

Dependence on Exercise

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Exercise has many benefits, both in our health and in psychology, and is therefore perceived as positive behavior.

However, there are cases where practitioners lose control, which means that there is now talk of 'dependence on exercise': that is, the desire for physical recreation, which leads to uncontrolled excessive behavior. Exercise dependence manifests with physiological and/or psychological symptoms.

Several studies have found that a significant proportion of people who exercise too much have signs of dependence on sports. The latter can be seen in two ways: either as a 'positive' addiction - because it produces psychological and physiological benefits - or as a 'negative' addiction - exercise dependence is not in fact very different from a chemical addiction. Although the term "dependency" itself has a negative meaning.

With regard to the negative side of addiction, and in particular in the field of health, excessive physical activity is often associated with various eating disorders. As Yates et al. (1994: 958) points out that diet and exercise are 'brotherly activities' in terms of rationale and that a serious investment in one of them is likely to be accompanied by a concern for the other. In other words, overworkers can be divided into at least two groups: those for whom exercise has a highly psychological meaning and those for whom this is not the case. Thus, practitioner disposition to exercise may be the 'key' to linking the problematic relationship between exercise and eating disorders (Ackard, Brehm and Steffe, 2002: 33).

Undoubtedly, further investigation into the relationship between these two situations could provide interesting data on their coexistence, as well as valuable data, which will help to differentiate between them.

In the field of psychology, physical exercise is generally associated with good psychological health, it is of particular clinical interest to study the relationship between excessive physical activity and the presence of psychological symptoms. Studies have shown that symptoms of neuroticism, psychosis, hypomania, impulsivity and extroversion may be behind this disorder. The list of negative effects of exhaustive exercise is long. So, in addition to the above, it can also include excessive anxiety and depression, especially if people who are exercising intensively do not see the desired results, low self-esteem, and strong anxiety about their weight (Tsolis, 2012).

Exercise dependence in the end leads to addiction, which can often be compared to that observed in behaviors related to drugs, alcohol, the Internet, etc. Like all addictions, and addiction to exercise is seriously detrimental to health: the list of injuries is long and includes, among other things, musculoskeletal injuries, damage to the cardiovascular system, and fertility.

Theories that have analyzed and supported the direct biological way in which physical activity produces a feeling of satisfaction are: (a) the hypothesis of thermogenesis, which holds that exercise increases and enhances body temperature and this results in (b) the

hypothesis of catecholamines, that physical exercise increases levels of attention and good mood, contributes to the control of movements and positively affects endocrinology; and the cardiopulmonary system through dopamine, epinephrine and norepinephrine; and (c) the hypothesis of endorphins, which claims that physical activity and exercise produce endogenous morphines and that in turn promote and enhance positive and pleasant emotions.

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