



THE EFFECTS OF SPORTS
AND WORKOUTS ON THE
MENTAL HEALTH OF AIUB
STUDENTS

TEAM SIGMA

ABIR BOKHTIAR,22-47038-1

TARIN SULTANA,22-47045-1

HASIBUR RAHMAN RAHIM,22-47044-1

MD. ASHIK HASAN,22-47004-1

MD. ABU TOWSIF, 22-47019-1

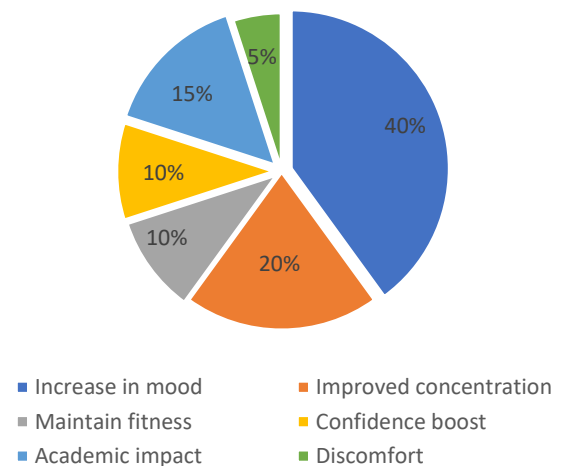


Our team conducted a survey about the effects of sports and workout on the mental health of AIUB students. We have asked for opinions from players, volunteers, audiences where we have got some positive thoughts as well as some negative thoughts.

The APL(AIUB premier league) was going through. So ,we went to the field and performed the survey. Majority of the participants for this survey have given their review positively.

Approximately 40% of the participants have denoted that physical activity like sports triggers their brain to reduce stress and feel more relaxed. By playing indoor and outdoor games, they can remove their frustrations.

20% of the contributors have said that physical activities help them developing critical thinking, learning and having a good sense of judgement. Some participants, around 10% have shared that sports help burn calories and build muscles .Some contributor also said that sports and workouts can improve social skills along with strength and stamina. Where 15% of the participants have indicated not being able to maintain their study and academic schedule. Some have also shared that excessive amount of physical activities caused them physical strain and menta stress. The general thinking was sports and workouts help them to live a sound mind and sound body. They are living a healthier and more enjoyable life by performing physical activities regularly.



After completing the survey and research, we can say that sports can improve our mental health rapidly. Sports can remove our mental illness, frustrations. workout cause our body to release endorphins, the chemicals in our brain that relieve pain and stress. It also reduces the levels of stress hormones, cortisol and adrenaline. We have found that 20 to 30 minutes of taking part in sports each day can feel people calmer and more cheerful.