mindfulness-based stress reduction (MBSR), can improve mental fitness by promoting present-moment awareness, reducing rumination and worry, and enhancing overall mindfulness skills.

### E. Continuous Learning And Growth:

Engaging in activities that stimulate the mind and promote cognitive growth is important for mental fitness. This may include reading, learning new skills or hobbies, solving puzzles or brain teasers, and seeking out new experiences and challenges.





#### **F. Social Connection**

Maintaining strong social connections and supportive relationships is crucial for mental fitness. Social support can provide emotional validation, companionship, and a sense of belonging, which can buffer against stress and promote resilience.

#### **G. Self Care**

Prioritizing self-care activities that nurture mental well-being is essential for maintaining mental fitness. This may include getting enough sleep, eating a balanced diet, exercising regularly, setting boundaries, and practicing self-compassion and self-acceptance.

### **VI. ROLE OF NUTRITIONS ON HEALTH AND WELLNESS**

The role of nutrition in health and wellness is profound and multifaceted, influencing various aspects of physical, mental, and emotional well-being. Here's how nutrition impacts health and wellness:

#### **A. Disease Prevention:**

Proper nutrition plays a crucial role in preventing chronic diseases such as heart disease, diabetes, obesity, certain cancers, and hypertension. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides essential nutrients and antioxidants that support overall health and reduce the risk of chronic diseases.

#### **B. Optimal Growth and Development**

Adequate nutrition is essential for optimal growth and development, particularly during childhood, adolescence, and pregnancy. Nutrients such as protein, calcium, iron, and vitamins support bone health, brain development, immune function, and overall growth.

#### **C. Energy and Vitality**

Nutrition provides the body with the energy and nutrients needed to fuel physical activity, support metabolism, and maintain energy levels throughout the day. Carbohydrates, proteins, and fats serve as the body's primary sources of energy, while vitamins and minerals play key roles in energy metabolism.

#### **D. Immune Function**

Proper nutrition supports a healthy immune system, helping the body defend against infections and illness. Nutrients such as vitamin C, vitamin D, zinc, and antioxidants play key roles in immune function and help strengthen the body's defenses against pathogens.

#### **E. Brain Health**

Nutrition plays a critical role in brain health and cognitive function. Omega-3 fatty acids, found in fatty fish, walnuts, and flaxseeds, are important for brain development and function, while other nutrients such as vitamins B6, B12, and folate support neurotransmitter synthesis and mood regulation.

#### **F. Mood and Mental Health**

Diet can significantly impact mood and mental health. Research suggests that a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats is associated with lower rates of depression, anxiety, and stress, while diets high in processed foods, sugar, and unhealthy fats may increase the risk of mental health disorder.

### **IV. CONCLUSION**

The effects of exercise on mental health have been shown to be beneficial. Among persons with schizophrenia, yoga was shown to have more positive effects with exercise when compared with no intervention. Consistent physical activity may also improve sleep quality significantly. Patients with alcohol dependence syndrome benefit from a combination of medical therapy and regular exercise since it motivates them to battle addiction by decreasing the craving. There is also adequate evidence to suggest that physical exercise improves depressive and anxiety symptoms. Translating the evidence of the benefits of physical exercise on mental health into clinical practice is of paramount importance. Future implications of this include developing a structured exercise therapy and training professionals to



deliver it. The dearth of literature in the Indian context also indicates that more research is required to evaluate and implement interventions involving physical activity that is tailored to the Indian context

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