

# Effect of physical exercise on psychophysiological indexes of medical social workers

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## Abstract

This study examines the impact of physical exercise on the mental health status of medical social workers in China. This research employs a questionnaire to investigate the mental and physical fitness of 200 medical personnel in China and assesses their mental health and degree of physical fitness. The questionnaire's reliability was evaluated by selecting sixty medical personnel from the species. The data were handled with SPSS11.5 statistical software, including Pearson's product-difference correlation analysis and variance ANOVA, among other analyses. The effective percentage of recovery for the questionnaire is 97%. Fewer individuals engage in exercise and have the goal to exercise, the greater the prevalence of stress. Medical social workers' experience of stress is inversely connected with their willingness and engagement in physical activity. The mental health status of medical social workers is strongly correlated with their athletic participation. The mental health status of medical social workers who regularly engage in physical activity is significantly superior to that of those who do not engage in physical activity or who rarely engage in physical activity. The introduction of medical social work provides a foundation for advancing the transformation of the medical model, the growth of medicine as a whole, and the government's efforts to improve the architecture of the medical and health service system.

**Keywords:** Medical social workers; Mental health; Physical exercise

## Introduction

Social structure, economic structure, and people's way of life have undergone several changes due to the rapid growth of the economy. People are paying more and more attention to their health, as their outlook on life has drastically altered. "Health is the basis of labour, the capital of life, and the primary wealth of humanity." (Paital, Das, & Parida, 2020). As a specialized group of intelligent individuals, medical workers are angels for preserving human health. Their primary objective is to alleviate patients' suffering, and they have a strong sense of mission. However, the work of medical personnel is demanding and hectic. In addition to the significant demands associated with employment, scientific research, and commercial development, there are other pressures associated with career advancement, interpersonal connections, family life, rescuing victims of unforeseen calamities, and other factors (Wang, 2020). In the war against SARS (Severe Acute Respiratory Syndrome) and the Wenchuan earthquake, the entire nation is unified, and much medical personnel fight on the front lines day and night, tying their fate intimately to that of the people. They are duty-bound, devoted, and even sacrifice their lives to defend their honour (Sharma, Srivastava, & Mago, 2019). For China, a growing nation with a sizable population and rather antiquated medical equipment, its obligations and duties are heavier and more demanding. Medical workers are

essential for the growth of health services, the enhancement of national physical quality, and the direct implementation and maintenance of physical health. Their physical health directly impacts their working condition, the quality of their medical services, and the safety of patients and their families, as well as social stability, unity, and harmonious development (Kolenik & Gams, 2021).

However, there is little research on most Chinese medical workers' fitness awareness, health status, and physical exercise involvement. Therefore, research on medical personnel's awareness of physical fitness and participation in physical exercise plays a crucial role, given their significant responsibility for human health. Using this as a starting point, this paper conducts a sampling survey of medical staff to determine their physical health status. It investigates the physical fitness awareness of medical staff and the current situation of their behaviour in engaging in physical exercise. It then makes reasonable recommendations for improving the physical health status of medical staff and provides a theoretical foundation for formulating the physical health intervention. This study investigates the psychological status and physical exercise of medical personnel via a questionnaire and analyses the mental health level and physical exercise. It discusses the correlation between the mental health level and physical exercise of medical personnel under the new medical reform situation from the perspective of sports psychology to provide a reference for medical personnel to perform the physical exercise correctly.

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Previous research has identified physical activity as one of the most important constructs (Cagliari et al., 2022; Guo et al., 2022; Li, 2021; Ojha et al., 2020). This concept is illustrated through various dimensions, and the influence of physical exercise is examined from multiple perspectives. However, psychological exercise is rarely examined concerning psychophysiological indices (Beltrán-Velasco et al., 2019; Botelho et al., 2022). Therefore, the current study's concept is founded on large knowledge gaps and has significantly contributed to the literature. Most importantly, the research does not consider medical social workers in China. Previous research has rarely addressed these workers. Consequently, the relationship between physical exercise and psychophysiological indices of medical social workers is one of the essential topics to investigate and complete the body of literature that substantially impacts expanding the body of knowledge in the field.

