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The Importance of Physical Activity in Suicide Prevention Among Military Police Officers

The Importance of Physical Activity in Suicide Prevention Among Military Police Officers

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Summary

The suicide rate has shown continuous growth over the years. This phenomenon is increasingly evident due to the constant psychological pressure faced by individuals in today's society. Among the main emotional disorders highlighted in this article are anxiety, depression, and burnout, which can lead to suicide if left untreated. In the context of military police officers, these professionals deal daily with situations of considerable risk and stress, factors that deserve specific attention. For this reason, several psychologists recommend that not only military police officers, but the entire population, practice physical activity regularly, since this practice is a relevant protective factor: it helps reduce depressive symptoms, promotes neurochemical balance, improves sleep quality, strengthens emotional resilience, and increases the feeling of well-being. Given this scenario, this work proposes the following question: how can the recurrent practice of physical activity contribute to suicide prevention? The general objective is to analyze, based on the available literature, the increase in registered suicide cases; Among the specific objectives are: to present the benefits of physical activity, to exemplify the signs of people at risk of suicide, and to describe the main emotional illnesses of the 21st century. The choice of the theme is justified by the high rate of cases of depression, anxiety, and burnout monitored, as well as representing a personal motivation to support other professionals in the military field. It is concluded that the incorporation of physical activity as a strategic component in the health policies of corporations contributes not only to operational performance but also plays a fundamental role in the prevention of suicidal behavior, reinforcing the need for continuous investment in integrated actions aimed at physical and mental well-being.

Keywords: Physical Activity. Suicide Prevention. Military Police Officers. Emotional Disorders.

Abstract

The suicide rate has shown continuous growth over the years. This phenomenon is becoming increasingly evident due to the constant psychological pressure faced by individuals today. Among the main emotional disorders highlighted in this article are anxiety, depression, and burnout syndrome, which can lead to suicide if left untreated. In the context of military police officers, these professionals deal daily with situations of

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considerable risk and stress, factors that deserve special attention. For this reason, several psychologists recommend that not only military police officers, but the entire population, practice physical activity regularly, since this practice is a relevant protective factor: it helps reduce depressive symptoms, promotes neurochemical balance, improves sleep quality, strengthens emotional resilience, and increases the feeling of well-being. Given this scenario, this work proposes the following question: how can the regular practice of physical activity contribute to suicide prevention? The general objective is to analyze, based on the available literature, the increase in registered suicide cases; Among the specific objectives are presenting the benefits of physical activity, exemplifying the signs of people at risk of suicide, and describing the main emotional disorders of the 21st century. The choice of the theme is justified by the high incidence of recorded cases of depression, anxiety, and burnout, as well as by the personal motivation to support other professionals in the military field. It is concluded that the incorporation of physical activity as a strategic component in company health policies contributes not only to operational performance but also plays a fundamental role in the prevention of suicidal behavior, reinforcing the need for continuous investment in integrated actions aimed at physical and mental well-being.
Keywords: Physical Activity. Emotional Disorders. Military Police Officers. Suicide Prevention.

1 INTRODUCTION

The physical fitness of military police officers plays a fundamental role in their performance.
of your career, which ranges from admission to the public service position until the end of your career during the
Retirement. Various studies by psychologists and health professionals indicate that physical activity...
When combined with a regular diet, it can help prevent physical illnesses and
emotional issues such as depression, anxiety, and mental exhaustion known as burnout.
Emotional disorders, when left untreated, can lead to suicide.

According to the Ministry of Health (2025), suicide is a complex phenomenon,
multifaceted and with multiple determinants, which can affect individuals of different origins and classes.
social classes, ages, sexual orientations, and gender identities—in other words, it is a deliberate act of
Taking one's own life, with a fatal outcome. However, several factors can influence whether this is accomplished.
of this action. In light of the above, this article aims to demonstrate the importance of
Engaging in physical activity to prevent emotional illnesses and, consequently, suicide.
For both military professionals and ordinary individuals.

Boçon (2015) highlights in his study the importance of physical exercise for the body.
human, as being one of the forms of planned, structured, repetitive physical activity that
aims at developing physical fitness, motor skills, or organic rehabilitation.
functional. Thus, the benefits brought about by physical exercise should be taken into account during
The entire career of a Military Police officer is geared towards ensuring a healthy and effective transition to the job.

