

The significance of physical education in a woman's development and Exercise during pregnancy.

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Abstract:

A woman's health throughout pregnancy has an impact on both her and her unborn child's lives, making pregnancy a significant time in her life. Despite the benefits of physical activity (PA) and exercise during pregnancy, evidence from throughout the world suggests that many women only do minimal levels of these activities. Observational research on pregnant women who exercise has demonstrated advantages such a reduction in the need for caesarean births and surgical vaginal deliveries, as well as a shorter postpartum recovery period. In the postpartum period, women's depressive disorders can be prevented in part by physical activity. Although some alterations to exercise regimens may be required due to typical anatomical and physiological changes and foetal requirements, physical activity and exercise in pregnancy are associated with little hazards and have been found to benefit the majority of women. Physical activity during pregnancy is safe and recommended if there are no obstetrical or medical issues or contraindications, and pregnant women should be encouraged to start or maintain safe physical activities. Health care providers for expectant women should go over the potential advantages and disadvantages of exercise for their health. There are an increasing number of physically active women who want to continue training throughout pregnancy, even though the majority of pregnant women do not achieve the minimum activity recommendations. Individual girls and women can become more powerful through exercise. Participation in sports and physical activity, for instance, can help people develop life skills, confidence, and body awareness as well as social networks, all of which have a profoundly good impact on their quality of life. Sport and physical activity participation has been shown to favourably alter gender stereotypes and support girls' and women's transition into society. Programs that promote sport and physical activity also offer chances to unite communities and advance development.

Keyword: Physical Activities (PA), Pregnancy, Exercise, Physical Education.

Introduction: This paper has been updated to reflect the most recent research on the advantages and drawbacks of exercise and physical activity during pregnancy and after delivery. Physical activity, which is defined as any movement of the body caused by the contraction of skeletal muscles, benefits all stages of life by promoting longevity, maintaining and improving cardiorespiratory fitness, and lowering the risk of obesity and its associated comorbidities. Encourage pregnant women to keep up their healthy lifestyle practices, such as exercise, a balanced diet, and quitting smoking. Encouragement should be given to women who don't lead healthy lifestyles to see pregnancy and the prenatal time as opportunity to adopt better habits. Obstetrician-gynecologists and other obstetric care providers should encourage their patients to continue or begin exercising as an important part of achieving optimal health. Exercise is defined as physical activity consisting of planned, structured, and repetitive bodily movements done to improve one or more components of physical fitness. The history of women's sports has been characterised by prejudice based on gender. According to health research, women can benefit greatly from an active lifestyle (Oglesby, 2006). Social barriers and gender stereotypes have hindered women's participation in sport, whether it be for competitive or welfare reasons. In this study, we will first look for evidence of the beneficial effects of sport participation on a woman's physical appearance and general condition of health. In the past, it was recommended that pregnant women lower their activity level since they were thought to be vulnerable. The American College of Obstetricians and Gynaecologists (ACOG) revised its guidelines for exercise during pregnancy in 2002 to be less restrictive, and the ACOG confirmed these guidelines in 2009. However, a study of doctors revealed that more than 60% of them were ignorant of the most recent ACOG recommendations for exercise during pregnancy. This study demonstrates the lack of knowledge on this topic, while being constrained by a small sample size that comprised doctors who practised both family care and obstetrics and gynaecology in a same geographic area. Research has a big responsibility to play in supporting effective health interventions that increase participation rates among young women. There is a definite need for more knowledge regarding the (perhaps unanticipated) precursors of engaging in physical activity. In order to increase levels of physical activity, we also need to be aware of the elements that determine "if," "why," and "when" young women start and continue participating in physical activity. We also need to be aware of the obstacles that prohibit or discourage them from engaging in physical activity. This kind of exploratory research into meanings, views, and

context is most suited to a qualitative approach among the available approaches. Recommendations for efficient interventions may only be made after a thorough investigation and comprehension. Numerous interventions and activities can be used to improve the mental, physical, and social facets of health. Physical activity is one intervention that can enhance all three health facets. According to Park et al. (2017), extracurricular sports and physical education classes help adolescents acquire impulse control. Physical activity can aid in reducing some mental illnesses such as anxiety, depression, and low self-esteem in addition to helping with mental growth milestones. In addition to its obvious advantages for physical health, exercise also promotes social health by fostering camaraderie on sports teams and in physical education classrooms.