## Literature review

The first research on sports consciousness was conducted in Europe around the nineteenth century. With the emergence of the developing bourgeoisie came the emergence of bourgeois-democratic education. Numerous Western specialists and professors advocated for sports development and articulated their sports philosophy, which contributed to the emergence of modern sports. The earliest discussion of sports consciousness was advocated in H Chen's book on education: moral education, academic education, and sports: pay equal attention to moral, intellectual, and physical education, and establishes the consciousness of "body strengthening" through sports and other labour (Chen et al., 2021). Individual behaviour determinism and social structure determinism are the two major schools of thought about the factors that affect health in the United States. The former stresses the impact of subjective personal initiative on health, while the latter emphasizes social environment as a determining factor. It

holds that human health is dependent on social-environmental variables and disregards the subjective initiative of individuals. Although some societal forces are extremely potent and prevent individuals from adopting a healthy lifestyle, they will never become uncontrollable. Individuals are the ultimate determinants of their behaviour, and external influences must act through internal influences. D. Marazziti studied seventeen nursing research studies from subjective, objective, physiological, psychological, unimodal, and multivariate perspectives. It was determined that the majority of health-related research content was physiological and subjective, and it was suggested that the measurement and study of health should be based on a multifaceted and holistic perspective (Marazziti et al., 2021). According to Dr Ramirez Cifuentes, awareness is the greatest cognitive form representing reality. Consciousness helps individuals use thoughts, ideas, and plans generated from objective reality to drive their behaviour and make it meaningful, directed, and predictable (Ramírez-Cifuentes et al., 2021). This reflection relates closely to the practical activities of individuals. Only when objective things have distinct influence and effect on humans will their brains generate consciousness. Sports awareness is identical. It is the reflection of objectively existing sports phenomena in people's minds, the sum of people's feelings, thoughts, and judgments about sports, and people's comprehension of sports. Li, J academics have investigated and analyzed the current state of medical personnel in China who engage in physical activity. The results indicate that the majority of medical professionals like or enjoy physical exercise to varying degrees. The majority of physical activity occurs in the morning and evening. There are clear gender differences in the selection of projects and locations. Their motivation to engage in physical activity is not singular but multi-level. Insufficient sports facilities, severe work pressure, and lack of time are the primary obstacles to physical activity (Li, 2021). Figure 1 depicts the psychological concerns of medical personnel.

