



Effects of Aerobic Training on Self-Esteem : Of Diabetic Population

EXERCISE AS INTERVENTION :

Endorphin and Monoamine Hypotheses

- Releases Endorphins
- Creates a Sense of WELL - BEING
- Changes in Mood Status After Exercise training
 - Regular Exercise :

Reduce Diabetic complications
Improves Mental Health



MENTAL HEALTH & DIABETES :

- Physical and mental status are generally mutually dependent .
- Mental Illness is More Prevalent in Diabetic Population .
- Some Patients Resort Over-Eating as a Self-Medication for Depression .

DIABETIC DISTRESS :

Leads to Unhealthy Habits



 **31 %**

of Older Diabetic patients
suffer from Degrees of Depression

2 to 3 times

People with Diabetes are more likely to
have depression than people without
diabetes

ROLE OF SELF - ESTEEM :

- Degree to which individuals feel positive about themselves
- **GOOD SELF -ESTEEM IMPROVES :**

Individual's thoughts
Feelings,
Values
Goals

- Aerobic Exercises Improves Self-Esteem, Self Satisfaction, Confidence, turmoil

CONCLUSION :

- Aerobic exercises shows Positive effects on SELF - ESTEEM , Mental Health
- Regular Aerobic Exercise training is an Effective Strategy to Improve MENTAL HEALTH in Diabetic Population .
- Both **Psychological** and **Physiological** Benefits are Noted during Aerobic Training on Diabetic Population .