Benefits of Physical Education for women:

Social Benefits of Physical Education for Women: A woman who engages in a physical activity on a regular basis has the ability to make new acquaintances, maintain existing friendships, form new social connections, communicate with others, and locate herself in her social surroundings. When a woman participates in a group physical activity, she has the chance to meet new people and, as a result, keeps up some talks and discussions that may eventually develop into intimate ones. Sport demonstrates to be a socialisation tool. The coin of communication has two faces. First, it fosters interpersonal ties to be in a relationship with someone and share similar beliefs and behaviours.

Sport as a Stress Reduction Method: Sport is regarded as a top-notch kind of entertainment that enables women to unwind, break free from the demands of work and family responsibilities, and combat boredom and tension. Meriem is a 27-year-old unmarried woman. She has three years of athletic experience. Each training session makes her feel better, and after eight hours in a desk job, she says that "sport became a way to get rid of bad times of the day." Jihen believes that exercise promotes release and growth. "Since I started exercising, I have been more joyful, lighter, and content with myself; my relationships, my family, and with my co-workers.

Health Benefits of Physical Education for Women: Regular exercise can enhance women's health and aid in the prevention of numerous diseases and ailments that are significant global sources of death and disability for women. Numerous diseases that affect women and are linked to insufficient physical activity include:

- One-third of deaths among women worldwide are caused by cardiovascular disorders, which also cause half of deaths among women over 50 in underdeveloped nations.
- Worldwide, diabetes affects more than 70 million women, and by 2025, its prevalence is expected to double.
- Osteoporosis is a disease that causes bones to deteriorate and become more prone to breaking. It is most common in post-menopausal women.
- The most frequent malignancy in women is breast cancer. Regular exercise has been linked to a lower incidence of breast cancer in women.

Life Skills Training: Programs that promote physical exercise and sports can serve as a platform for teaching girls and women life skills. Sport curriculum must include instruction in life skills for girls and women who participate in physical activity and sport. These initiatives understand how crucial it is to give girls and women the information and abilities they need to improve the quality of their lives.

Types of participation in physical activity: Pregnant women participated in various PA activities, which varied across research and geographical contexts. According to the majority of research, pregnant women mostly engaged in sedentary activities (sitting, doing housework), as well as walking, running, aerobics, floor exercises, according to two research, pregnant women had favourable views about exercise but little awareness of the forms and advantages of PA participation during pregnancy.

Effects of Exercise during pregnancy:

- **Factors Influencing Pregnant women's participation in physical activity:** In the review, a number of factors impacting PA during pregnancy are summarised. According to studies, variables affecting PA participation during pregnancy include a lack of time, money, education, and proper information from healthcare practitioners, as well as feelings of exhaustion and a lack of social support. According to one study, factors such as the number of children, stage of pregnancy, gravidity, and employment status all significantly impacted how much women exercised when pregnant.
- **Advantages of exercise during pregnancy:** In two studies, participants were found to have favourable attitudes toward PA and exercise during pregnancy, while in the other two, participants were shown to have negative attitudes toward PA and exercise during pregnancy. According to three studies, exercise reduces the risk of incontinence,

preeclampsia, gestational diabetes, hypertension, and excessive weight gain. It also lowers the chance of caesarean delivery, protects preterm births, and ameliorates depressive symptoms. In two trials, there was no connection between PA and the results of birth.

1. **Growth of Fetuses and Maternal-Fetal Circulation:** Theoretically, exercise can have a deleterious effect on the growing fetus's hemodynamics and growth. However, there is no evidence for this in the available research. Numerous studies have demonstrated that moderate-intensity exercise does not dramatically change blood flow to the foetus. It's interesting to note that women who delivered at term and had exercised for the majority or first half of their pregnancy showed increases in total vascular volume, capillary surface area, and parenchymal density in their placentas. Overall, there was no discernible difference in birth weight between physically active and inactive women. Furthermore, numerous studies have shown that women who engaged in physical activity had a lower risk of giving birth to infants who were large for gestational age.
2. **Delivery and Labor:** Regular exercise may minimise the length of labour, lower the risk of caesarean section, and lower the need for surgical assistance during vaginal delivery. Improved abdominal and pelvic floor muscle tone as well as cardiovascular fitness may have a significant role. Since there are few results that are in conflict, there is little evidence to support this. ⁸ Compared to a control group, pregnant women who engaged in an exercise programme had a lower percentage of caesarean sections and successful vaginal births. ⁶ In contrast, a previous randomised controlled experiment found no significant difference between women participating in an exercise programme and a control group in terms of Caesarean section and assisted vaginal deliveries.
3. **Obstetric Depression:** Exercise has been predicted to reduce depression symptoms during pregnancy and after childbirth since it is linked to lower depressive symptoms in individuals with clinical depression. Although numerous research claim that women who engage in physical activity experience fewer depressive symptoms, the results are inconsistent. One study found that pregnant women who exercised 1 to 2 times per week, but not 3 or more, had a lower risk of reporting depression, and another found that pregnant women who exercised 4 times or more per week, but not less than 4, had a lower

