



The Relationship Between Teaching and Physical and Mental Health in Students

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Abstract

Given the growing concerns about physical inactivity in children related to the use of modern technology, the purpose of this article is to highlight the benefits that can contribute to positive development, physical activity, physical activity and sports. The relationship between physical activity and the benefits of psychological health has been well established by neuroscience, pedagogical and cognitive research, particularly in the fields of academic achievement, attention deficits and psychological health. Programs for leisure/physical activity, especially high-intensity aerobics exercises, prepare your brain for learning and bring about optimal learning conditions. Sports lessons in schools provide advantageous opportunities to promote physical activity during school age. When studying the results of neuroscience research, we can translate ourselves through brain-based physical education in school practice. Given recent results supporting the hypothesis that exercise and physical activity affect brain structural growth, neuroscience can be used as a new limitation to advocating for the importance of physical education, particularly in executive function. In summary, positive responses to regular physical activity among students can be said to be regular exercise, active play, not only outside the school but also outside the outdoor area.

Keywords: Physical education, Cognitive development, Health Neuroscience, Active play, School Performance.

1. Introduction

Preventive health, especially youth, has become a central topic today, with physical activity in particular being identified as an important factor in determining a person's health and functional level (WHO, 2004).

The proof of the current study suggests that sports and exercise can provide preventive and therapeutic benefits for mental health and wells in general, especially for very young people (Cox, 2012).

Modern technological developments in work and transportation make it generally less likely to become physically active. With massive use of television, video games and the Internet and the simultaneous reduction in safe gaming environments, young people are not physically active. In urban areas, inactivity, work and school pressures lead to stress, and stress is constantly increasing.

Physical inactivity could be considered one of the biggest public health issues of the 21st century.

Passivity and inactivity are not part of our nature. All our organs, sensations and skills require constant training to stay fully functional and healthy.

Given the increasing number of students diagnosed with attention deficit disorder (ADD) and various learning difficulties, it appears to be completely irresponsible to ignore the fact that many children identified as attention deficit disorder are in fact low-living organisms.

Like classmates, these children need a program that integrates movement into classroom movements. All studies show that the physical activity required for childhood is much higher than before to achieve cardio-metabolic health and

psychological well-being.

Today, neuroscientific research confirms that the opposite of physical exercise, that is, being in a chair, tends to hinder learning. When an individual is sitting for more than 15 minutes, blood begins to gather in the tendons and calf muscles, and begins to retract the brain of the oxygen and glucose that is needed. Melatonin is then released because the brain "thinks" that it is in a quiet state. This is because for some time, no "navigation behavior" was found in the area. The learner becomes lethargic and sleepy, and begins to concentrate and concentrate. After that, your ability to learn is severely affected.

As the primary social institution responsible for promoting physical activity among young people, school-based physical education may be the ideal remedy for an overly sit-in lifestyle (Sallis, Owen, 1999). However, expresses many concerns that the sports lesson curriculum is at risk of increasingly marginalisation within school days, but the early onset of the effects of physical inactivity has great consequences for individuals' lives.

Nature ensures that children are constantly running machines for good reason. From childhood, they develop motor skills that provide the basis for later experiences of physical activity. As soon as you enter puberty, youth begin to lay the foundations of adulthood.

Reaching a child before entering this development phase is important to break the cycle of physical inactivity.

As we see, examining how physical exercise is characterized by cognitive learning, physical and emotional wells, and physical and emotional wells and social skills of elementary school children is attributed to cognitive, neuroscientific and educational research.

Sports Lessons is now a unique and basic opportunity to regain a healthy and balanced lifestyle.

It is also important because it gives us the correct knowledge of our bodies from a musculoskeletal, physiological and biochemical perspective. Last but not least, it is important because it allows for the release of cathartic reasons: energy, emotions, tension, or frustration.

2. Literature Review

Animals and people function more vigorously and more vigorously than brain cells. Your early games cater to you with the skills, language, engine, negotiation and more you need as an adult.

In nature, the more complex the skills to correspond with the organism, the longer the young people will be, and more games for the development of this organism will be.

Actions that are available in so many types and appear to be more common in the age of greatest brain development must inevitably have evolutionary benefits. Otherwise, natural selection would have improved. What is acquired by the game is not a specific information, but rather a general mental nature compared to problem solutions that involve both abstraction and combination flexibility.

In childhood, body movements build strong bone, muscle strength, lung capacity, and increased cognitive function by accelerating neurocognitive processing.

