

## THE EFFECTS OF RUNNING ON YOUNG WOMEN'S WELLBEING

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**Keywords:** *running, wellbeing, quality of life, improvement, female students*

### **Abstract**

Wellbeing is a holistic concept that describes a positive state of health and includes physical, social and psychological wellness. In addition to physical and functional follow-up goals, physical education and sports in university aims modeling the behavior of the students in a optimistic, positive and innovative direction; educating positive and creative attitudes; increasing the quality of life and total wellbeing. I started from the premise that running is one of the best ways to combine pleasure and a healthy lifestyle. It is the most natural form of movement. I considered that the use of jogging in the physical education lessons, will bring beneficial effects to the student's wellbeing and with special influences in improving their quality of life. The purpose of the study was to highlight the effects of running on student's wellbeing, using the WHO Well-being survey method based on a questionnaire.

### **Introduction**

Wellbeing is a holistic concept that describes a positive state of health and includes physical, social and psychological wellness. (Mârza, D., 2005, p.34). In addition to physical and functional follow-up goals, physical education university aims modeling the behavior of the students in a optimistic, positive and innovative direction; educating positive and creative attitudes; increasing the quality of life and the total wellbeing. (Ciomag, R.,V et al., 2015, pp.98-102).

Jogging is one of the means used in physical education and sports lesson with students because it brings beneficial effects on the body. Running is one of the best ways to combine pleasure with a healthy lifestyle. It is the most natural form of movement (Puleo, J., Milroy, P., 2016, p.13). Jogging is a form of running duration (at least 30 minutes) in a moderate tempo, on flat ground, which engages in effort all muscle groups and stimulates the activity of the whole body, especially the

cardiovascular and respiratory systems. Healthy jogging has become an increasingly accessible means for all age groups and a way of combating various diseases and preventing the stresses specific to the contemporary human (Ganciu, M., Ganciu, O., M., 2013, p.69). According to Nicu, A. (coord., 2002, p.216) jogging is a kind of running with small steps in moderate tempo. It is considered an effective defense against cardiovascular disease, help reduce triglyceride levels and blood cholesterol concentration, combat fat accumulation in the arteries, reduce body fat, attenuate anxiety and stress effects.

Running at a speed of 10-12 km per hour results in a caloric consumption of 300 kcal/h, and running for 15-20 minutes three times a week with 120-140 beats per minute helps maintain a healthy cardiovascular system requiring 80% of its maximum capacity. (Ganciu, M., Ganciu, O., M., 2013, pp. 250-251).

In order for the running to have beneficial effects on the body it is necessary that the FC at 20 years be between 140-170 beats per minute. Over time, the frequency of heart rates that drive the training decreases. (Pop, C, L., and Ciomag, R, V, 2015, p.63). The energy cost of calorie jogging per minute after Dumitru, Gh. (1997, p.67) is shown in Table 1. For example, if run for 30 minutes at a speed of 4.8 km/ h, and the weight is 50 kg, it is noted that this data table corresponding to the calorie consumption of 4.7 calories/minute.

Table 1 The energy cost of jogging in calories / minute  
 (adapted by Dumitru, Gh., 1997, p.67, after Franks and Howley, 1989)

Kg	Travel speed in km/h							
	4.8	6.4	8	9.2	11.2	12.8	14.4	16
50	4.7	5.9	7.2	8.5	9.8	11.1	12.3	14.6
54.5	5.1	6.4	7.9	9.3	10.6	12.1	13.4	14.8
59	5.5	7.0	8.6	10.0	11.5	13.1	14.6	16.1
63.5	5.9	7.5	9.2	10.8	12.4	14.1	15.7	17.3
68	6.4	8.1	9.9	11.6	13.3	15.1	16.8	18.5
72.7	6.8	8.6	10.5	12.4	14.2	16.1	17.9	19.8
77.2	7.2	9.1	11.2	13.1	15.1	17.1	19.1	21.0
81.8	7.6	9.7	11.8	13.9	15.9	18.1	20.2	22.2

### **Material and method**

*Hypotheses of the research:* I considered that the use of jogging in the physical education and sports lessons, will bring beneficial effects to the student's wellbeing, with special influences in improving and their quality of life.

