



# Healthy Sports and the Importance of Oxygen Balance in Maintaining Physical, Spiritual and Social Health Towards Complete Prosperity

Siti Hadiaty<sup>1\*</sup>, Rini Cahyandri<sup>2</sup>, Sundarapandian Vaidyanatahan<sup>3</sup>

<sup>1</sup>*Department of Mathematics, Faculty of Mathematics and Natural Sciences, National University of the Republic of Indonesia, Bandung, Indonesia*

<sup>2</sup>*Department of Mathematics, Faculty of Science and Technology, UIN Sunan Gunung Djati Bandung*

<sup>3</sup>*Research and Development Centre, Vel Tech University, Chennai, Tamil Nadu 600062, India*

*\*Corresponding author email: SitiHadiaty@gmail.com*

---

## Abstract

This text raises the importance of maintaining and improving health as a form of gratitude for the health blessings bestowed by God. The main focus is on the role of Health Sports in maintaining physical, spiritual and social health. It was explained that Health Sports not only strengthens body functions, but also stimulates holistic growth and development of individuals towards complete prosperity, in accordance with the definition of the World Health Organization (WHO). It is important to understand that Health Sports is not just heavy physical activity, but also includes activities that are relaxed and without emotional burden. The main goal is to increase the level of dynamic health, enabling individuals to be able to live their daily lives independently, without relying on the help of others. Additionally, the text discusses the vital role of oxygen in the functioning of the human body. Oxygen is an important element in the formation of energy, water vapor and carbon dioxide. Sufficient oxygen levels affect the health of the circulatory system, brain and all body organs. It is emphasized that understanding the oxygen balance in the body is key to maintaining health and preventing disease.

**Keywords:** Health Sports, Physical Health, Oxygen, Social.

---

## 1. Introduction

Exercise has long been recognized as one of the best ways to maintain health. Society widely believes in the positive benefits that can be obtained through this physical activity. However, questions often arise about the extent to which exercise can have a positive impact on health, and what intensity and type of exercise should be done so that the health effects are maximum (Norton et al., 2010; Kistler et al., 2011).

It is important to understand in more depth the relationship between exercise and health, as well as how to do exercise properly to maximize its benefits. In addition, the question of how much exercise is needed to achieve optimal levels of health also needs to be answered.

With the advent of the 21st century, population life expectancy is estimated to reach 70 years or even more. While this is a proud achievement, it also means that there will be a significant increase in the elderly population. It is estimated that in 2005, the number of elderly people reached 19 million or around 8.5% of the total population. From a public health perspective, this phenomenon requires careful planning so that the elderly can remain healthy, happy and independent, so that it does not become a heavy burden for the family, community, nation and state.

In this context, research on the relationship between exercise and health has great relevance. More detailed information about the benefits, methods and optimal intensity of exercise will be the basis for future preventive and health care efforts. Through the right approach to sport, we can ensure that every individual, especially the elderly, can enjoy a better quality of life and make a positive contribution to society as a whole.

## 2. Why do you need exercise?

Movement is a characteristic of life. Life itself is about movement, and without the ability to move, life is meaningless. Therefore, maintaining and improving movement abilities is essential in improving quality of life. Don't just move because we are still alive, but move to really feel this life (Nelson et al., 2007; Kala et al., 2007). Exercise is

a series of body movements carried out regularly and in a planned manner. The main goal is to maintain body movement, which is basically how we maintain life, as well as to improve body movement ability, which is directly related to improving the quality of our life.

Exercise, like eating, is a continuous necessity of life. This means that exercise is not just an option, but a very important tool for maintaining our health and quality of life. Just as someone who just watches other people eat will not feel the benefits of the food, so does exercise. Only those who are actively involved in sports activities can experience the benefits for their health (Giles-Corti & Donovan 2002).

Apart from that, sport is also an effective tool for stimulating the growth and development of the body physically, mentally and socially. This includes the development of anatomical structures, such as body size and physical shape, as well as the body's physiological functions, such as heart and lung health (Abraham et al., 2014). Sport also plays a role in maintaining emotional stability and increasing intellectual intelligence, as well as a person's ability to socialize with their environment.

