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MANAGING SPORT FOR HEALTHY LIFESTYLE: A BRIEF REVIEW AND FUTURE RESEARCH DIRECTIONS

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ABSTRAK

Background: Monotone activities and lack of physical activity are problems in recent decades. These phenomena will give negative impact for human health such as some disease. This problems can solve by sports **Purpose:** The purpose of this article is to find sports impact for human health. **Results:** Result of this study are sports can solve some disease because sports is medicine, sport can support mental health recovery and sport is physical activities for supporting healthy lifestyle **Conclusion:** Sports is an important activity in human life

ABSTRAK

Latar Belakang: *Aktivitas yang monoton dan kurangnya aktivitas fisika merupakan permasalahan pada masa sekarang. Fenomena ini akan memberikan dampak negatif bagi kesehatan manusia. Permasalahan ini dapat di selesaikan dengan berolahraga* ***Tujuan:*** *Tujuan artikel ini adalah untuk menemukan dampak olahraga terhadap kesehatan manusia..* ***Hasil:*** *Artikel ini menjelaskan bagaimana olahraga dapat menjadi solusi dari berbagai macam penyakit, hal ini disebabkan karena olahraga adalah salah satu terapi pengobatan, olahraga dapat mendukung perbaikan mental seseorang dan olahraga merupakan aktivitas fisik yang menunjang hidup sehat.* ***Kesimpulan:*** *Olahraga adalah aktivitas yang sangat penting bagi kehidupan manusia*

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INTRODUCTION

Nowadays lifestyle is a hot issue in the world, monotone activities are causes of unhealthy lifestyle in the world (Wibowo & Indrayana, 2019). Everyone starts working in the morning and finish in evening for every weekdays. This is a bad habit for health caused less moving our bodies. This activities will give some negative impact on human health, some negative habit for health in recent decades are people have started to consume highly processed and less-nutritious convenience, food at the expense of locally grown produce; (b) the level of sedentary behavior has increased while physical activity levels, have decreased due to advances in technology and urbanization and the consumption of tobacco, alcohol and other psychoactive drugs is consistently on the rise (Schulenkorf & Siefken, 2019).

Managing sport is an alternative way to help healthy, it will make someone being productive. Sport can solve the problems of mental health, physical activities include sport has been developing for mental health treatment in North America (Chelladurai, Anderson, Air, & Base, 2016), sport is a medicine, according documents benefits of physical activity are achieved through occupational such as moving boxes, cleaning floor or delivering package; domestic such as household tasks or gardening; transport walking, running or cycling, and leisure-time such as exercise, sport, or recreation in physical activity. Although often used interchangeably, exercise and sport/recreational activities are distinct forms of physical activity. Whereas both are considered leisure-time physical activity, exercise is planned, structured and repetitive. Sport and recreational activities include elements of exercise, but more likely occur in a group context emphasizing leisure, play, and offering social rewards when compared to pure exercise. The problem of physical inactivity likely has been exacerbated by paradigms that view sport and recreation as separate and distinct. Rather, by focusing on the noted commonalities between sport and recreation, more synergetic opportunities to address physical inactivity are created (Warner, 2018). This article we will explain managing sport to healthy lifestyle clearly.

SPORT IS MEDICINE

Sports and health cannot be separated, the history of physical education shows sport and medicine to have a long-standing and close relationship. Several studies inform that sport is medicine and can support human health. Sport can give public health impact, this research used 417 household as participants. The basic unit of sampling was individual households within the target area and all residents aged 5+ years were eligible for inclusion. Population estimates for each postcode in the study area were obtained from the Australian Bureau of Statistics (ABS) June 1995 census data. Total participants are 10,000 population were classified by popular sports and activities **(Fig. 1)**