*The purpose of the research:* The purpose of the study was to highlight the effects of running on student's wellbeing, using the WHO Wellbeing survey method based on a questionnaire.

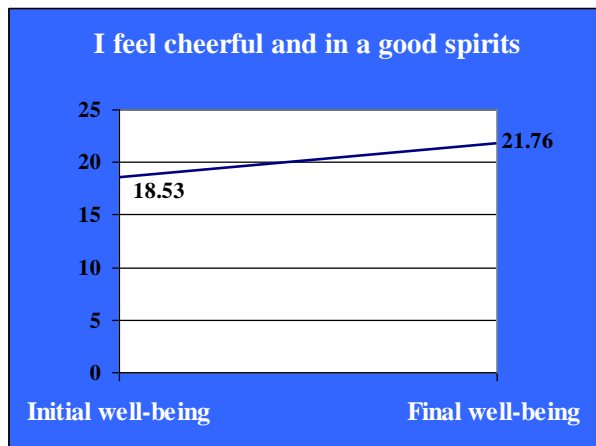
*Subjects of research:* The experiment was carried out on a group of 97 female students at Ștefan cel Mare University of Suceava. Jogging was scheduled in the part of the resistance development and took place on the University's athletic pistes, outdoors during the warm season.

*The research methods:* bibliographic study, analysis method, survey, graphic method, tabular method, statistical method. The name of the questionnaire is WHO (FIVE) Well-being and it contain 5 questions with closed answers form 5 to 0 points. It investigates the student's wellbeing, more precisely how they have feeling over the last two weeks. The raw score is calculated by totalling the figures of the five answers. The raw score ranges from 0 to 25, 0 representing worst possible and 25 representing best possible quality of life.

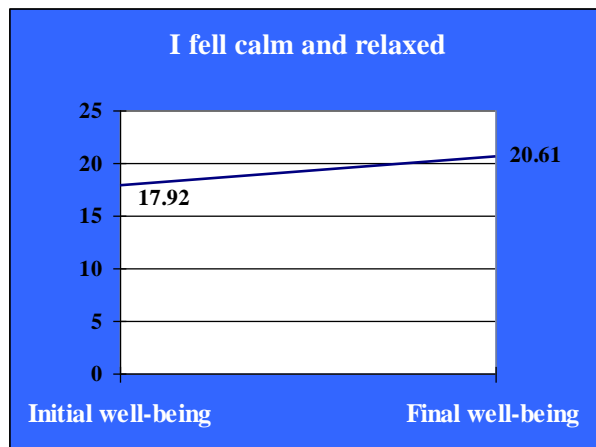
Over the last two weeks	All the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I feel cheerful and in a good spirits	5	4	3	2	1	0
I fell calm and relaxed	5	4	3	2	1	0
I fell active and vigorous	5	4	3	2	1	0
I wake up feeling fresh and rested	5	4	3	2	1	0
My daily life is filled with things that interest me	5	4	3	2	1	0

### ***Results***

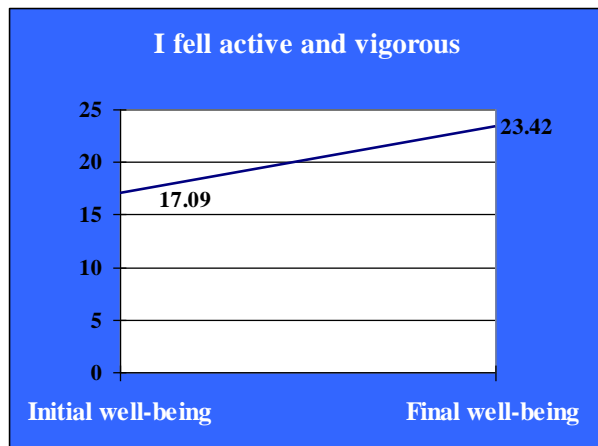
After the integration of jogging at the end of the physical education and sports lessons for eight weeks, the students completed the questionnaire again. The results can be seen in the charts below.