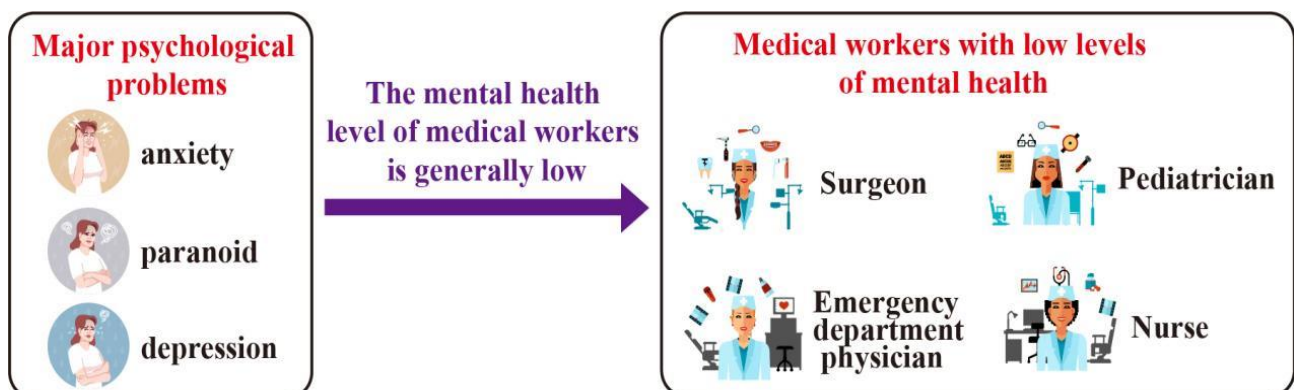


Figure. 1 Psychological problems of medical workers

The development of sports awareness among medical personnel relies heavily on quality health education. Health education permeates the entirety of the community health service. It is extremely important for healthy individuals, sub-health individuals, and sufferers. It plays a crucial function in the health of medical and non-medical personnel (Zhang, 2021). Zhao and Tang (2021) feels that the shortage of medical workers in this respect has become a significant problem affecting the growth of hospital health education in depth. Utilizing all hospital health education resources and maximizing hospital health education's impact potential on public health is a health promotion strategy within the modern medical model. As a medical practitioner, the most important concept to grasp is not medical technology but how to employ healthy concepts and ways to motivate and assist others in living a healthy, proper lifestyle (Allen, 2021). However, some medical personnel lack a clear understanding of health education, and many lack their health education knowledge and health awareness, which is detrimental to the improvement of professional quality and the promotion of their health constitution but also detrimental to the social mobilization of health promotion. Through their influence on public health, it is evident how essential it is to provide health education and training to medical personnel, enhance their health promotion level and health awareness, and increase their health promotion level. B. Aria discovered that the prevalence of fatigue syndrome in the general population and among nurses was 0.2% and 1.1%, respectively. The prevalence rate of registered nurses was considerably higher than that of the general population. The British survey revealed that nurses' most common physical health issues were headaches, sleep disorders, gastrointestinal diseases, weight gain, and loss of sexual desire. The symptoms of psychological stress, such as fatigue, bad mood, frustration, anxiety, inattention, and so on, are more apparent (Matthews, 2002). Ma et al. (2021) study reveals that nurses suffer primarily from sleeplessness, forgetfulness, poor operation accuracy, and a high proportion of occupational disorders such as varicose veins of the lower extremities and chronic gastritis. Marques et al. (2021) stated that nurses' most prevalent stress symptoms were mood depression, mental tension, anxiety, and sleeplessness, with the highest incidence of poor psychological status in the emergency department and paediatrics. In conclusion, the health situation of medical workers is significantly worse than anticipated. The prevalence of occupational and non-occupational

diseases generally exceeds that of the general population. In addition to occupational disorders, the majority are chronic non-communicable conditions. Medical personnel have traditionally served at the forefront of medical and health care. This year, infectious diseases such as SARS and H1N1 (Influenza A H1N1 virus) have become increasingly serious. As a result, they are extremely busy, under tremendous pressure, and experience intense, abrupt stress. Medical professionals interact with patients more frequently than any other high-risk group, and a healthy body is essential to perform their sacred tasks. Therefore, we must pay close attention to the health of medical staff who work to improve or restore others' health (Espy-Wilson, 2021). This study investigates the psychological status and physical exercise of medical personnel via a questionnaire and analyses the mental health level and physical exercise. It discusses the correlation between the mental health level and physical exercise of medical personnel under the new medical reform situation from the perspective of sports psychology to provide a reference for medical personnel to perform the physical exercise correctly.

Compared to earlier research, this article is more innovative.

## **Methodology**

### **Literature method**

By consulting the full-text database of Chinese journals, the database of master's and doctoral dissertations, and more than 50 documents and papers on sports fitness in other journals, as well as by reading pertinent books such as sports and health, sports fitness theories and methods, health science, and more than ten other professional books. Concentrate on locating and studying the pertinent papers on medical workers' health and physical fitness, which give an adequate theoretical foundation for research on this topic (Potter et al., 2021).

### **Questionnaire survey method**

Students are administered questionnaires, provided on-site and collected on-site, and pertinent data is gathered for comparison and analysis. The higher the score on the scale for evaluating mental health, the more severe the corresponding inclination of pupils, and the more obvious the tendency of students to have psychological issues. Follow the basic requirements of questionnaire design in sports scientific research methodologies, design the questionnaire, compose the first draught, and then confer with experts to formulate the questionnaire based on the content and goal of my research. Utilized were both face-to-face distribution and mail recycling. The sample size for this study was 200 medical personnel.

### Validity of the questionnaire

Ten experts engaged in research on physical exercise and fitness are invited to score the questionnaire's structural

and content validity (all using a 10-point system). The basic information of each expert, 5 professors and 5 associate professors is shown in [Table 1](#).

