

MENTALNO ZDRAVLJE ADOLESCENATA I FIZIČKA AKTIVNOST

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Sažetak. Mentalno zdravlje neprocjenjiv je resurs ličnog razvoja i društvenog funkcionisanja. Za uspješan fizički, socijalni, intelektualni i emocionalni razvoj mentalno zdravlje je prioritet. Značajan uticaj na emocionalnu stabilnost i subjektivno blagostanje adolescenata imaju problemi mentalnog zdravlja. Mnogi faktori imaju relevantan uticaj na mentalno zdravlje adolescenata, a najuticajniji faktor je fizička aktivnost. Cilj ovog rada bio je pregledom dostupne literature istražiti vezu između fizičke aktivnosti i mentalnog zdravlja adolescenata. U martu mjesecu 2025. godine dva autora su prema unaprijed utvrđenim kriterijima pretraživala naučne radove objavljene u relevantnim elektronskim bazama podataka. Korišćenjem ključnih riječi „adolescenti”, „fizička aktivnost”, „mentalno zdravlje“ i „mentalni poremećaji” u relevantnim bazama podataka (Scopus, PubMed, PsycInfo i SportDiscuss) pregledano je dvadeset radova. Istraživanje je uključilo devet radova. Radovi stariji od pet godina koji nisu proučavali povezanost fizičke aktivnosti s mentalnim zdravljem adolescenata, niti objavljeni u cijelini na engleskom jeziku su isključeni. Stanja mentalnog zdravlja imaju negativan i pozitivan psihološki odgovor. Negativan je povezana s neugodnim emocijama, a pozitivan sa psihološkim blagostanjem korisnim za život. Adolescenciju često prate problemi mentalnog zdravlja, a nedostatak fizičke aktivnosti povećava zastupljenost ovih problema. Fizička aktivnost koristan je mehanizam koji poboljšava fizičko zdravlje, pozitivno djeluje na mentalno zdravlje, interpersonalne vještine, kognitivne funkcije i pamćenje. Različiti oblici fizičke aktivnosti poput aerobnih vježbi utiču na neurohemijske mehanizme, poboljšavaju raspoloženje i motivaciju i aktiviraju prirodne antidepresive. Literatura potvrđuje značajan uticaj fizičke aktivnosti na bolji kvalitet sna, emocionalnu kontrolu, smanjenje stresa, simptoma depresije i anksioznosti. Ovaj pregled pokazao je značajnu pozitivnu korelaciju fizičke aktivnosti s mentalnim zdravljem adolescenata i istakao fizičku aktivnost kao korisnu intervenciju prevencije problema mentalnog zdravlja.

Ključne riječi: adolescenti, mentalno zdravlje, mentalni poremećaji, fizička aktivnost

ADOLESCENT MENTAL HEALTH AND PHYSICAL ACTIVITY

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Abstract. Mental health is an invaluable resource for personal development and social functioning. For successful physical, social, intellectual and emotional development, mental health is a priority. Mental health problems have a significant impact on the emotional stability and subjective well-being of adolescents. Many factors have a relevant impact on the mental health of adolescents, and the most influential factor is physical activity. The aim of this paper was to review the available literature to investigate the relationship between physical activity and the mental health of adolescents. In March 2025, two authors searched scientific papers published in relevant electronic databases according to predetermined criteria. Twenty papers were reviewed using the keywords "adolescents", "physical activity", "mental health" and "mental disorders" in relevant databases (Scopus, PubMed, PsycInfo and SportDiscuss). The research included nine papers. Papers older than five years that did not study the relationship between physical activity and the mental health of adolescents, nor were they published in their entirety in English, were excluded. Mental health conditions have a negative and positive psychological response. Negative is associated with unpleasant emotions, and positive with psychological well-being useful for life. Adolescence is often accompanied by mental health problems, and lack of physical activity increases the prevalence of these problems. Physical activity is a useful mechanism that improves physical health, has a positive effect on mental health, interpersonal skills, cognitive functions and memory. Various forms of physical activity such as aerobic exercise affect neurochemical mechanisms, improve mood and motivation and activate natural antidepressants. The literature confirms the significant impact of physical activity on better sleep quality, emotional control, reduction of stress, symptoms of depression and anxiety. This review showed a significant positive correlation of physical activity with adolescent mental health and highlighted physical activity as a useful intervention for the prevention of mental health problems.

Key words: adolescents, mental health, mental disorders, physical activity