Research conducted by the World Health Organization (WHO, 2014, p. 07) during the
The global report on suicide prevention indicates that more than 800,000 people have died.
They kill people annually around the world, accounting for a rate of 11.4 deaths per 100,000.
inhabitants and a reality of, on average, one death every 40 seconds. Given this data
This alarming work raises the following question: in what way does the recurring practice of activity

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Can physics contribute to suicide prevention?

Suicide is a complex issue, which, in general, society today still views as...
a subject shrouded in a variety of myths and considered a taboo subject, meaning that it should be
Hidden and avoided. In 2006, the Ministry of Health published the National Prevention Guidelines.
Suicide Prevention Guidelines (Ordinance 1,876/2006), compiling strategies for preventing the problem within the scope of the law.
national and involving health entities.

Given the data presented above, the general objective of this work is to: analyze from
From the scientific literature available on the internet, there is an increase in recorded suicide cases; among the
Specific objectives include: presenting the benefits of physical activity, and giving examples of the signs of...
People at risk of suicide and to describe the main emotional illnesses of the 21st century.

The choice of this theme is justified by the high incidence of depression, anxiety, and burnout.
being accompanied, in addition to representing a personal motivation to support other professionals in the field.
military. The methodology used was bibliographic research, which employed keywords for
Search for scientific articles, theses, and monographs with this theme. The keywords used were:
Suicide prevention, physical activity in military police officers, and emotional illnesses. During the selection of articles,
materials from the following journals were used: QUALIS; RGSA; SCIELO; ORDEM PÚBLICA;
EXACTA, among other materials published on the internet.

To conclude the introduction of this article, a study released by the Military Police of the State of
Paraná (PMPR) points out that physical education is not mandatory for all police officers in
their daily routine. Only professionals working in the administrative sector have two hours available.
Weekly sessions reserved for physical exercise, usually held on Tuesdays and Thursdays. For the
For other members of the corporation, participation in physical activities is optional.
taking advantage of their time off. In this way, each security agent has the freedom to
Choose the most convenient location for your workouts, whether it's at gyms, parks, or tracks.
or other suitable environments.

2 Definitions of Suicide

Before explaining how physical activity can help prevent suicide, it is necessary to...
It is necessary to understand how this term is applied directly to civil society. Therefore, the author
Durkheim (2011, p. 14) proposed, in the 19th century, the definition of the suicidal act as being "every case of
death that results directly or indirectly from an act, positive or negative, carried out by the person themselves
"victim and that she knows that it would produce this result." Analyzing the author's definition above, it is understood-
If, therefore, suicide is defined as an act carried out by the victim themselves, with the intention of ending their life.
own life.

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The World Health Organization (WHO) describes suicide as a behavior complex, resulting from the interaction of multiple psychological, biological, social, cultural and environmental factors, and not as an event resulting from a single cause (WHO, 2014). In psychiatry In contemporary times, suicide is characterized as an extreme outcome of psychological suffering. frequently associated with mental disorders such as major depression, bipolar disorder, and abuse of substances (KAPLAN & SADOCK, 2017).

According to Durkheim (2001), suicide can be classified into three categories. distinct, each marked by specific characteristics related to the integration of the individual. with your current social environment defined in Table 1:

Table 1 – Classification of types of suicide.

Egoistic suicide is a predominantly individual act, resulting from a lack of integration into the social group to which the individual belongs. The absence of strong social ties can lead to feelings of isolation, making the individual more vulnerable to this type of behavior.
Altruistic suicide is motivated by a collective cause, considered greater than the individual. The act is seen as a sacrifice in the name of religious, political, cultural, or similar values. Examples include suicide bombers from terrorist groups who give their lives for convictions shared with the group.
Suicide is an anomic act that stems from abrupt transformations in a society or culture, such as catastrophes or wars. Such changes can destabilize social norms and values, resulting in an increase in suicide rates due to feelings of disorientation and the breakdown of social bonds.

Source: Adapted from Durkheim, 2011.

Although they do not directly constitute the formal definition of suicide, understanding This phenomenon requires analysis of its risk and protective factors, since both influence it. significantly increases the likelihood of suicidal behavior occurring. Based on the definitions Above, it is possible to understand that the types of suicide are just another way of dying, that is, to take one's own life, voluntarily and deliberately; on the other hand, instead of we use it to condemn the action, that is, to qualify suicide as sinful, criminal, irrational, unjustified in a word, evil. (SZASZ, 2002, p. 21).