**Table 1**

*Expert validity test table*

| Number of experts  | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | average value |
|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---------------|
| construct validity | 8.6 | 8.4 | 8.4 | 8.7 | 9.0 | 8.9 | 9.1 | 9.3 | 9.1 | 9.5 | 8.9           |
| content validity   | 8.8 | 8.5 | 8.9 | 9.0 | 8.9 | 9.0 | 8.4 | 9.0 | 9.2 | 9.0 | 8.9           |

The basic information of each expert: 5 professors and 5 associate professors.

### Reliability of questionnaire

Sixty medical personnel were retested to assess the reliability of the questionnaire. Two weeks passed between the first round of questionnaire distribution and the second round of questionnaire surveying. The consistency of the two surveys was evaluated, and the R-value was 0.80, confirming the reliability of the questionnaire. Following the collection of questions, invalid questionnaires were deleted, and valid questionnaires were coded. To reduce human error, two individuals input the data, the logical relationship between the data was verified, and errors were promptly repaired.

### Expert interview method

The components of this study that need to be interviewed are outlined, and relevant medical and sports and fitness professionals are contacted via telephone or in-person interviews to hear their opinions and suggestions regarding the topics included in this study ([Chen et al., 2021](#)).

### Mathematical statistics

The data are processed using the Spss11.5 statistical software suite. Methods include Pearson product-moment correlation analysis, analysis of variance, and other similar techniques. The measurement results were represented as

mean, standard deviation and the rank-sum test was used to compare the groups; a test value of less than 0.05 indicated a statistically significant difference.

## Results and Discussion

### The physical condition of medical staff

According to the survey, the highest percentage of male medical personnel who report feeling "healthy but occasionally fatigued" is 50% or 33 individuals. The percentage of respondents who reported being "extremely healthy and energetic" was the next highest, at 37.9%, with 25 people. The lowest number of "sub-health and occasional minor ailments" was eight, representing 12.1% of the investigated population. No one is "weak and ill." Fifty-eight % of the female medical professionals aged 65 or older reported feeling "healthy but occasionally exhausted." The number of respondents who described themselves as "extremely healthy and energetic" was next, with 31, or 24.2% of the total sample. The number of "sub-health and occasional mild ailments" was 30, representing 23.4% of the studied population; the number of "frail and sickly" was the smallest at 2, representing 1.6% of the surveyed population. Refer to [Table 2](#) below.

**Table 2**

*Physical condition*

| Gender (N%) | Very healthy (N%) | Health (N%) | Sub health (N%) | Weak and sickly (N%) |
|-------------|-------------------|-------------|-----------------|----------------------|
| Man 66      | 25 (37.9)         | 33 (50)     | 8 (12.1)        | 0 (0)                |
| Woman 128   | 31 (24.2)         | 65 (50.8)   | 30 (23.4)       | 2 (1.6)              |

The number of "frail and sickly" was the least, with 2 accounting for 1.6% of the surveyed.

Overall, the overall self-perceived physical condition of medical staff is that men are better than women ( $P = 0.000$ ,  $P < 0.01$ ). 37.9% of men felt "very healthy and energetic", significantly higher than 24.2% of women. Men and women feel healthy but tired occasionally, accounting for about 50% of the investigated people. 12.1% of men felt "sub-health and occasional minor diseases", which was significantly lower than 23.4% of women; "Frail and sickly"

men did not, while women still had 1.6%.

Numerous results of medical personnel physical examinations indicate that the incidence of occupational and non-occupational diseases among medical personnel is generally greater than that of the general population, with the majority of these diseases being chronic non-communicable conditions. This study's investigation into the conscious physical condition of medical staff reveals that the proportion



of male medical staff who feel "very healthy and energetic" and "healthy but occasionally tired" is as high as 87.9 %. The proportion of female medical staff who feel "very healthy and energetic" and "healthy but occasionally tired" is as high as 75.0 %. The percentage of male medical staff who experience "sub-health and sometimes minor diseases" is only 12.1%; no one is "weak and sick." The percentage of female medical staff who experience "sub-health, occasional minor diseases, and "weak and sick" is 25%. Overall, the self-regarded physical condition of medical personnel is hopeful, and the self-perceived physical condition of male medical staff exceeds that of female staff. At the "21st-century health perspective" seminar, specialists revealed that around 75% of people are in a "sub-health" state, 70% of adults have "sub-health" harm, and the incidence of "sub-health" among senior intellectuals and company managers exceeds 70%. Although there are other causes of "sub-health," weariness is the leading one (Tao, 2020). This indicates that medical personnel are not entirely aware of their potential physical or mental illnesses. Medical staff are unquestionably the most convenient and important group to obtain a medical checkup. Still, even this group has just a perceptual grasp of their health status and is unaware of their fitness difficulties.