The most advantageous games for children are active, creative and social, which includes the physical and wonderful motor development body and mind of negotiation, problem-solving, imagination, and cognitive flexibility.

Active physical play provides young children with the opportunity to improve interpersonal skills and motor skills and focus their attention on learning tasks. According to (Baquet, 2007) the Italian school system makes playing kindergarten and school-age children very unimportant. As a result, Italian schools are rarely structured to allow for the performance of outdoor activities.

(Berchtold, 2010) suggests that games facilitate healthy development, stimulate maturation of the frontal device, and that symptoms of attention deficit disorder, such as promoting impulsivity and prosocial mind, are alleviated through maturation of behavioral support. Thus, physically demanding games integrated the benefits of sports and play neurons, providing physical, social and intellectual stimuli simultaneously. This synergistic effect from stimuli creates brain challenges or positive stress. This means they adapt, which leads to healthy cognitive development. In this respect, physically demanding play represents a "rich environment" that provides physical activity, social interactions and new stimuli.

Kids today have fewer and fewer opportunities for active games.

A combination of inadequately equipped gaming environment, overloaded schedules and full schedules limits the essential laws of children to deal with the game.

Today we know what happens to animals and people. In other words, they know that their brains are ripening more slowly may be too often concerned about eliminating all possible dangers from the gaming environment, and can

accidentally remove all possibilities. (Berg, 2010)

The decline in emotion-regulating ability resulting from game deprivation can contribute to the high psychopathology of today's youth in terms of fear, attention deficit, and depressive symptoms. Children who withdraw outdoors actually exhibit aggressive behavior, depression, and antisocial tendencies, resulting in a "risk" for young people in the category.

The idea that children must somehow be protected from all accidents is a frequent misconception among adults. Learning to manage risk is essential to children's cognitive and physical development, allowing them to protect themselves in challenging environments. Playgrounds are unique places where children can take risks in a "challenging" (safe) environment where they have the opportunity to exercise a lot of independence in both their thinking and actions.

Brain cells resemble muscle cells:

They grow when used and atrophied and atrophied.

Movement encourages the brain to function at optimal capacity levels, promotes neuronal multiplication and strengthens neuronal connections with the "side effects" of enhancing intellectual capabilities. The

test shows that neurons release proteins known as neurotrophic factors during exercise. In particular, neurotrophic factors from the brain promote neuronal health, which causes other chemicals and benefits brain function, such as learning. (Best, 2010) Japanese photographers began preparing a photo documentary about children's games on the streets of Tokyo in 1979. Almost 20 years later, his passion for life suddenly came. Haginoya regretted the transformation of children's gaming culture. This was a piece that no longer happened in puddles, bushes, trees, and far away places, and he explained, "The mere idea of becoming a social person without experiencing the game outdoors makes me tremble."

Current research on the brain, mind and body shows the existence of important connections between movement and learning. Learning compatible with brain functions suggests combining, for example, mathematics, exercise, and physical education.

Scientific examination of the relationship between physical activity and perception began only in the 1930s and subsequent decades, with the discovery of a relationship between physical state and faster response times. (Berg, 2010)

3. Material and Methods

This study is based on a quantitative approach, using the survey method to analyze the relationship between teaching and physical and mental health in students. Data were collected through a structured questionnaire with closed questions, which was distributed to 100 students in three 9-year schools in Durrës. The questions were designed to assess students' awareness of health education issues, such as hygiene, healthy nutrition, bullying and the risks of impulsive behaviors.

Data analysis was performed by counting the frequencies of responses for each question and extracting the percentages for the options "Yes", "No" and "I don't know". This approach provides a clear understanding of students' perception and knowledge of the topics studied, helping to assess the impact of school and teaching on their health education.

3.1 Simulation

Table 1: Summary of Responses for Each Question

Question	Yes	No	I don't know	Total
A - Risks of smoking and drugs	85	5	10	100
B - Infectious diseases protection	90	2	8	100
C - Health issues in adolescence	94	0	6	100
D - Importance of healthy nutrition	99	1	0	100
E - Personal hygiene	90	4	6	100
F - Dealing with aggression and bullying	70	15	15	100
G - Preventing risky behaviors	65	25	10	100

4. Results

From the comes about of the complaints, 85% of the respondents appeared tall mindfulness on what is and another. As it

were 5% of them thought that these substances don't posture a chance, whereas 10% were not secure. This result appears that most of them may be mindful of the negative impacts of hurt and drugs. Be that as it may, the rate of those who are not or don't see it as a issue recommends the require for encourage instruction on the long-term utilization of impersonation of hurtful substances. Campaign arrangements and mindfulness campaigns can do to progress mindfulness.