In terms of definitions within the phenomenological approach, suicide is understood as a rupture in the meaning of existence, when the individual realizes that they have lost the ability to attribute meaning. meaning to one's own life, experiencing unbearable psychological pain (SHNEIDMAN, 1996).

Risk factors include clinical and psychosocial conditions that increase vulnerability. suicidal behavior, such as depression, severe anxiety, substance abuse, isolation. Social factors, chronic stress, family history of suicide, and traumatic events throughout life. (WHO) It highlights that more than 90% of suicide cases are associated with mental disorders, especially depression and chemical dependency (WHO, 2014). Similarly, Botega (2015) reinforces that factors

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emotional factors combined with stressful conditions, such as occupational overload and social conflicts, They substantially increase the risk.

On the other hand, protective factors act by reducing the likelihood of developing suicidal behavior. Among the most cited are: adequate social support, regular practice of Physical activity, access to mental health services, spirituality or meaning in life, routine. structured, stable emotional bonds, and healthy family or occupational environments. According to Ministry of Health (2021), these elements strengthen emotional resilience and contribute to the prevention of psychological crises, while international studies indicate that physical activity has significant protective effect by reducing depressive symptoms and improving emotional well-being. (WHO, 2018).

In the military context, many police officers commit suicide because they live internally and externally under constant pressure, afraid of making a procedural mistake or witnessing one. An incident with tragic consequences, possibly caused by their actions or inactions. These factors These situations can psychologically affect the professional, leading to a state of stress or disorder. psychological factors. Thomas (2011) in his studies emphasizes the intense pressure that the professional feels after An incident can lead someone to choose suicide to alleviate their pain. In many cases, when a A professional shows signs of emotional distress, and the state military police decide to suspend him. the lack of practical activities. However, this distancing is often not positive, because the Professionals tend to feel like failures, experiencing a sense of rejection and isolation.

According to Violanti (1995), when professionals are away from their jobs, they feel the effects of their absence. personal failure, such as isolation from friends and colleagues. The author further adds that the feeling The social isolation that often follows leads the agent to adopt a stance. defensive. When the police officer feels that the sensation of frustration is no longer tolerable, or that no... If alternative coping mechanisms are available, suicide may become an attractive option.

However, some factors can be understood as clues for someone to make a decision. In turn, this could lead to ending one's life. The factors pressuring him are numerous, such as the feeling of... failure, the clash of moral values, the inability to control one's own destiny, control

who suffers from his corporation, from the justice system, from his peers, from the media, and from his own family; in addition to the inability to avoid connecting with loved ones for fear that they will see him as weak (VIOLANTI, 1995).

3 Behaviors Related to Suicide

Recognizing the complexity of this topic, there are some signs that individuals may be able to detect. exhibiting warning signs before committing the act. However, the warning signs described below should not be ignored. considered in isolation. Because there is no "recipe" for reliably detecting when a person is not experiencing a suicidal crisis, nor does he have any kind of suicidal tendency. However, a

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An individual in distress may give certain signs that should draw the attention of their family members and close friends, especially if many of these signs appear at the same time (WHO) GENEVA, 2000).

In particular, alcohol abuse exacerbates depression and increases the risk of suicide, for two reasons: first, alcohol impairs judgment during a crisis and increases the risk of suicide. risk of impulsive behavior. Secondly, a history of alcohol abuse is often associated with a history of mood disorders and impulsive behavior, erratic and violent, such as intimidation, abuse of force and domestic violence (MILLER, 2006).

According to the Federal Council of Psychology (CFP, 2017), thoughts and feelings of wanting Ending one's own life can be unbearable for many people. However, these individuals They present 10 warning signs described in Table 2.

Table 2 – Signs that may lead to suicide.

1. Preoccupation with one's own death or hopelessness.
2. Expression of suicidal thoughts or intentions.
3. Reduced or absent self-care.
4. Changes in diet and/or sleep habits.
5. Drug/alcohol abuse.
6. Changes in activity levels or mood.
7. Increasing isolation from friends/family.
8. Decrease in school performance.
9. Self-harm: Changes in clothing to cover parts of the body, for example, wearing long-sleeved shirts.
10. Reluctance to participate in previously enjoyed physical activities, particularly those involving the use of shorts or swimwear, for example.

Source: Adapted from CFP, 2025.