risk of depression. Furthermore, it is unclear whether the reported lower depression scores have any clinical relevance.

4. **Other Benefits of Exercise during pregnancy:** Enjoyment, Increased energy, Improved fitness, reduced back and pelvic pain, decreased risk of pregnancy complications such as pre-eclampsia and pregnancy-induced hypertension, preparation for the physical demands of labour, fewer complications in delivery, faster recuperation after labour, prevention and management of urinary incontinence, improved posture, improved circulation, weight control, stress relief, reduced risk of anxiety and depression, improved sleep and management of insomnia, increased ability to cope with the physical demands of motherhood.

Recommendations for Exercise during Pregnancy: Pre-exercise screening is used to identify individuals who may be more likely to experience a health issue when engaging in physical activity due to their underlying medical issues. It serves as a filter or "safety net" to assist in determining if your personal hazards and benefits from exercise outweigh each other. Before starting a new physical activity or exercise programme, go through the pre-exercise self-screening tool. If you were physically active prior to becoming pregnant and have been given the all-clear to exercise, it is advised that you:

- On most days of the week, if not all of them, engage in moderate-intensity physical exercise for at least 30 minutes.
- Use your body as a map. When you can talk regularly (but cannot sing), you are exercising at a good intensity, and you don't tire out too rapidly.
- Maintain this level of exercise throughout your pregnancy, or until it becomes difficult for you to do so, if you are healthy and are not having any pregnancy issues.
- Follow the advice of your physician, physiotherapist, or other healthcare specialist.

Exercise precautions during pregnancy: While the majority of workouts are risk-free, some of them entail positions and motions that could be dangerous or uncomfortable for expectant mothers. Be directed by your physician or physiotherapist, but here are some general warnings:

- Don't overheat your body by, for instance, exercising to the point of profuse perspiration or soaking in hot tubs. On hot, muggy days, scale back your activity intensity. Keep yourself hydrated.
- Don't overwork yourself during your workout.

- Choose light weights and medium to high repetitions when weight training; avoid using heavy weights at all costs.
- Stretching should be managed; avoid going too far.
- If you have a fever or are ill, avoid exercising.
- On any given day, if you don't feel like working out, don't! In order to prevent needlessly draining your energy reserves, it's critical to pay attention to your body.
- When you are pregnant, don't up the ante on your exercise regimen, and always keep your heart rate under 75% of maximum.
- Additionally, consult your doctor or midwife before continuing or restarting your fitness routine if you get sick or experience a pregnancy issue.

Conclusion:

The majority of studies evaluated PA during pregnancy using simple, unbiased metrics. The greatest obstacles to PA during pregnancy were both personal and environmental, including a lack of time, education, inadequate information from healthcare providers, fatigue, and a lack of social support. Preeclampsia, gestational diabetes, and caesarean delivery risk may all be decreased by exercise. To further understand effective behavioural counselling techniques, the best exercise kind, frequency, and intensity, and the effects of exercise on conditions and outcomes related to pregnancy, more research is required. A stronger evidence foundation regarding the effects of workplace physical exercise on maternal-fetal health must be developed through similar research. The review's results raise serious concerns. The majority of expectant mothers do not engage in PA throughout pregnancy, partly because they are unaware of the types of PA and exercise that are advised for expecting mothers as well as the advantages of PA during pregnancy. In general, there is a dearth of research on the incidence and correlates of PA participation during pregnancy. The request for PA participation to be prioritised among the general population naturally calls for more research on the actual state of PA among diverse groups and an examination of the factors that support and discourage it in various contexts. Exercises for cardio and strength-conditioning should be advocated for all pregnant women who are experiencing no difficulties as part of a healthy lifestyle.

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