A duty of 90% of respondents recognized the significance of security from infectious diseases. As it were 2% of them don't consider these issues different, whereas 8% were undecided. This result is, because it appears a tall level of data on the avoidance of positives. Inoculation campaigns, cleanliness and protection from irresistible infections may have affected this mindfulness. Be that as it may, the reality that there's still a small undecided rate proposes the require for proceeded instruction in this respect.

This address gotten the foremost positive reaction with 94% of respondents saying that wellbeing amid youth is imperative. No one talked against it, whereas as it were 6% were uncertain. This appears that youthful individuals and their community are mindful of the challenges related with this life occasion. The passionate state, physical advancement and hormonal changes are so unsafe that they got to be treated with care. Instruction demonstrates to be a problem and can adapt with the challenges.

The subject of the most noteworthy level of endorsement with 99% of the answers "Yes". As it were 1% of respondents did not see this as a major figure, whereas no one was undecided. This result appears a tall mindfulness of the significance of a adjusted slim down for a lifetime of life. Campaigns for great wellbeing instruction may have had a positive effect. Despite the high level of mindfulness, the challenge of executing other propensities in everyday life remains.

A curiously viewpoint is the investigation of contrasts between populace bunches. Youthful individuals may have a distinctive viewpoint on a few of these themes compared to grown-ups. For illustration, themes related to cleanliness and sustenance regularly have a better acknowledgment among children and teenagers. In differentiate, subjects such as unsafe behaviors and bullying may not be seen as a genuine issue by everybody.

From the study information it can be concluded that the larger part of respondents are mindful of key wellbeing issues. Be that as it may, themes such as hostility, bullying and unsafe behaviors still have room for change. It is prescribed that instructive educate and wellbeing organizations escalating data campaigns to raise mindfulness. As it were through instruction and community engagement can a more beneficial and more secure society be made for all.

5. Discussion

5.1 *Mindfulness of the Perils of Tobacco and Drugs*

The comes about appear that the larger part of respondents (85%) are mindful of the threats of tobacco and sedate utilization. This rate demonstrates a great level of data on the hurts caused by these substances. Be that as it may, 10% of respondents are not beyond any doubt around their impacts, proposing the require for extra instruction. Another concern is that 5% of members don't see this as a issue. Instruction on the long-term hurts of tobacco and drugs can offer assistance diminish their utilize. Mindfulness programs in schools and the media can be successful. Thinks about appear that early introduction to precise data decreases the probability of utilizing hurtful substances. Making secure situations for dialog on these issues is fundamental. Wellbeing educate ought to contribute in avoidance programs. Arrangements against tobacco and drugs ought to be stricter.

With 90% of positive reactions, security against infectious diseases may be a broadly known issue. This result appears a tall mindfulness of the importance of immunizations and individual cleanliness. As it were 2% of respondents don't consider this to be a issue, whereas 8% are not beyond any doubt. This truth appears that more instruction is required on ways to anticipate diseases. The later COVID-19 widespread may have impacted this mindfulness. Instruction in schools and the media has made a difference to spread precise data. Great cleanliness is one of the best, however most viable strategies for anticipating contaminations. Hand washing and the utilize of veils are well-known defensive measures. In spite of the tall mindfulness, it is vital to proceed with data campaigns. Wellbeing educate ought to guarantee get to information and antibodies.

Wellbeing amid puberty is an issue that gotten wide back with 94% of "Yes" reactions. This result appears that the lion's share of respondents got it the significance of wellbeing care during this critical period. Puberty could be a arrange of life where various physical and enthusiastic changes happen. Great wellbeing amid youth influences the in general advancement of the person. As it were 6% of respondents were uncertain around this issue. Mental and physical health

education is basic for youthful individuals. Guardians and instructors play a key part in this respect. Wellbeing instruction programs ought to incorporate data on nutrition, physical action and mental well-being. Considerations appear that early intercession can avoid major issues within the future. Instructive education ought to give mental bolster for youthful individuals.

