

Basketball is known for games that are competitive and making people stress out in the end which could make people have bad mental health. But playing basketball with friends and winning games can make mental health go up by a lot. A response to that is what would happen if you lose the game wouldn't mental health go down no unless you're not enjoying the game, Basketball helps improve mental health.

To start, basketball helps improve mental health because it is a dual benefit for overall brain function and stress management. A study conducted stated that individuals who engaged in basketball had 43% fewer days of poor mental health. Which is essential for people's health and well being. Mental health is a very big part of a person. Another study conducted said that basketball can help emotional well being in adulthood. "Basketball stands out because it's both aerobic (increasing cardiovascular health) and anaerobic (building muscle strength), providing a dual benefit for overall brain function and stress management" (Your Family Psychiatrist). Basketball helps mental health with aerobic and anaerobic brain function and stress management. So if someone is feeling bad basketball has proven to help mental health. Also, if you're stressed out during the day go play basketball and it will go away for a little bit.

Furthermore, basketball helps improve mental health because it sharpens mental focus. Mental Focus plays a big role into a person's thinking, what they do, and social well being. Mental focus has to be working in people's head all the time or else they will lose memory. "Basketball offers fantastic health and mental cognition benefits. When you play basketball, you must remain constantly aware of what is going on around you. Basketball serves to sharpen mental focus. You need to be aware of where other players are situated and what moves to make next. Decisions must be made in a split second and you are often under pressure to react quickly and accurately to your opponents." (Tim L 2019).

Basketball offers fantastic health and mental cognition benefits, and also sharpens your mental focus. In basketball you have to make split decisions in the amount of 1 second to 5 seconds mental focus is a very big part in sports even more basketball. Also you have to remember all the plays and what the other team is running. So you can sharpen your mental focus at school also in basketball

To end, basketball helps improve mental health because it develops yourself into a better person. Research from 2019 increases resting heart rates which makes you a lower chance of having cardiovascular disease.

“You may develop self-confidence as you find your voice and learn more about who you are in a new situation. As a team, members can encourage, motivate, and support each other. They can also point out areas that need improvement, which can lead to positive growth.” (10 Physical and mental benefits of Basketball). Self confidence and social benefits really help you in the long term of getting a job. Because if you're able to talk to people and have confidence in yourself getting a job will be easy, also being good at your job will be easy.

While some people think basketball doesn't help your mental health, it does. Many reasons prove that point to the fullest, basketball brings communities together with park runs. Just playing basketball with your friends like a park run can bring you guys together, and make you and your friends have an even better relationship. Hopefully younger generations can carry all of the joy of basketball forward so their mental health can be better.

Work Cited

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