Dealing with this intense suffering is extremely difficult for some people, as already mentioned. mentioned above, making it challenging to know how to act in the face of these emotions and find strategies to overcome them. However, it is necessary to emphasize that help is available and that the Professional support can be essential in this coping process, such as consultations. to psychologists or psychiatrists to help in recognizing the difficulties, presenting alternative care options, allowing the individual to receive adequate support and thus find... paths to rebuild the meaning of one's own life (MILANI & LIMA, 2024).

Individuals with suicidal intentions often demonstrate their intent through words and gestures. which can be called clues. It's important to understand that some clues are presented in a way that... in a subtle way, however, others, in a very clear way (MILLER, 2006).

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Studies conducted by Miller back in (2006) report that, after a completed suicide, People close to the military police officers report that he "gave no indication that he would commit such an act." thus demonstrating the difficulty in interpreting the signals emitted by a suicidal individual, a since many military personnel are even ashamed to express their feelings. Therefore, attention to Part of the colleagues on the tracks can promote objective conditions for specialized support to a coworker who is suffering. The author also shares clues to police suicides in Verbal and behavioral aspects, clarifying that they often appear mixed together.

Identifying just a few signs should already cause the necessary concern to take action. preventive measures. Thus, Miller (2006) defined some specific clues presented by the military police, as described in Table 3.

Table 3 – Signs that may lead to suicide.

a) Self-threat: This can occur directly, such as "I'm going to shoot myself in the mouth now" or "I give up," or indirectly, in phrases like "Enjoy it while you can, because nothing lasts" or "It's bad not to be needed."
b) Threatening others: demonstrating dissatisfaction with oneself, especially towards those related to any aspect of the problems experienced by the police officer. In this case, the threats can also be direct, "I'm going to deal with that damn lieutenant for everything he did to me," or indirect, "Eventually, those people will get what they deserve."
c) Loss of control: this is probably the clearest and most unequivocal verbal clue to suicide, alongside direct self-threatening behavior: "If he humiliates me again, I will not be responsible for the outcome."
d) Insubordination: a moment of rebellion against established authority or order. For example: "If you don't like the way I did it, then do it yourself, because I don't care."
e) Feeling of defeat: an expression of hopelessness without direct reference to suicide: "I can't take this anymore," or with a more direct reference: "I'm ready for a permanent vacation."
f) Morbid attraction to suicide or homicide: the police officer may collect news about suicide or other violent deaths, talk about people who have killed themselves, and develop a morbid fascination with death: “Do you know the story of that police officer who killed his family and then committed suicide? I know exactly how that poor bastard felt.”
g) Overload: expresses a feeling of being overwhelmed by accumulating bad circumstances: "My wife is cheating on me, I'm drowning in debt, and nobody at work values what I do, I can't take it anymore."
h) No options: sees no way out of the current situation: "I've acted by the rules throughout my career and now I'm losing everything and nobody seems to care."

Source: Adapted from Miller, 2006.

According to the WHO (2006, p. 04), there is a list of fundamental factors that help in Identifying traumas that could lead an individual to commit suicide. Among the factors Among the points highlighted are aspects related to childhood upbringing and feelings of low self-esteem. self-esteem, experiences of sexual abuse, and the individual's current economic condition.

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These factors, often interconnected, significantly influence the risk of Suicidal behaviors. Childhood upbringing can determine how an individual copes with them. Emotions and adversity, while episodes of abuse, such as rape, can generate deep trauma. and lasting. Furthermore, the unfavorable economic situation contributes to feelings of Hopelessness and helplessness, exacerbating the vulnerability.

Next, we will present Table 4, extracted from a report published by the WHO, which It demonstrates the main risk factors associated with suicide.

Table 4 – Main factors that lead to suicide.

1. Low socioeconomic status and level of education; job loss.
2. Social stress.
3. Problems with family functioning, social relationships, and support systems.
4. Trauma, such as physical and sexual abuse.
5. Personal losses.
6. Mental disorders such as depression, personality disorders, schizophrenia, and alcohol and substance abuse.
7. Feelings of low self-esteem or hopelessness.
8. Issues of sexual orientation (such as homosexuality).

Source: WHO, 2006.

To identify if an individual may be at risk of suicide, it is essential to carry out... Direct questions that address negative feelings and thoughts. Examples of questions that... Possible questions include: "Do you feel sad?", "Do you feel like nobody cares about you?", "Do you feel that life is no longer worth living?" and "Have you ever thought it would be better to be dead, or do you have a desire to die?" It is important to emphasize that this approach should be done with... Respect, in a private setting, preserving the individual's privacy. The ideal time for These questions arise when the commander realizes that he has already gained the subordinate's trust. who demonstrates the ability to comfortably express their feelings (MELEIRO, 2003).