**Table 3**

*Understanding of the role of physical fitness*

| Gender (N%) | Very familiar (N%) | Better understanding (N%) | Know a little (N%) | Not understood (N%) |
|-------------|--------------------|---------------------------|--------------------|---------------------|
| Male 66     | 11 (16.7)          | 40 (60.6)                 | 13 (19.7)          | 2 (3.0)             |
| Female 128  | 6 (4.7)            | 64 (50.0)                 | 51 (39.8)          | 7 (5.5)             |

Through the investigation of "understanding of the role of physical fitness", the male medical staff have the most "understanding", with 40 (60.6%); 16.7 % of male medical staff have a "very good understanding" of the role of physical fitness, which is significantly higher than 4.7 % of female medical staff; 60.6 % of "better understanding" is higher than 50 % of women; Conversely, 19.7 % and 3.0 % of male medical staff "know a little" and "don't know," respectively, are significantly lower than 39.8 % and 5.5 % of female medical staff. Therefore, male medical personnel "understand the need for physical fitness better" than female medical personnel. (P = 0.001, P < 0.01).

**Table 4**

*Impact of physical fitness activities on work efficiency and quality of life*

| Gender (n%) | Beneficial effects (n%) | No effect (n%) | Adverse effects (n%) | Unclear (n%) |
|-------------|-------------------------|----------------|----------------------|--------------|
| Male 66     | 33 (50.0)               | 9 (13.6)       | 23 (34.9)            | 1 (1.5)      |
| Female 128  | 45 (35.2)               | 37 (28.9)      | 41 (32.0)            | 5 (3.9)      |

Whether physical fitness activities impact work efficiency or quality of life

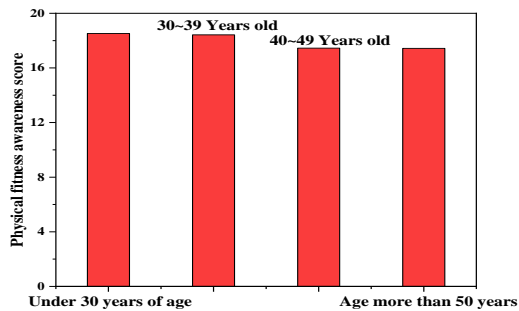
**Investigation of physical fitness awareness of medical staff**

"Sports consciousness", from the psychological perspective, refers to the reflection of objectively existing sports phenomena in people's minds. It is people's general familiarity and view of sports. As far as medical personnel are concerned, it refers to their familiarity with the goal of physical fitness in the process of participating in physical fitness activities and the psychological activities that they take the correct and effective way to determine their behaviour (Ding, Yan, & Fu, 2021). Its basic content includes three aspects: Sports familiarity, sports emotion and sports will.

Through the investigation of "understanding of the role of physical fitness", the male medical staff have the most "understanding", with 40 (60.6%); "Know a little" followed, with 13 (19.7%); 11 (16.7%) were "very familiar"; The number of "do not know" was the least, with 2 (3.0%). Female medical staff "know more" most, 64 (50.0%); "Know a little" followed, 51 (39.8%) and 7 (5.5%) did not know; "Very familiar" was the least, with 6 (4.7%). See Table 3 below.

In terms of "whether physical fitness activities impact work efficiency or quality of life", see Table 4 below. Male medical staff think that "beneficial impact" is the most, with nearly 33 (50.0%); It was considered that "adverse effects" came second, with as many as 23 (34.9%); 9 (13.6%) considered "no impact"; The number of "unclear" was the least, with 1(1.5%). Female medical staff also believed that they could "have a beneficial impact", with nearly 45 (35.2%); It is believed that it will "have adverse effects", followed by 41 (32.0%); 37 (28.9%) considered "no impact"; The number of "unclear" was the least, with 5 (3.9%).

