PSYCHOLOGICAL EFFECTS OF AQUATIC ACTIVITY
IN HYDROTHERAPY PROGRAMS

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Abstract
The objectives of the hydrotherapy programs are the recovery and relaxation of the patient. Traditional methods on land, like Yoga, Pilates, Watsu and Tai Chi, include exercises that simultaneously stretch and strengthen muscles, helping to build a total fitness quickly and efficiently.

The research method was the bibliographic study.
All information gathered about relaxation techniques in water had a single result - the relaxation techniques through aquatic therapy lead to a release of daily pressure, frees the mind and spirit through the action of soothing features of all water components.

Conclusions. Water aerobics programs are beneficial to mind, because of social involvement and fun, as both are relaxing and energizing and are a psychological boost factor. In addition, aquatic program prints a sense of wellness and balance in everyday life.

Keywords: relaxation, aquatic therapeutic exercises

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Introduction

By making some simple movements and relaxing aquatic environment, swimming and aquatic therapeutic exercises has become one of the most important means of treatment and to strengthen the body and spirit. Water aerobics programs are beneficial to mind, because of social involvement and fun, as both are relaxing and energizing and are a psychological boost factor. In addition, aquatic program prints a sense of wellness and balance in everyday life.

Aquatic programs practice helps in focus on the breath. Deep, slow breathing helps air to enter into the deepest parts of the lungs, where oxygen is separated, released into the blood stream and combined with the hemoglobin in red blood cells. When the concentration of oxygen in the blood is high, the heart may run slower and still providing enough oxygen. In this manner, the body cells are starved of oxygen and nutrients required in order to do the cell and create energy during growth of aerobic capacity.

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1. Content

Water aerobics can be done individually or in groups. When practicing in a group, each person can design a unique program or using any program that fits personal needs, enabling everyone to practice with the support group, encouraging without promoting competition.

In fact, people with low energy levels through aquatic exercise collective performance can be stimulated in this way. Floating, feeling of water features soft and refreshing, with music, in addition to lack of body weight can be fun. During aquatic fitness can be used any kind of music.

During exercises, endorphins released by the body will give a psychological boost and a feeling of relaxation. Endorphins are like narcotics - hormones released during exercise which some experts believe are effective in fighting depression.

Water feeds all the senses. Seeing, hearing, touching and scent of water are soothing. Natural growth of movements and mobility of water produce the effect of graceful, flowing motion. „Because of the soothing power of line movement created in warm water, the uniqueness of spa exercises helps relaxing” Morris D. M. (2009, p. 57).

The area of aquatic programs offers both calming exercises and vigorous ones. This balance between relaxation and practice helps to create a balanced life between work and leisure activities. The information gained about the techniques of motion in practice aqua aerobics with those on breathing and relaxation provides a more confident vision to face the challenges of life, even after leaving the pool.

The stress, the anxiety lead to restlessness. Through a small core called the amygdala with the dorsal hippocampus have direct role in producing the feeling of fear. Thalamus activates the sympathetic nervous system of the autonomic nervous system that respond to temporary emergency through escape or defense. The sympathetic nervous system responds to fear by preparing the body to stress. This responses in sweating, rapid heart rate, rapid breathing, an increase in blood sugar deriving carry oxygenated blood to the muscles. When emergencies or threats temporary ends, the parasympathetic nervous system causing calm is restored by reducing heart rate.

Water work program interacts with the nervous system to help reduce stress and improve concentration.

However, in the case of constant anxiety, the sympathetic nervous system can be constantly challenged and hormones such as adrenaline, increases. Appears agitation or tension and breathing and heart rate remain high. By this refers to stress, which can be very overloaded on the body and harmful to health. In this way, emotions like worry or fear leads to various diseases.
Since many of the events that occur in life can't be control, by learning how to relax, the sympathetic nervous system is adjusted so that it creates a positive state of well.

Through a program of exercises, slowing down breathing consciously, it may counteract the increased pace of breathing caused by the sympathetic nervous system. Practicing regular exercise can keep the body under control the reactions to stress. Often, maintaining a high level of stress leads to muscle spasms or tension. Endorphins released during exercise and movement helps to release the tension. In addition, the heart rate of a person who regularly practice back to normal faster than the sedentary person after effort or stress.

While stress, can occur inattention. In the tradition of Tai Chi and Yoga movements requires more balance, resulting in concentration and attention to body position. By focusing on breath awareness leads to focus on the sensation that occurs in the body, instead of thinking unproductive, introverted or the stress of life. The balance and conscious breathing, through concentration, it creates an awareness careful meditation on the body. Involving the mind to focus so will allow any confusing thoughts, focusing better on other situations.