The dialogue process should allow the individual to feel understood, encouraging them to... Sharing negative feelings such as loneliness, helplessness, and despair is promoted. Open and supportive communication is essential for the proper management of warning signs. (WORLD, 2024).

Lira & Neves (2018), while writing their article, observed that, currently, the activity Physical education is not valued in the military police profession, and this culture began when... Commanders began placing police officers in field duties, in direct contact with violence.

from the streets.

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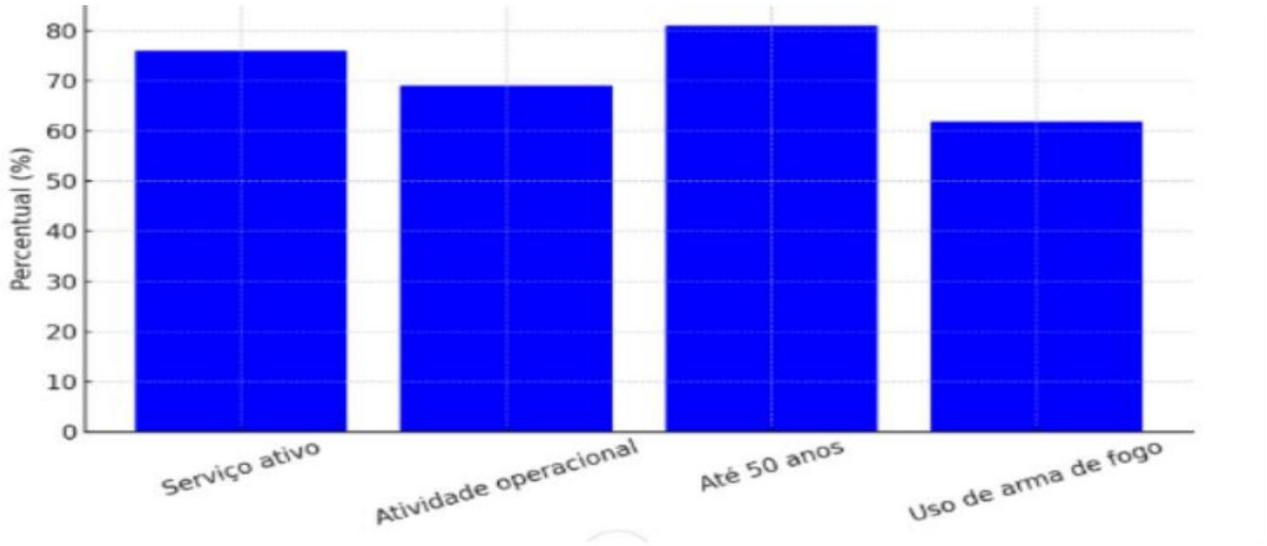
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According to Costa (2007), one of the consequences of the military police profession is the syndrome of Burnout, that is, a type of chronic stress resulting from prolonged work under tension. Permanent. Symptoms of the syndrome include: sleep disturbances, severe muscle pain or pain in the... Stomach problems, heart and respiratory issues, irritability, behavioral changes, among others. others.

Data released by the World Health Organization (WHO) shows that more than 800,000 People die by suicide every year worldwide, making it the fourth leading cause of death. leading cause of death among young people aged 15 to 29. Although there has been an overall reduction of 36% in The number of suicides between 2000 and 2019, however, followed the opposite trend in the Americas: there was a A 17% increase across the continent. In Brazil, the growth was even more significant, with an increase 43% of cases between 2010 and 2019.

A study conducted by Silva & Bueno (2017) presented statistics regarding Basic profile of military police officers who committed suicide. As seen, most of those who committed suicide were in Active duty in the Military Police (76%), and of these, the majority (69%) worked in operational activities. Another relevant piece of information: the majority were under 50 years old (81%), meaning they were in a productive age range. and socially active. Furthermore, it is noted that all were enlisted men, and that the vast majority (13 of them) 21, or 61.9%), used a firearm to complete the fatal act, demonstrating that access to the means is highly significant for the completion of the operation by military police officers (Graph 1).

Chart 1 – Profile of military police officers who committed suicide



Source: Adapted from Bueno & Silva, 2017.