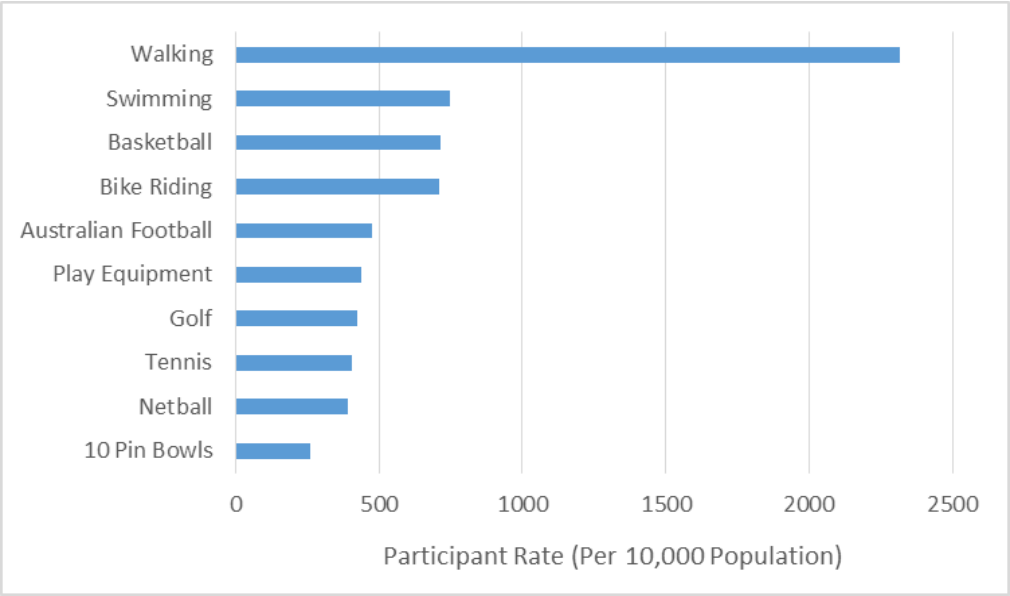

Figure 1. The 10 most popular sport and active recreation pursuits among Latrobe Valley residents aged 5+ years.

The most popular sport activity is walking, walking will give some positive impact on public health. Recent study inform if everyone were to obtain between 30–60 minutes of moderate-intensity physical activity each day, the benefits would be extensive. Although it is currently difficult to quantify all the effects, one predicts lower rates of chronic diseases such as cardio vascular disease and a dramatic reduction in medical expenditures, with only a modest increase in a number of activity-related injuries. It caused by walking is the most popular type of moderate-intensity physical activity, walking has substantial importance to public health. We reach the interesting conclusion that part of the solution to chronic disease and rising health care costs is as simple as walking every day. The evidence of health benefits and effective interventions justifies research on policies that are effective in promoting physical activity including policies that improve access to enjoyable places for walking, policies that promote walking to school and policies that promote active transportation (Buchner, 2008).

Walking activity will give impact on health perception, balance perception, fall history, balance performance, and gait speed on walking activity in older adults. Health and balance perception and gait speed were significantly related to walking activity after controlling for potential confounding factors. Participants who perceived both their health and their balance to be good walked more blocks per week than those who reported a discordant perception, who walked more than those who perceived both their health and their balance to be poor. Participants who walked at a normal speed walked more blocks per week than those who walked at a slow speed. The measure of physical activity used in this study included only walking, not other low- to moderate-intensity activities that are common in older adults. Health and balance perception and gait speed were associated with walking activity more so than fall history or balance performance after controlling for potential confounding factors (Talkowski, Brach, Studenski, & Newman, 2008)