It is important to remember that the benefits of sport are not limited to the younger generation who actively participate in sporting activities. Seniors who remain active in sports can also experience the benefits, including improving their quality of life and physical and mental well-being.

With this understanding, we can see that sport is not just a physical activity, but also an investment in our health and quality of life. Therefore, it is important for every individual to understand the importance of exercise in maintaining health and maximizing the potential for a healthy and meaningful life.

### 3. Health Sports

Health Sports is a sports concept aimed at maintaining and improving health levels dynamically. In other words, the goal is not only to maintain health in a stationary state (static health) but also to enable individuals to have movement abilities that support all activities in daily life (dynamic health). Health sports can be done regularly, as recreation, or even to overcome emergency situations. It is important to remember that Health Exercise not only impacts dynamic health, but also static health (Alpen et al., 2022). In other words, doing regular exercise will help a person to stay healthy in a still condition, such as when resting. However, the opposite is not always the case; someone who is healthy when they are still does not necessarily have good health when they move.

Exercising regularly has various benefits. This is one of the effective ways to prevent disease and live a healthy and meaningful life. For those who are lazy about exercising or even don't exercise at all, they can invite various diseases and conditions that are detrimental to themselves. Modern life is often characterized by busyness, tension and stress, which can result in a lack of physical activity. This can lead to stress and various non-infectious diseases, including heart disease, high blood pressure, and stroke. This problem often occurs in middle, old and advanced age groups, especially in those who do not participate in sports or do not live a healthy lifestyle.

It is important to understand that exercise is a necessity of life for those who want to maintain health. This is not only for physical well-being, but also impacts thinking ability and mental well-being. Therefore, sport should be an integral part of our lives, and not something that is considered a burden. The Healthy Sports Concept describes a number of characteristics that this sport must have. This includes solid movement (high enough intensity in a short time), free from stress, sufficient duration (between 10-30 minutes without stopping), has an appropriate intensity (according to individual abilities), is mass (can be participated by many people), easy, economical, cheerful, and most importantly, physiological (safe and beneficial).

To ensure that exercise achieves maximum health benefits, the intensity must be sufficient, namely reaching 65-80% of the exercise heart rate according to the individual's age (Maximum Heart Rate according to age =  $220 - \text{age}$  in years). By understanding and applying the concept of Healthy Sports, we can achieve a better level of health and improve our overall quality of life.

Dynamic Health can only be achieved if there is a will to make ourselves more dynamic, especially through Healthy Sports activities. The principle is similar to the saying "who eats, he is full," where whoever is actively involved in exercise, he is the one who will feel the benefits in the form of better health. Not participating in sports can be thought of as being "wrapped up," meaning a person can become susceptible to various health problems.

The Health Sports Club is a health service institution in the field which aims to promote and facilitate Health Sports activities. These clubs can be a place where individuals who share the same interest in maintaining health can come together, train together, and support each other on their journey to better health. Health is a gift from Allah which is the basis for all blessings and abilities. Therefore, it is important to be grateful for the blessings of health given by God by caring for and improving our dynamic health through physical activity, especially health sports.

Health sports can be done en masse, such as fast walking or slow running (jogging), aerobics, breathing exercises, and other types of mass exercise. Aerobic exercise is very good because it involves all the joints and muscles of the body, and also stimulates the brain to think. Instructors often change movements without a definite pattern, so participants must remain actively paying attention and imitating movements, which produces positive cognitive stimulation (Kriswanto et al., 2021).

Although Health Sports can be done individually, doing it in a group can add excitement and excitement, especially from a spiritual aspect. Exercising together in groups can be a means of improving social welfare, because individuals

interact and relate to each other. The sports field becomes a place where differences in intellectual and socio-economic status are overcome, creating a sense of equality and togetherness among Health Sports participants. Everyone feels like they can participate and make a positive contribution to the sport when they do it together.

Thus, Health Sports is not only about maintaining the physical body but also about strengthening spiritual and social well-being, which can bring positive benefits to individuals and society as a whole.