It is known that regular physical exercise can control or reduce the Harmful results caused by excessive energy consumption in the professional routine. of these individuals. However, studies show very high suicide rates involving police officers. military.

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4. Physical Activity in Suicide Prevention Among Military Police Officers

From classical texts originating from the Roman, Greek, and Eastern peoples, physical activity is cited as an instrument for recovery, maintenance, and promotion of health. This tradition Historical evidence shows that, throughout the centuries, different cultures have recognized the value of the practice. Regular exercise is essential for physical and mental well-being. Records from these peoples show that... Physical activity has always been seen not only as a means of strengthening the body, but also of to preserve health and aid in the recovery from illnesses (MATSUDO et al., 2002).

According to Glazer (2002), physical activity alone is not the only solution for maintaining and/or To promote the health of individuals, whether military police or not, as well as to cure diseases. However, the The author himself states that physical activity is associated with other factors such as: conditions suitable work environment, balanced family environment, healthy eating, self-knowledge and Limited access to health services can, however, prevent suicide.

Studies confirm that low levels of health and well-being at work can lead to damaging consequences for both the individual and the company, and workers with low Those with lower levels of health may be less productive, have reduced decision-making capacity, and become more vulnerable. predisposed to absenteeism (DANNA & GRIFFIN, 2006).

According to Schlichting et al., (2009) professional occupation guaranteeing public safety In cities, for example, military police officers have a health impact on individuals working in that area. In particular. Because there are also aspects that are aggravated by physical inactivity and by Sedentary lifestyle, as highlighted below:

> (...) report a considerable number of traumatic disorders that directly affect the physical, mental and social health of military police officers, especially those on active duty, such as hypokinetic diseases due to sedentary lifestyles, mental disorders associated with stress states, and social problems related to chemical dependency and institutional stigma (SCHLICHTING JUNIOR; SILVA, 2009, p. 1).

According to Gonçalves, Veiga & Simões (2012), several factors related to routine The professional conduct of military police officers contributes to the emergence of health problems and to... Physical inactivity. These public safety officers constantly face risks inherent to... their work schedule, which goes beyond the daily physical demands. Given the above, the The work environment of military police officers is marked by exposure to communicable diseases and assaults. physical and verbal abuse, as well as situations that put their physical integrity at risk, such as assaults and, in In extreme cases, such as homicides, these professionals also bear the responsibility of acting. correctly in cases involving crimes, which further increases the psychological pressure. about them.

In most regions of Brazil, the work of police officers is characterized as stressful, and This is due to the following factors inherent to this activity, such as: the Military Police, in their

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Almost all of them do not work in barracks; the absence of physical activity is noticeable.
systematized and mandatory; a relatively long working day for a small number of employees; time of
Reduced rest. Such situations contribute significantly to a low level of physical activity and
which can trigger physical and psychological stresses such as arthritis, hives, hypoglycemia,
Memory deficits, osteoporosis, increased blood pressure, insomnia, among others, are common in this population.
(FAVACHO, 2016).

Another relevant aspect, which was pointed out by the authors above during the writing of their article,
It is the extended period that these professionals remain seated in vehicles, which contributes
due to a lack of regular physical activity. This routine, combined with the demands of the job, makes the role...
Police work is extremely demanding, requiring officers not only to be physically prepared, but also to have great
psychological balance to cope with the daily challenges (GONÇALVES, VEIGA & SIMÕES,
2012).

It is important to emphasize that the police service constitutes an important instrument of the State in
Preserving public order by guaranteeing security for civil society. And, it is part of a category.
considered stressful and exhausting for the individual who performs it, as mentioned above by others.
authors. It is still possible to contribute by arguing that in addition to the traumas experienced during their life
personnel. These professionals deal with risk factors involving physical capabilities and
psychological factors, which require the person to have at least a minimum of balance between body and mind.
(FERREIRA, 2005).

Therefore, studies conducted by Rosario et al. (2021) confirm that physical activity
It comes to play a fundamental role in aiming to bring real and visible results to these
professionals, as it helps improve a set of attributes related to daily life.
Therefore, a well-prepared military police officer will be better equipped to make decisions at the right time.
to respond to the calls that are filed against them, in addition to being less prone to developing illnesses.
emotional.