Overall, 50.0% of male medical staff members stated that physical fitness activities had a "positive effect" on work efficiency or quality of life, much greater than the 35.2% of female medical staff members. 1.5 % of male medical personnel "did not know" whether physical fitness activities affected work efficiency or quality of life, compared to 3.9% of female medical staff. Therefore, male medical personnel comprehend the effect of physical fitness activities on work effectiveness or quality of life better than female medical personnel. ( $P = 0.000$ ,  $P < 0.01$ ).



**Figure. 2** Scores of physical fitness awareness of medical staff of different ages

It can be seen from [Figure 2](#) that the scores of physical fitness awareness of medical staff at different ages are the highest in the "30-39" age group, with an average score of  $18.52 \pm 3.85$ . The "under 30 years old" age group took second place, with an average score of  $18.42 \pm 3.56$ . The average score of "40 ~ 49 years old" was  $17.45 \pm 2.89$ ; The age group of "50 ~ 59 years old" is the lowest, and the average score is  $17.43 \pm 2.37$ .

### Influence of physical exercise on physical health and mental health of medical social workers

#### 1. Release stress and relieve emotions

According to the results of the survey, the incidence of insomnia among medical social workers who regularly engage in physical activity is 30 to 40 percent lower than that of students who do not engage in physical activity. It suggests that physical activity can help medical social workers relieve tension and anxiety and promote better sleep quality. The employment of medical social workers is subject to equivalent pressure. Physical activity can distract medical social workers, allowing them to discharge accumulated physical and emotional stress through sports participation. Slow-paced aerobic exercise, such as jogging and walking, combined with soothing music, can effectively relieve stress and immerse medical social workers in the joy of exercise. In contrast, more intense sports, such as basketball and football, can effectively release negative emotions and allow medical workers to express themselves freely. The social workers' unpleasant

feelings are discharged, effectively enhancing their psychological state.

#### 2. Cultivate the self-confidence of medical social workers

Physical activity plays an important role in moulding the physiques of medical social workers. A flawless physique is the source of medical social workers' confidence. Physical exercise can enhance medical social workers' self-awareness and promote their physical improvement, which is conducive to their development. Confidence. Similarly, sports are competitive events. Winning or losing a competition can effectively stimulate the sense of honour of medical social workers. The results of the competition can effectively stimulate the competitive psychology of medical social workers and motivate students to work hard, and winning a competition can effectively satisfy medical social workers. It can boost medical social workers' self-confidence and improve their physical and mental health.

Patients, hospitals, society, and other aspects of the pressure exerted on some medical staff resulted in a heavy mental burden, psychological pressure, and negative emotions, resulting in low job satisfaction and a decline in service quality.

In addition, due to the high work intensity and irregular work and rest schedules, sudden deaths are common among young and middle-aged medical personnel who engage in intensive teaching and scientific research.

It is related to mental exercise and mental health status, less chronic fatigue and low mental health level emphasizing to medical staff the significance of the mode and concept of mental health management.

Mental health is closely linked to physical activity. Medical personnel who regularly engage in physical activity can maintain a healthy mental and physical state ([Ojha et al., 2020](#); [Şimşek et al., 2020](#)). Therefore, the following recommendations are made: 1 The hospital can collaborate with the District Sports Bureau to investigate and develop personalized "workshop exercises" suitable for medical personnel during their on-the-job period and then promote them gradually. According to the Putuo District National Fitness implementation plan (2016-2020), with the fundamental goal of strengthening the people's physique, improving the national health level, and increasing the regional people's happiness index, sports are combined in medical treatment, disease prevention, and healthy life extension. It forms a new situation of a "combination of sports and medicine" and plays an important role in the "healthy China" strategy ([Mauriz et al., 2021](#)). As the implementers, participants, and beneficiaries of this significant policy, medical personnel

