



Effects of Practising the Pilates Method on Psychosocial Health

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New Olympic Sports for
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The Karate competitions during
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Abstract

The main objective of this thesis is to analyse the levels of psychosocial and health in the workplace recorded by Pilates practitioners and non-practitioners and their evolution over six months. The total study sample was comprised of 212 participants divided into two groups: Pilates practitioners and non-practitioners. The study is longitudinal via two repeated measures: initial assessment and final assessment. Furthermore, a set of four identical questionnaires with psychosocial status variables was distributed each month between the initial and final assessment. The results show that the Pilates practitioners receive more social support at work and relate more to physical exercise than the non-Pilates group. Furthermore, after practising for five or more months, higher levels of self-concept and identification with physical exercise are found in the Pilates practitioners than in other more inexperienced individuals. After six months of follow-up, the depressive symptomology of Pilates practitioners improved. Conversely, the sedentary persons in the control group presented higher levels of workplace tension and self-concept, and their levels of control, absorption and dedication to work diminish. Status variables were assessed on a monthly basis, and the Pilates practitioners were found to have *lower levels of negative feelings* and anxiety. Finally, the high scores in identification with physical exercise found among the Pilates practitioners in both the initial and final assessment and the relationships between the levels of identification with exercise and adherence to physical programmes could justify its popularity.

Keywords: Pilates method, mental health, identification with physical exercise, workplace health