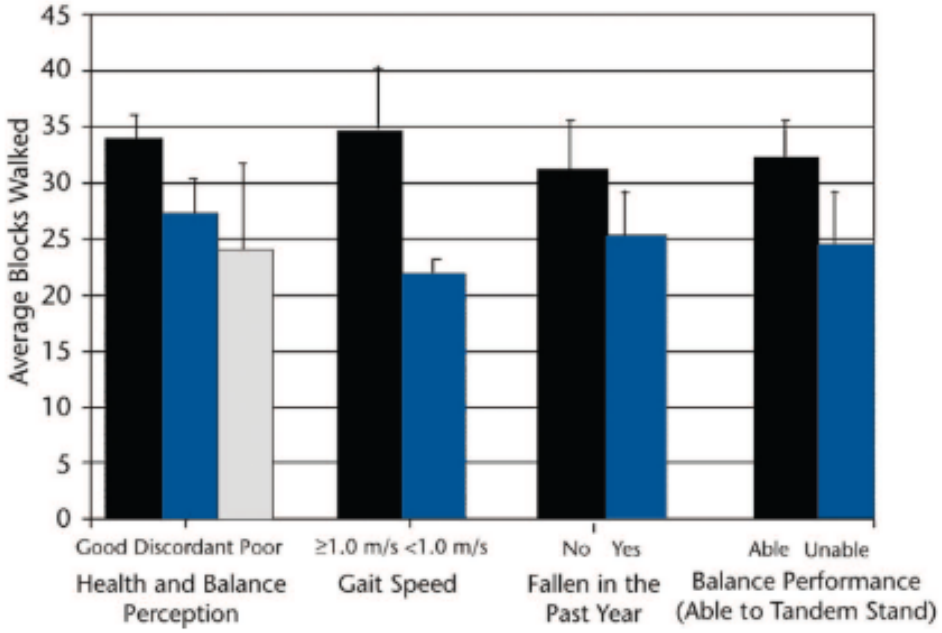

Figure 2. Average blocks walked according to health and balance perception, gait speed, fall history, and balance performance after controlling for age, race, sex, health status, and cognition.

Another study informs that cyclist are happier than others, this study explores the emergent science of cyclist mode satisfaction: calling upon ethnographic research, transport psychology, exercise science, and in-depth interviews with 24 e-cyclists in Auckland, New Zealand. We conclude that research points to four important components of high commute satisfaction amongst cyclists such as a high degree of commuting control and 'arrival-time reliability', enjoyable levels of sensory stimulation, The 'feel better' effects of moderate intensity exercise and greater opportunities for social interaction. Conclusion: We conclude that cycling planning and promotion should move beyond merely focusing on safety to explore how cycling infrastructure can protect and enhance the physical, social and psychological pleasures of cycling. Specific recommendations include designing cycling environments in ways that support sociable riding and relaxed engagement with natural landscapes and urban design features (Wild & Woodward, 2019)

SPORT AND MENTAL HEALTH

Some treatment for mental health recovery does social activities, holiday (recreation) in nature (Wibowo et al., 2019) and sports. Sport is a part treatment for mental health recovery, especially football. The practice and discourse of mental health recovery are evolving, with increasing appreciation given to personal recovery and now social recovery. It therefore follows that we need initiatives that enhance levels of social capital, positive social identities and social inclusion within the community, not just within mental health services. These initiatives must bring people together in ways that allow them to feel that they have ownership of any new social infrastructures and use evidence-based frameworks to evaluate them. One context that has been given some consideration is the use of community sport (Benkwitz & Healy, 2019)

One hundred and thirty-nine athletes (96 males, 43 females) athletes participated for this research. All participants completed the Connor-Davidson Resilience Scale (CD-RISC) and Mental Health Inventory (MHI). The athletes' coaches were asked to rate the Sport Achievement Scale (SAS) in order to measure athletes' sport achievement. The results revealed that resilience was positively associated with sport achievement and psychological well-being, and negatively associated with psychological distress. It can be concluded that resilience is associated with sport achievement and mental health (Asma & Ali, 2010)

Recent study informs that sport can support mental health for youth. Participants in this study were 55 Australian adolescent males aged 12–17 years (M = 14.73 years; SD = 1.67) who were currently participating in organized basketball, soccer, Australian Rules Football, swimming, cricket, or tennis competitions. This study aimed to understand adolescent males' knowledge and experience of mental health, perceptions of organized youth sport as a vehicle for supporting mental health, and their preferences/perceptions regarding interventions to support mental health in organized youth sport. Six dimensions emerged from the analysis which represented adolescent males' perceptions of: (i) knowledge and experience of mental health; (ii) the connection between sport and mental health; (iii) coaches and mental health; (iv) family and mental health; (v) perceived needs regarding mental health; and (vi) considerations for supporting mental health in youth sport. This study using qualitative research were participants answered questionnaires about they feel after exercising. All of participants told interviewer that they feels better and happiness after exercising (Swann et al., 2018)