#### **4. The importance of understanding and applying the concept of health and wellness**

Health is a gift from Allah which is the basis for all blessings and abilities. The pleasure of eating, drinking, sleeping, as well as the ability to move, work and think will be reduced or even lost if our health is disturbed. Therefore, we must always be grateful for this healthy blessing and take good care of it, and even try to increase it. Sometimes, we forget to be grateful when we are healthy, and only realize how valuable health is after we are sick. Therefore, it is important to learn how to be grateful for these healthy blessings, as taught in the prayer of Prophet Sulayman (alaihissalam): "O our Lord, show us how to be grateful for the blessings of Your grace that You have given to us and to people "we are old, and accept our good deeds. Enter us by Your mercy into the ranks of Your pious servants" (QS-27: 19).

Sport is part of health development efforts that have both preventive and promotive impacts on human health factors. This is one of the most important, economical, and functional ways to maintain dynamic health. Sport is a form of developing the quality of human resources.

Developing the quality of human resources has the main objective, namely increasing the level of welfare towards Complete Prosperity. Plenary Prosperity is a healthy concept that includes physical, spiritual and social well-being, in accordance with the definition of health issued by the World Health Organization (WHO), which states that "Health is Physical, Spiritual and Social Prosperity, not just free from disease, disability, or Weakness."

To achieve Plenary Prosperity, various approaches are needed according to each field of activity. Sports, as part of health development, focus on physical aspects. Religion fosters spiritual aspects, while social activities improve social aspects. All activities aimed at improving the quality of human resources will always refer to one of the three aspects of welfare.

In this context, sports, especially those intended for health purposes, must always be aligned with the goal of achieving Plenary Prosperity or complete health according to WHO. Sport has an important role in maintaining and increasing independence in an individual's biopsychosocial life, which means increasing the ability to be independent biologically, psychologically and socially. This means increased capabilities and quality of life, which in turn contributes to increased well-being.

Thus, sport is not only about maintaining the physical body but also about strengthening spiritual and social well-being, which can bring positive benefits to individuals and society as a whole. Exercise is one effective way to achieve complete prosperity or complete health.

#### **5. Exercise and Potential Health Risks: Understanding Factors that Influence Cardiovascular Health**

The above-mentioned verse from Surah Yaasin shows that everything in this world was created in pairs, including things that grow and live on earth. The question of whether something brings harm or danger can be applied to various objects such as airplanes, cars, buses, ships, and so on. Although these things have potential risks or harms, they are not prohibited for human use. Why? Because the benefits generated are far greater than the risks or disadvantages.

The same goes for sports. Even though sudden death sometimes occurs during exercise, there are still many people who choose to exercise because they understand and believe in its benefits. People who die while exercising can actually be considered lucky people and make their families happy. This is because until the end of his life, the person can continue to exercise without having to suffer from chronic pain which becomes a burden on his family both physically and mentally (Fiuza-Luces et al., 2018). Apart from that, he also doesn't need to spend a lot of money on medical treatment and hospital care, so the assets he owns can be completely passed on to his family.

Sudden death can occur in various situations, including when a person is performing religious duties such as praying, reading the newspaper, sleeping, or even while traveling using public transportation. This shows that sudden death can occur under any circumstances, including when someone is exercising. Therefore, the death of a person during exercise cannot be attributed or blamed on the sporting activity itself (Chen et al., 2022).

Although the time and manner of death are determined by God, humans need to understand the factors that can cause sudden death, especially in relation to sports. Allah can change His destiny as a form of acceptance of someone's sincere prayer, which is realized through real efforts such as doing health sports.

The phenomenon of functional changes in the cardiovascular system (heart and blood vessel system) related to increasing age is part of the aging process that occurs in all people. However, differences in experience between individuals occur due to avoidable and unavoidable factors. Major risk factors such as smoking, high cholesterol, and high blood pressure can be avoided or controlled. Meanwhile, minor risk factors include physical inactivity, obesity, diabetes, and other factors that can affect cardiovascular health.