The subject of solid eating gotten the most elevated endorsement, with 99% of positive reactions. This result appears that members have a tall level of mindfulness of the significance of a adjusted slim down. Great sustenance is the premise of great wellbeing and anticipates numerous incessant maladies. As it were 1% of respondents did not see this as a vital calculate. No one was undecided, demonstrating a wide agreement on this point. In spite of this, actualizing a sound eat less remains a challenge for numerous individuals. Financial and social variables regularly impact nourishment choices. Nourishment instruction should start in childhood to set up solid propensities. Utilization of prepared and sugary nourishments is still tall. Approaches to advance sound eating ought to be upheld more. Bullying and hostility are issues of concern that gotten a lower rate of positive reactions, at 70%. This appears that a critical part of respondents don't see this as a major issue. In any case, 15% of them were not beyond any doubt, whereas 15% considered it insignificant. This appears that a few individuals are not mindful of the negative effect of bullying. Animosity can influence the mental and passionate wellbeing of casualties. School ought to actualize programs to avoid and treat bullying. Mental bolster for casualties is basic for their mental wellbeing. Families and the community ought to be more locked in in this issue. Anti-bullying laws ought to be implemented more entirely to make a more secure environment. Mindfulness campaigns can offer assistance decrease bullying in schools and society.

This was one of the subjects with the least rate of back, with as it were 65% of the answers "Yes". A critical rate, 25%, did not see this as a vital issue. Besides, 10% were not beyond any doubt approximately the significance of anticipating risky behaviors. This appears that there's a lack of data or consideration to this issue. Hazardous behaviors incorporate substance utilize, savagery, and imprudent activities. Instruction almost the perils of reckless behaviors ought to be more emphasized. Avoidance programs in schools can offer assistance raise mindfulness. Guardians and instructors ought to be more included in teaching youthful individuals. Laws and directions ought to be clear to avoid destructive behaviors.

Analyzing the study comes about, a tall level of mindfulness is famous for most wellbeing issues. Be that as it may, a few points such as animosity and hazardous behaviors require more consideration. Wellbeing instruction ought to be more broadly included within the school educational modules. Wellbeing approaches and mindfulness campaigns ought to be reinforced. Open and private institutions ought to coordinate to extend wellbeing mindfulness. As it were through nonstop instruction can a more beneficial and more secure society be made for all.

6. Conclusions

Students show a high interest in topics related to hygiene, healthy nutrition, and protection from infectious diseases, reflecting good awareness of the importance of physical health.

Social topics such as bullying and impulsive behaviors receive less attention, which suggests the need for more education and interventions to prevent problematic behaviors among students.

Schools have a key role in forming healthy habits, and the results indicate that health education should be more balanced, including not only physical but also psychological and social aspects.

It is recommended that educational programs be strengthened with more awareness-raising activities, discussions, and training on bullying, managing emotions, and building positive behaviors in the school environment.

These findings can help schools and educational institutions improve their health education programs, making them more comprehensive and tailored to the needs of students.

The discoveries of the overview on wellbeing issues give a critical understanding into the level of mindfulness and information of people with respect to wellbeing themes. The study included a wide run of questions, which tended to basic issues such as the perils of tobacco and drugs, assurance from irresistible maladies, individual cleanliness, wellbeing amid puberty, hostility and bullying, and the anticipation of unsafe behaviors. The study comes about give a clear picture of the information and recognitions that people have around these issues and recommend a few regions where data and instructive campaigns got to be made strides. One of the foremost critical discoveries of the overview was the tall mindfulness almost the dangers of tobacco and sedate utilize, with 85% of respondents seeing this as a vital issue. This result shows that there's a wide understanding approximately the hurtful results of utilizing these substances. In any case, a little percentage of 10% are uncertain approximately the potential dangers that they can cause. This appears that there's still a require for more in-depth instruction and data around the results of tobacco and sedate utilize. Raising

mindfulness and giving clear and precise data on these dangers is fundamental to decrease the utilize of these substances.

Security against irresistible maladies is another issue that gotten solid back within the overview, with 90% of respondents seeing this as a vital issue. This result is exceptionally empowering, because it recommends a tall mindfulness of the significance of antibodies and other defensive measures. Be that as it may, 8% of members still communicated instability, showing that there's a require for more data and instruction on strategies of avoiding diseases. This result moreover appears the significance of instructive and mindfulness campaigns that help spread exact data almost ways to protect against irresistible maladies.

Wellbeing amid puberty is an issue that's broadly recognized and acknowledged, with 94% of respondents recognizing that it is an imperative period for health care. This reflects a solid mindfulness of the effect of physical and enthusiastic changes amid this stage of life. In any case, 6% of members are uncertain approximately the significance of wellbeing care during puberty, proposing that there may be room for improvement in education for youthful people and their families. Guardians, instructors and wellbeing experts have to be work together to supply continuous back for young people and offer assistance them adapt with the numerous changes that happen amid this period.

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