PHYSICAL ACTIVITIES FOR HEALTHY LIFESTYLE

Physical activities, fair society and healthy lives are combination for supporting healthy lifestyle. In England these combination will give an impact for give every child the best start in life, enable all children, young people and adults to maximize their capabilities and have control over their lives, create fair employment and good work for all, ensure a healthy standard of living for all, create and develop healthy and sustainable places and communities, and strengthen the role and impact of ill-health prevention (Marmot & Bell, 2012). Besides physical activities, fair society and healthy loves, others study inform that eating habits and physical activities are factors for healthy lifestyle, this study called HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence). The main gaps in the knowledge concerning the nutritional status situation in European adolescents are: lack of harmonized and comparable data on food intake; lack of understanding regarding the role of eating attitudes, food choices and food preferences; lack of harmonized and comparable data on physical activity and physical fitness; lack of comparable data about obesity prevalence and body composition; and lack of comparable data about micronutrient status. Given the above-mentioned problems, the HELENA Study Group plans to describe the nutritional status of the adolescents in Europe, and to improve health-related nutritional aspects by proposing an innovative educational intervention and developing new healthy foods attractive for European adolescents (Kersting et al., 2007)

Recent study inform that physical activity can reductions in the risk of death from any cause and from cardiovascular disease. For instance, being fit or active was associated with a greater than 50% reduction in risk. Furthermore, an increase in energy expenditure from physical activity of 1000 per week or an increase in physical fitness of 1 MET (metabolic equivalent) was associated with a mortality benefit of about 20%. Physically inactive middle-aged women (engaging in less than 1 hour of exercise per week) experienced a 52% increase in all-cause mortality, a doubling of cardiovascular-related mortality and a 29% increase in cancer-related mortality compared with physically active women. These relative risks are similar to those for hypertension, hypercholesterolemia and obesity, and they approach those associated with moderate cigarette smoking. Moreover, it appears that people who are fit yet have other risk factors for cardiovascular disease **(Fig. 3)** may be at lower risk of premature death than people who are sedentary with no risk factors for cardiovascular disease (Warburton et al., 2006)