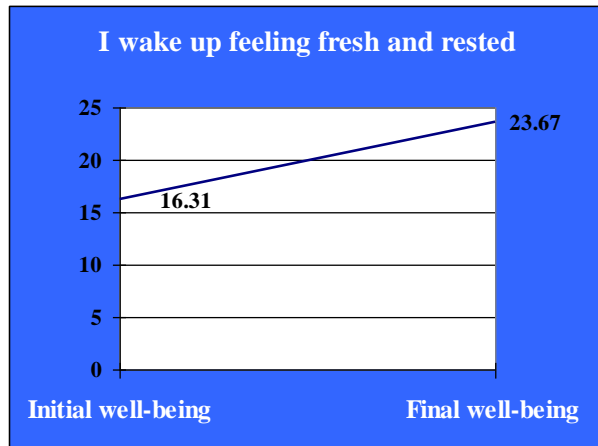
*Figure 1. Initial and final results – question 1*



*Figure 2. Initial and final results – question 2*



*Figure 3. Initial and final results – question 3*



*Figure 4. Initial and final results – question 4*

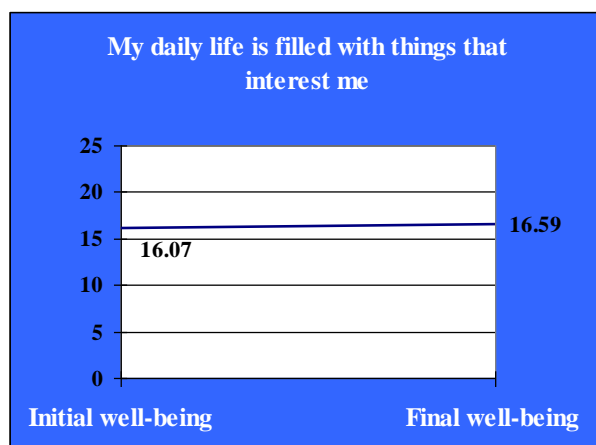


Figure 5. Initial and final results – question 5

### Conclusions

In younger age groups there is an over-proportional increase of psychiatric disorders. The young generation responds to professional demands in these times of economic uncertainty. Moreover, girls have a higher index of mental deficiencies compared to boys. These problems are due to under-appreciation, depressive states, fear and nutrition issues.

The results of our research have revealed that there is an evolution of wellbeing. The final results were much better than the initial ones. For all 5 questions, the female students had higher scores, the final arithmetic averages being over 20 points. It is known that physical exercise is beneficial on the wellbeing of the people. Practiced regularly exercises can combat depression and can give energy and vitality.

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### EFECTELE JOGGINGULUI ASUPRA STĂRII DE BINE A TINERELOR

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#### **Rezumat**

Starea de bine (wellbeing) este un concept holistic care descrie o stare de sănătate pozitivă și include bunăstare fizică, socială și psihică. Pe lângă obiectivele urmărite pe plan fizic și funcțional, educația fizică universitară urmărește modelarea comportamentului studenților într-o direcție optimistă, pozitivă și inovatoare; educarea atitudinilor creatoare; creșterea calității vieții și a bunăstării totale. Am plecat de la premisa că alergarea reprezintă una din cele mai bune modalități de a îmbina plăcerea cu promovarea unui stil de viață sănătos. Aceasta reprezintă cea mai naturală formă de a face mișcare. Am considerat că folosirea joggingului în lecțiile de educație fizică și sport în veriga destinată dezvoltării rezistenței va aduce efecte benefice asupra stării de bine a studenților, cu influențe deosebite și în îmbunătățirea calității vieții a acestora. Scopul studiului a fost de a evidenția efectele alergării asupra stării de bine, folosind metoda anchetei pe bază de chestionar, elaborată de către Organizația Mondială a Sănătății (WHO Well-being).