

Editor's Office. (2022, May), listen to music as well Does it really make running better? : Cheewajit : 24 (567) : 68

Many people choose to continue listening to music. while running to kill time reduce boredom Now there are many devices and technologies that make it possible to listen to music while running in the market.

There are pros and cons to listening to music while running, depending on the different context of each runner. The benefits of listening to music while running

1. Reduce fatigue while running. Listening to music while running can also improve and improve your running performance. Ask more. durability for runners as well make it run longer

2. Increased blood circulation If we listen to our favorite songs The music is fun, stimulating, and the lyrics are stimulating. and encourage This results in an increase in blood circulation by up to 26 percent, allowing the body to use more oxygen. But if you listen to sad, heartbreaking, love-ingrown songs, your blood circulation is reduced by 6 percent.

3. Directly affect the mind An expert on the relationship between music and the human body reveals that Listening to music while exercising gives your body about 10 percent more energy than usual. This makes it possible to overcome fatigue while running. and can run until the end of the target Disadvantages of listening to music while running

Some people think that listening to music causes us to accidentally sing out loud while running, causing our breathing system to go haywire. making him unable to hear his own footsteps or the rhythm of his heart Some people use running as a meditation to train their speed and heart rate. Set the breath in and out, etc.

There are also safety concerns that many runners should consider when listening to music while running. because because of listening to music when we run outside especially the street line or a road race May be unable to hear from the surroundings and lead to danger

Therefore, listening to music while running is not wrong or right. If you want to listen to music It's best to go somewhere safe and confident, such as on a treadmill or in a park. That will make you enjoy the music and run to the fullest. The important thing is that it's safe as well.



Stress or anxiety is caused by things that stimulate the body to adjust. If we are unable to adapt to changing thoughts or emotions, this will lead to what is known as “**stress**”.

Stress can be divided into two types: **1. Acute stress** that usually occurs in stressful and specific situations. which when going through this situation, the stress will disappear as well. **2. Chronic stress** (Cronic Stress) is a stress that affects physical and mental health. The problem could not be solved immediately. therefore accumulated for a long time until it becomes chronic stress

The cause of stress can be due to physical factors related to health conditions. illness with various diseases Psychological factors can easily cause stress, for example, in people with high responsibility. But the results are not as expected, often anxious.

Therefore, we **must assess ourselves and have a way of coping with stress**. The first step is to accept what has happened and the changes. that may follow later Exercise or find a counselor or someone you trust who can talk to. Tell them stories, and the last resort is to use antidepressants. The medication, although it can help reduce stress. But when used continuously for a period of time, it will have to increase the amount of use more to be effective.

Moreover, stress produces many free radicals within the body. resulting in cells Inflammation, damage, destruction

Consuming foods rich in antioxidants, such as five-colored fruits and vegetables, herbs, and whole grains, can help rebalance the body. Important substances that act as antioxidants in addition to the coloring substances in fruits and vegetables. It also includes inositol (Inositol) in the group of B vitamins. It is found naturally in many foods such as plants, whole grains, and fruits. It is also available as a dietary supplement.

Inositol is involved in cell growth. and can also respond to stress Balancing chemicals in the brain and make sleep better Adequate sleep will give your brain a break from fatigue. thus reducing stress

for people with stress frequent anxiety If these stressors cannot be eliminated even after talking to or consulting with those around you. should consult a psychiatrist Because in some cases, abnormalities in chemicals in the brain may occur when the correct medication or treatment from a doctor is not received. will not be able to deal with the emotions and feelings that are.