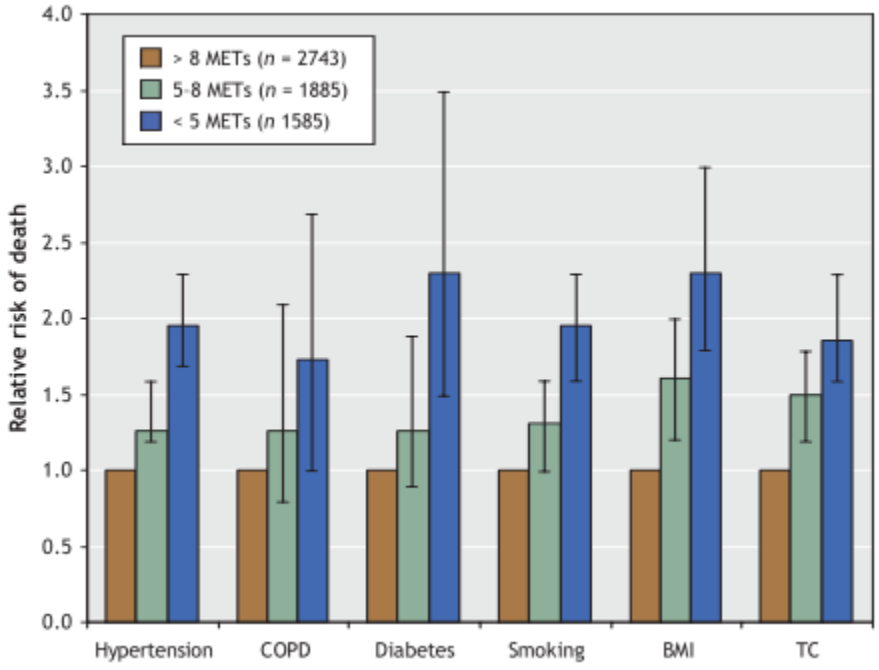

Figure 3. Relative risks of death from any cause

Physical activity can reduce cancer potential in human body. One-third of the more than 572,000 cancer deaths that occur in the United States each year can be attributed to diet and physical activity habits, including overweight and obesity, while another one-third is caused by exposure to tobacco products. Physical activities recommended are: adults should engage in at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, or an equivalent combination, preferably spread throughout the week. Children and adolescents should engage in at least 1 hour of moderate or vigorous intensity activity each day, with vigorous intensity activity occurring at least 3 days each week. Limit sedentary behavior such as sitting, lying down, watching television, or other forms of screen-based entertainment. Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.

Physical activity may reduce the risk of several types of cancer, including cancers of the breast, colon, and endometrium, as well as advanced prostate cancer, and possibly, pancreatic cancer. Although evidence for many other cancers is limited, associations may exist. Physical activity acts in a variety of ways to affect cancer risk.96 Regular physical activity helps maintain healthy body weight by balancing caloric intake with energy expenditure and may help to prevent certain cancers via both direct and indirect effects, including regulating sex hormones, insulin, and prostaglandins, and having various beneficial effects on the immune system.97,98 A physically active lifestyle is also associated with a reduced risk of other chronic diseases, such as heart disease, diabetes, osteoporosis, and hypertension (Demark-wahnefried et al., 2012)

Cancer in France 2005 caused by insufficient physical activity. Insufficient physical activity is a known risk factor for various co-morbidities, including cancer. Globally, its prevalence has increased markedly over the past decades. Recent study about France cancer using population attributable fractions (PAFs) and numbers of cancer cases attributable to insufficient physical activity (< 30 min daily of moderate-to-vigorous physical activity) were estimated by age, sex and cancer site. Assuming a 10-year lag-period, PAFs were calculated using physical activity prevalence from a cross-sectional French population survey and cancer-specific relative risks. Results: About half of all French adults were found to be insufficiently physically active, with great variation by age and sex. In 2015, an estimated 2973 cancer cases diagnosed in French adults aged 30y+ were attributable to insufficient physical activity, corresponding to 0.8% of all cancer cases (0.2% in men and 1.6% in women). This comprised 3.8% of all postmenopausal breast cancers (1620 cases), 3.6% of all colon cancers (902 cases) and 6.0% of all cancers of the corpus uteri (450 cases). If at least half of the recommended physical activity level was achieved, 1095 cancer cases could have been avoided (Touillaud et al., 2019)

SPORTS AND THE CHALLENGES IN THE FUTURE

The Challenges of sports in the future are about disabilities athlete. Sport must unjoyful for everyone include disabilities (Martin, 2018). Future researchers may consider examining athletes with perceptions of disability acquired about themselves in the past, present and future through simple to modern technology involving multidisciplinary science so that future sports are not only for normal people, but for disabled people. Can also enjoy sports so they can avoid diseases caused by lack of physical activity. Future sports need improve in decision and judgment to make sports fair for everyone, sports need collaboration with every single knowledge to develop their technologies and regulation to make justice for all. Sports equipment must improve better to keep athlete healthy and safe. We need to reduce e-sport because e-sports reduce physical activities in sports and will give an impact on human health (e.g. FIFA is an e-sport in football and it just playing in PlayStation).

We need back to concept “sport is healthy” caused by body shake, physical activities and else and “sport is fair” with high technology and keeps athlete safe. Researchers and sportsman need to develop and find new sports for everyone. Future sport should acceptable, available, can be done by everyone and make everyone happiness.

CONCLUSION

Managing sport is most important issues, sport can reduce some disease such as cancer, hypertension, CPOD, diabetes, smoking, DNC, TC. Sport and physical activities is important part of healthy lifestyle, this phenomena was explained in Europe and England. Sport can support mental health recovery, every sportsman feeling better after exercise. Sport is medicine to solve several disease. Thus, sport is an important activities in human life for supporting human health, sports is healthy lifestyle and need to improve for future to make sports acceptable, available, can be done by everyone and make everyone happiness.

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