ENDORPHINS AS MOOD STABILIZING AGENTS

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ABSTRACT

Objectives: to gain the knowledge about the lifestyle of our society, activities of people that helps in regulation of happy hormones (endorphins) which in turn helps in making life healthier and happier.

Design: Cross-sectional survey. Participants: teenagers and adults.

Measurements and Main Results: The result analysis showed that the group of people we studied mostly feel better when they meet with their friends and listen music eating chocolate and food cravings also showed a great mood changer or mood stabilizing agent as about 13.9% and 14.7% people agree with it while about 33.8% find friends as the mood changer. These all are the factors that triggers the response of endorphins, the release of these happy hormones in turn effecting as a mood stabilizer in the test group as the results showed regular exercise is common as 68.5% people manage time to work out and 53.7% people feel happy most of the time while 22.7% people think exercise helps in making their mood better. Research were evaluated results showed that exercise induced endorphin release acting as a mood stabilizer. As endorphins acts as natural opiates the happier the individual outside the healthier inside with better healing and good immune system increasing the quality of life.

KEYWORDS: exercise, endorphins, healthier life, mood, healthier life.

INTRODUCTION

Endorphins are hormones which is secreted into the nervous system, brain and also perform physiological functions.\(^1\) Endorphins are produced by pituitary gland and central nervous systemin. It is produce in response to pain and function of endorphins is to inhibit are transmission of pain signals and it also suppress the role depersonalization disorder (opioid antagonists are successful in the treatment of this disorder)\(^2,3\) Endorphins are the body’s natural opiates, it elevate pleasure and also relieve stress, exercising releases endorphins.\(^2,4\)
Chemicals present in your brain which leads to feelings of happiness, and euphoria. But exercise is not only to release endorphins. There are many ways to stimulate natural endorphins which help life’s problems melt away. Exercise is a fast, fruitful, and long-lasting way to rise your production of endorphins. Exercise help to released endorphins to be into bloodstream, improving your mood. Following activities release Endorphins such as Walking, hiking, jogging, swimming etc. Games like fastball, basketball and soccer, cleaning dancing yoga and gym. Role of exercise are suggested for treatment of pain, alcoholism, anxiety, bulimia, hypertension, addiction, depression, and anorexia nervosa.

Endorphin release varies among individuals. Two (2) people who exercise at the similar level and suffer the same degree of pain it is not necessary to produce same levels of endorphins. Foods like chocolate, chili peppers can to increase the secretion of endorphins. In the case of chili peppers or spicy pepper chance to increase the secretion of endorphins. Massage therapy and sex is also away which enhance the secretion of endorphins.

METHODOLOGY
Adult people were interviewed using a questionnaire developed by our group, which included mostly teenagers and young people about 200 people participated as test group we studied the lifestyle of individuals that whether they follow regular exercise or not and what is the impact of exercise on their moods evaluation of the regulation of endorphins in our body exercise is used as a factor for evaluation and we also studied the pattern of mood and awareness regarding the good life style.

The survey based research conducted from 1st March till 30th April. We visited our surrounding areas i.e. relatives, friends and university department and make them answer the questionnaire we conducted an online survey to approach maximum individuals with less biasness. We collected the data and discussed their findings in this assignment.

QUESTIONNAIRE
The questionnaire designed to evaluate general awareness and knowledge towards tofranil usage included following questions with the options:

Q1 what is your age?
- 15-20
- 20-25
- 30-40

Q2. Gender?
- male
- female

Q3. Designation
- student
- teacher
- office worker
- housewife

4. Do you manage time to work out?
- Yes
- No

5. Are you involve in sort of physical exercise?
- Yes
- no

6. If then w/c of the following you do?
- sports
- yoga
- gym
- walk
- swimming
- dance/ exercise

7. What do you think exercise effects on your mood?
- Yes
- No

8. What sort of mood do you have most of the time?
- Happy
- Sad
- Bore
- Dull/lazy
- Nervous/stressed

9. Which of the following help in making your mood better?
- Chocolate
- Food
- Friends
- Music
- Dance/exercise

10. Do you think exercise and healthy diet can help in increasing quality of your life?
- Yes
- No
- I don’t know

RESULT
Upon what we calibrated and validated from our survey to be among 159, differentiation on their age 15-20 showed interest around 13.3% (21 people) 20-25 with a high percentage around 34.8% (55 people) and 30-40 with a least response around 7% (11 people). Mostly female participated with a high range around 68.7% (103 females) and 31.3% male (47 male) students were more into this around 75.5% (105) then comes teacher with 7.4 (11) office worker around 16.4% (24) and house wife 6% (9). up to 68.5% (102) gets time out for their workout while 31.5% (47) don’t, 64.2% (97) do physical exercise while 35.8% (54) involve in any physical workout in which it comes like swimming yoga walk.

Dance and some other sports on which 75% (111 people) says it do effect their mood while 18.9% (28 people) were not sure and only 6% (9 people) feels it actually make no change further it clears majority around 57% have a happy mood throughout their day while 2.7% are sad, 8.7% feels bore all day 24.2% are dull and dizzy and 10.7% are nervous and feel stressed.

*things enlisted can help in making their mood good 33.8% with their friends, 21.2% get help with exercise and dance, 15.9% with the music, 14.6 with food and 13.9% with the chocolates.
This survey help in bringing people to a outcome that all it comes with a healthy routine with balance diet and exercise 87.3% (131 people) believed in, still 10.9% (16 people) were not sure and only 2% (3 people) believed it don’t have any contribution towards our precious life.

The characteristics of our form are shown in pie chart as follows:

**What is your age?**

- 15-20: 21 (13.3%)
- 20-25: 55 (34.8%)
- 30-40: 11 (7%)

**Gender?**

- Male: 47 (31.3%)
- Female: 103 (68.7%)

**Designation**

- Student: 105 (70.5%)
- Teacher: 11 (7.4%)
- Office worker: 24 (16.1%)
- Housewife: 9 (6%)

**Do you manage time to work out?**

- Yes: 102 (68.5%)
- No: 47 (31.5%)
Are you involved in any sort of physical exercise?

- Yes: 97 (64.2%)
- No: 54 (35.8%)

If yes, then which of the following do you do?

- Sports: 19 (16.8%)
- Yoga: 6 (5.3%)
- Gym: 16 (14.2%)
- Walk: 47 (41.6%)
- Swimming: 10 (8.8%)
- Dance: 15 (13.3%)

What do you think exercise effects on your mood?

- Yes: 111 (75%)
- No: 9 (6.1%)
- Don't know: 28 (18.9%)

What sort of mood do you have most of the time?

- Happy: 80 (53.7%)
- Sad: 4 (2.7%)
- Bored: 13 (8.7%)
- Dull/lazy: 36 (24.2%)
- Nervous/stressed: 16 (10.7%)
DISCUSSION

Endorphins are classified among the happy hormones of our body, naturally presents in different parts of the brain. They trigger a positive feeling in the body. We have studied specifically that the release of endorphins due to regular exercise generates a mechanism in our body that enhance these happy hormones and initiates the euphoric condition.

Although our research participants were young people, still due to socio-economic situation of our generation there have been an increase in stress factor that is highly affecting our people with anxiety and depression most of the people suffers from mood swings and bipolar disorder which is the cause of trolling rate of suicides worldwide. To develop a cure or to prevent our people from it or recovering from such catastrophic of psychological disorder, Exercise (regular exercise) could help in release of endorphins maintaining the imbalance of stress hormones and thus stabilizing the mood. The change in our routine could bring up better personalities of people and healthier individual with a healthy state of mind i.e psychologically and physically healthy people.

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