To conclude this chapter, the WHO (2019) described the main expected outcomes in
Physical activity for a military police officer leads to a reduction in cardiovascular diseases and stress.
and improved physical fitness, the latter of which necessarily includes cardiorespiratory endurance,
muscular strength and endurance, muscular power, speed, flexibility, agility, balance and
Action and reaction time.

Barreto (2021) also points out the benefits that physical activity can bring to police officers.
Military benefits include: feelings of pleasure and well-being, contentment, health promotion, and improved mood.
and it boosts self-esteem, helps control cardiovascular and respiratory problems, and reduces
fat, among other things. Therefore, it's understandable that there's no reason to speak of harmful effects in...

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performing physical exercises, where military police officers only stand to gain, both in improving their...
quality of life, both in functional, social and family settings.

Suicide prevention within the military police force is a necessity.
imperative, especially given the increase in cases registered in recent years by the Military Police.
from Paraná. This worrying scenario motivated the undertaking of specific studies on the subject,
aiming to better understand the phenomenon and analyze the initiatives already implemented to contain it.
progress (COSTA et al., 2007).

5 METHODOLOGY

This research was developed through a bibliographic study, based on...
Literature review on the proposed topic. With the aim of analyzing the progress in suicide cases.
observed worldwide, as well as assessing the vulnerability of military police officers in the face of
daily demands inherent to their profession.

The analysis was carried out based on the selection and examination of previously published materials, allowing for...
Understanding the main issues related to suicide and the exposure of military police officers to
situations of psychological risk. Through a literature review, we sought to identify factors that
These factors contribute to this vulnerability, considering the context of police work and its implications.
for the mental health of these professionals.

In conducting this study, scientific articles related to the application of...
Physical activity for the prevention of suicide and emotional illnesses. Two methods were used for the search.
Main research sources: SCIELO, Qualis, RGSA, Ordem Pública, Exacta, among other materials.
disseminated on the internet and Google Scholar. SciELO consists of a virtual library with access.
Free, to which scientific journals can be found. Google Scholar is defined in a mechanism
A search aimed at students and researchers. All selected articles were in Portuguese.
Portuguese and English. To that end, the following keywords, highlighted in the abstract of this study, were used.
Article: Physical activity, suicide prevention, military police officers, and emotional disorders.

6. FINAL CONSIDERATIONS

During the construction of the respective work, it was possible to conclude that there was indeed an o
The rise in global suicide rates, according to data presented by the WHO. After analysis
From the information provided, it was possible to understand that this increase in cases is closely related
to the rise in emotional disorders characteristic of the 21st century, such as anxiety, depression and
Burnout syndrome, especially among professionals subjected to high-pressure environments, such as
the military police.

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Therefore, the data shows that some factors can influence an individual's behavior.
comments on suicide. These factors listed in Table 4, when not recognized and addressed, can
escalating into risky situations that lead the individual to take their own life.

Given this scenario, the scientific literature shows that the regular practice of physical activity
It offers consistent benefits in mitigating these symptoms by acting on neurochemical regulation.
in reducing emotional overload, improving sleep, and strengthening resilience.
psychological. These effects make physical activity not only a healthy habit, but a
an essential component in the prevention of suicidal behavior.

Thus, it can be concluded that the systematic incorporation of institutional policies that encourage...
Physical activity, combined with integrated actions of psychological support and early identification.
Identifying warning signs is an essential strategy for promoting mental health.
Military corporations and other work institutions should invest in preventive interventions based on...
Based on evidence, this means not only promoting individual well-being, but also strengthening the...
professional performance and significantly reduce vulnerability to suicide in the context
contemporary.

The importance of physical activity is essential for promoting balance and quality of life.
an individual's life, especially in the context of professions exposed to situations of great pressure.
psychological, such as that of military police officers. Encouraging the regular practice of physical exercise acts
as an effective factor in preventing emotional disorders and promoting mental health,
offering significant benefits for both professionals and the corporation.

Investing in strategies aimed at suicide prevention provides benefits.
incommensurable to the professionals directly involved, also reflecting on the entire
corporation. These actions contribute to reducing vulnerability to psychological distress and
They strengthen the institutional environment, promoting a healthier and more resilient organizational climate.

As a suggestion for future studies and scientific publications, it is recommended that...
Interviews with active-duty military police officers. This approach aims to understand their perceptions and
feelings of these professionals when faced with high-risk and dangerous situations in
their work routine, allowing for a deeper understanding of the factors that
They impact your mental health and the development of even more effective prevention strategies.

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