## 6. Understand the risks and benefits of exercise

It is important to understand that vigorous exercise has the potential to trigger serious clinical episodes, such as heart attack or stroke, especially in people who have experienced critical stages of blood vessel narrowing. However, this only applies to certain cases. In addition, whether someone is considered to be involved in vigorous exercise or not is a very individual thing. Especially in sports such as tennis and badminton, where emotions can be an uncontrollable triggering factor, especially if someone has a strong desire to win the match, especially if there is even a small bet involved. Therefore, Health Sports is considered the safest form of exercise for health development.

Although inactivity or lack of physical activity is only a minor risk factor in the occurrence of cardiovascular disease, eliminating this factor by engaging in physical activity such as Health Sports can provide enormous benefits. This is because Health Sports is a prevention and rehabilitation effort that is very physiological, easy, economical, can involve many people, and can reach various spiritual and social aspects to achieve a higher level of health in accordance with the health standards set by WHO.

It is important to understand that Health Sports as a means of prevention and rehabilitation requires in-depth understanding. Its benefits and safety are closely related to the intensity of its implementation. In other words, consistency and level of activeness in doing Health Sports play an important role in achieving maximum health benefits.

This statement explains the importance of health as a blessing from God that underlies all human abilities and activities. Therefore, maintaining and improving health is a form of gratitude for the healthy blessings given. One of the most effective and functional ways to achieve this is through Health Sports.

Complete health, as defined by the World Health Organization (WHO), includes physical, spiritual and social well-being, not just the absence of disease, disability or weakness.

Movement is considered a fundamental characteristic of life. Maintaining movement is a way to maintain life, while increasing movement ability means improving the quality of life. Sport, as a series of planned movements, has the aim of maintaining and improving movement abilities, which ultimately improves the quality of life.

Sport is also considered a stimulant for physical, spiritual and social growth and development towards a state of complete prosperity. However, only those who are willing to move and exercise will experience the benefits of these activities.

The intensity of health sports should be moderate, a level above daily physical activity to meet movement needs in daily life. This sport should be done in a relaxed manner and free from emotional stress. The aim is to improve dynamic health, namely having health with adequate movement abilities to meet daily living needs, such as being independent in bio-psycho-social aspects.

Apart from that, Health Sports must also meet the criteria of being dense in movement, free from stress, short (in the range of 10-30 minutes without stopping), efficient, sufficient (adequate), easy, affordable, involving many people, physiological (beneficial and safe). Apart from physical benefits, health sports also bring spiritual and social benefits, including as a means of friendship, emotional enlightenment, and a means of social communication.

In this context, Health Sports is considered the safest and most effective way of health development. Although physical inactivity is only a minor risk factor for cardiovascular disease, doing physical activity such as Health Sports provides great benefits, including physiological prevention and rehabilitation, is easy, affordable, and involves many people. Healthy Sports can also influence spiritual and social aspects to achieve a higher level of health in accordance with WHO standards.

## 7. The Importance of Exercise for Health and the Role of Oxygen in Human Health

Health is a precious gift given by God, and this is the basis for all the blessings and potential in our lives. Therefore, it is important for us to always be grateful for this healthy blessing and make efforts to maintain and increase it. One of the most effective and functional ways to achieve health is through Health Sports, which is recommended as the cheapest and most physiological way to achieve complete well-being.

Movement is the essence of life, and maintaining movement means maintaining life itself. Through exercise, we can improve our movement abilities, which in turn improves our overall quality of life. Sport is not just about physical activity, but also stimulates our physical, spiritual and social growth and development towards a state of complete prosperity.

Health Sports have moderate intensity and the main goal is to increase the degree of dynamic health. This means we become healthy with movement abilities that allow us to live our daily lives independently and efficiently. This sport is movement-intensive, stress-free, short but efficient, and very beneficial and safe. Apart from its physical benefits, Health Sports also has social and spiritual aspects, such as being a place for friendship, emotional enlightenment and social communication.

However, there are still many people who have wrong perceptions about sports. Some consider it a time-consuming activity, while others associate it with strenuous sports activities that require expensive equipment. Therefore, it is

important to understand that Health Exercise is a very effective and efficient way to maintain and improve our health, without having to waste a lot of time or face major risks.