Other aquatic practice techniques that can be a program of water aerobics without impact and strength are the elements of Yoga, Pilates and Tai Chi. These programs consist of aquatic exercises Yoga, Pilates and Tai Chi in the water, breathing exercises and deep and shallow water exercises and spa exercises.

There are many advantages of execution of breathing, Yoga, Pilates, Tai Chi and runners in the aquatic environment due to water attributes, including buoyancy, resistance, density and rehab properties.

Yoga, Pilates and Tai Chi, all consist of movements coordinated with breathing. The same is true for aquatic exercise, so the water is an ideal environment for breathing exercises like breathing and movement coordination. Proper breathing during both everyday life and in aquatic preparation is essential for optimal health.

It is important to understand aquatic respiration during the meeting. Holding breath while exercising in fitness is a common mistake. In traditional programs of Yoga, Pilates and Tai Chi most of the movements are made coordinated with breathing.

Ai Chi is a aquatic exercise and relaxation program created to help aquatic practitioners and patients enjoy the water in a fluent yet strong gradation. Aquatic exercise instructors, personal trainers, and aquatic therapy and rehabilitation practitioners and therapists will find Ai Chi programs beneficial for their patients as well as themselves. With correct performance it can improve range of motion and mobility through rhythmic and relaxing components of the exercise program. Ai Chi, created by combining tai chi concepts with shiatsu and Watsu techniques, is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad movements of the arms, legs and torso.
“Most of the benefits of stress reduction, increased energy, increased caloric consumption, and improved circulation are a result of deep breathing. Breathing is the one physical function that is both involuntary and voluntary” Butler, D., Jones, M. (1999, p. 167).

Water Yoga is designed specifically for aquatic to provide the benefits of yoga asanas on land combined with the benefits of exercising in water. The program is holistic. Enjoy being, supporting, balancing and focusing the body, spirit and mind.

The aquatic program benefits the body by increasing aerobic capacity, mobility and muscle tone.

Extension in water is often easier and more effective than the extension on land due to natural increase range of motion and mobility offered by water. Due to water resistance, every submerged move strengthens and tones muscles. „From traditional Yoga, Pilates and Tai Chi land, many of these exercises simultaneously stretch and strengthen muscles multiples, helping to build a fast and effective total fitness” Brody L. T.& Geigle P. R. (2009, p. 215).

By practicing yoga exercises, Pilates and Tai Chi in the water even after leaving the pool will maintain focus and concentration in daily life.

Watsu is a form of water shiatsu that is a gentle, nurturing therapy practiced in warm, body temperature water (32 to 34 °C).

A variety of providers, including psychologists, psychiatrists, physical therapists, occupational therapists, recreational therapists, massage therapists, and lay people, are using Watsu techniques for its healing benefits. Originally, Watsu was for everyone—the very young, adolescents, older people, pregnant women, athletes, and those suffering from simple stress. Watsu is effective with patients who have a wide variety of neurologic or psychiatric problems.

Its gentle rocking movements, stretches, and nurturing support allow gentle release of physical and emotional blockages. Watsu is deeply relaxing, guided by the Zen philosophy of gentleness, complete acceptance, and unconditional love. To apply Watsu techniques in its original form, we must understand the concepts of Zen shiatsu. Simply put, Zen is defined as being one with self and nature. Zen is one of the sects of Buddhism that involves training the mind through meditation. The practice of Zen is achieving self-realization through self-reflection, direct pointing at the soul of man, and seeing into one's nature. Shiatsu, or acupressure, is a form of massage that uses pressure on specific body parts to rebalance the body and relieve tension and stress. Shiatsu relaxes mind and body, restores and balances energy, eases tension and stiffness, improves breathing, improves posture, improves circulation, and enhances well-being.
2. Conclusion

Ai Chi is a water exercise and relaxation program created to help aquatic practitioners and patients to enjoy the water in a flowing yet powerful progression. “Aquatic exercise instructors, personal trainers and aquatic therapy and rehabilitation practitioners and therapists will find Ai Chi beneficial for their patients as well as themselves” Vargas L. G. (2004, p. 168). With correct practice, it is rhythmic and relaxing for patients in searching for these components in an exercise program, and it can improve range of motion and mobility. Ai Chi, created by combining tai chi concepts with shiatsu and Watsu techniques, is performed standing in shoulder depth water using a combination of deep breathing and slow, broad movements of the arms, legs and torso.

REFERENCES