should practise it to improve their mental and physical health and further promote it for the public's benefit. ② The hospital established a team for health self-management. Adhere to "prevention first and health first," disseminate scientific fitness knowledge, and significantly increase employee fitness awareness, fitness knowledge awareness rate, and fitness ability. Formulate group plans, enhance the working mechanism, acquire fitness equipment, and frequently organize employees to participate in diverse and colourful mass sports activities, such as "ten thousand steps a day." Open a place for medical staff fitness activities within the hospital's limited space, according to local conditions (Zwingmann et al., 2021). 3 Every year, organize a physical examination for all active and retired hospital employees; regularly, arrange for employees to rest and recuperate. ④ Promote the widespread awareness of mental health among employees and advocate for the concept of psychosomatic health. Hold staff mental health salons; conduct outdoor team-building exercises, etc. Five professionals are invited to present lectures on physical fitness and sports nutrition. In-depth analysis is carried out of the close relationship between body nutrients, sports, lipids, proteins, etc., formulation of a scientific and reasonable diet, comprehension of the necessity and precautions of nutritional supplementation in sports, and targeted physical exercise. ⑥ Make plans for physical fitness and aerobic exercise. Experts in physical fitness give lectures, explain the fundamentals of physical fitness and aerobic exercise, design fitness programmes for individuals, instruct daily fitness actions, and exercise any time. We can use the midday break to organize physical exercise projects that do not require excessively large spaces and can be carried out in groups. It is done because employees can make the most of their business time to exercise, stay fit, and enjoy their bodies and minds.

## **Conclusion**

Medical social work is a type of professional work that refers to the extensive use of professional knowledge and methods of medical social work to help patients solve social and psychological problems affecting their health. It also uses social resources to provide services for individuals, family institutions, and communities in need of restoring and developing their social functions. The psychological status and physical activity of 200 medical personnel were investigated, and their mental health and physical activity were analyzed. The effective rate of recovery for the questionnaire was 97%. This study discovered that subjective and objective factors contribute to a decline in

physical activity among medical staff. Lack of sports facilities, a lack of sports habits, a lack of a sports atmosphere, and a family support system are important external environmental factors that prevent medical personnel from engaging in sports activities. Long-term overwork and relatively high work pressure negatively impact medical staff's mental and physical health. The findings of this study indicate that the incorporation of medical social work into medical institutions strengthens psychological and behavioural interventions in patients with chronic diseases and improves the quality and effectiveness of health management, particularly chronic disease management. The introduction of medical social work provides a foundation for advancing the transformation of the medical model, the growth of medicine as a whole, and the government's efforts to improve the construction of the medical and health service system. Each year, the government and the units invest a portion of their budgets in unit sports to improve the sports facilities, optimize the layout of unit sports venues, provide better sports facilities for the medical staff, and increase the medical staff's enthusiasm for physical exercise. The study on combining the working environment with promoting health literacy and lifestyle improvement requires additional in-depth research, which can serve as a foundation for the future development of reasonable and effective intervention strategies.

## **Implications of the Study**

### **Theoretical Implications**

Integration of physical exercise and psychophysiological indices among medical social workers is crucial because it has significant theoretical implications. This unique relationship between these concepts contributes significantly to theorizing in the literature. Because this relationship sparked a new debate among medical social workers, it is essential to highlight the theoretical implications. Although prior research has considered a physical exercise in various ways and psychophysiological indexes in various dimensions, the relationship between physical exercise and psychophysiological indexes has not been emphasized. This unique relationship played a crucial role in expanding the theory of physical exercise and psychophysiological indexes. This study addressed issues related to workers' mental health, such as anxiety and depression, that are not emphasized in the literature regarding medical social workers. By considering the factors that affect workers' mental health, this study made a substantial contribution to the literature.

## Practical Implications

Similar to the theoretical implications, the practical implications of this study are significant. The study's practical gap is the basis for its practical implications. The current study highlighted the practical gap among medical social workers because these professionals have various mental health issues that may impact their performance. In this way, the current study emphasized the significance of physical activity among these workers. Therefore, practitioners should encourage physical activity among these workers to resolve various mental health issues. Workers can manage their depression

and anxiety with the help of physical activities. Therefore, the current study advises management and practitioners to promote the mental health of their employees through physical activity. Consequently, the current study provided practitioners with important insights for enhancing the mental health of medical social workers in China when formulating a strategy.

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