Oxygen is an important element for living things to breathe. Our bodies need oxygen to produce energy, and a lack of oxygen can cause serious health problems. Oxygen plays a key role in our brain function, improving memory, and keeping cancer cells from growing. Inhaling oxygen with deep breaths helps open the lungs and stimulates the relaxation response in our brain, lowers heart rate, and lowers blood pressure.

Every day, we breathe thousands of times, and our bodies need to send oxygen throughout the body via red blood cells. This is a complicated process but important in maintaining our health. Therefore, apart from exercise, good breathing is also an important part of maintaining our overall health and quality of life.

However, there are still many people who have wrong perceptions about sports. Some consider it a time-consuming activity, while others associate it with strenuous sports activities that require expensive equipment. Therefore, it is important to understand that Health Exercise is a very effective and efficient way to maintain and improve our health, without having to waste a lot of time or face major risks.

Oxygen is an important element for living things to breathe. Our bodies need oxygen to produce energy, and a lack of oxygen can cause serious health problems. Oxygen plays a key role in our brain function, improving memory, and keeping cancer cells from growing. Inhaling oxygen with deep breaths helps open the lungs and stimulates the relaxation response in our brain, lowers heart rate, and lowers blood pressure.

Every day, we breathe thousands of times, and our bodies need to send oxygen throughout the body via red blood cells. This is a complicated process but important in maintaining our health. Therefore, apart from exercise, good breathing is also an important part of maintaining our overall health and quality of life.

## References

- Abraham, A., Sáiz, S. L. J., Mckeown, S., Morgan, G., Muir, B., North, J., & Till, K. (2014). Planning your coaching A focus on youth participant. *Practical sports coaching*, 16.
- Alpen, J., Dis, F., Apriani, L., Kurniawan, E., & Sofyan, D. (2022). Trends in scientific publication of traditional game learning models in physical education and sports in Indonesia: A bibliometric analysis. *Journal Sport Area*, 7(2), 214-226.
- Chen, H., Chen, C., Spanos, M., Li, G., Lu, R., Bei, Y., & Xiao, J. (2022). Exercise training maintains cardiovascular health: signaling pathways involved and potential therapeutics. *Signal Transduction and Targeted Therapy*, 7(1), 306.
- Fiuzza-Luces, C., Santos-Lozano, A., Joyner, M., Carrera-Bastos, P., Picazo, O., Zugaza, J. L., ... & Lucia, A. (2018). Exercise benefits in cardiovascular disease: beyond attenuation of traditional risk factors. *Nature Reviews Cardiology*, 15(12), 731-743.
- Giles-Corti, B., & Donovan, R. J. (2002). The relative influence of individual, social and physical environment determinants of physical activity. *Social science & medicine*, 54(12), 1793-1812.
- Kala, R., Shukla, A., & Tiwari, R. (2010). Dynamic environment robot path planning using hierarchical evolutionary algorithms. *Cybernetics and Systems: An International Journal*, 41(6), 435-454.
- Kistler, K. D., Brunt, E. M., Clark, J. M., Diehl, A. M., Sallis, J. F., Schwimmer, J. B., & Nash Crn Research Group. (2011). Physical activity recommendations, exercise intensity, and histological severity of nonalcoholic fatty liver disease. *The American journal of gastroenterology*, 106(3), 460.
- Kriswanto, E. S., Pambudi, A. F., Retnawati, H., Arifin, S., & Putranta, H. (2021). Effect of leg length on running speed of sports and health sciences students in Indonesia: A meta-analysis study. *Journal of Physical Education and Sport*, 21(5), 2697-2705.
- Nelson, M. E., Rejeski, W. J., Blair, S. N., Duncan, P. W., Judge, J. O., King, A. C., ... & Castaneda-Sceppa, C. (2007). Physical activity and public health in older adults: recommendation from the American College of Sports Medicine and the American Heart Association. *Circulation*, 116(9), 1094.
- Norton, K., Norton, L., & Sadgrove, D. (2010). Position statement on physical activity and exercise intensity terminology. *Journal of science and medicine in sport*, 13(5), 496-502.