

## USING FUNDS OF HEALTH AND FITNESS ACTIVITIES FOR PREVENTION OF ADOLESCENTS' AGGRESSIVENESS

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**Abstract.** The article presents the results of an education study on the prevention of adolescents' aggressiveness by means of health and fitness activities (team games and group exercises). The results obtained during the experimental work allow the author to assert the effectiveness of the chosen method of personal development of adolescents and the formation of their willingness to cooperate and restrain themselves in emotionally acute situations. The presented material will be interesting and useful to practicing social educators, teachers-psychologists and deputy heads of a general educational organization for educational work. The prospects for further research on this problem are to expand the possibilities of using physical, cultural and recreational activities to harmonize the personal development of adolescents in terms of improving their arbitrariness of the emotional and volitional sphere.

**Keywords:** teenagers, aggression in emotional conflict situations, health and fitness activities.

## ИСПОЛЬЗОВАНИЕ СРЕДСТВ ФИЗКУЛЬТУРНО-ОЗДОРОВИТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ ДЛЯ ПРОФИЛАКТИКИ АГРЕССИВНОСТИ ПОДРОСТКОВ

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**Аннотация.** В статье представлены результаты экспериментального исследования по профилактике агрессивности подростков средствами физкультурно-оздоровительной деятельности (командными играми и групповыми упражнениями). Полученные в ходе экспериментальной работы результаты позволяют утверждать об эффективности выбранного способа личностного развития подростков и формировании у них готовности к сотрудничеству и сдерживанию себя в эмоционально острых ситуациях. Представленный материал будет интересен и полезен практикующим социальным педагогам, педагогам-психологам и заместителям руководителя общеобразовательной организации по воспитательной работе. Перспективы дальнейших исследований по данной проблеме – расширение возможностей применения физкультурно-оздоровительной деятельности для гармонизации личностного развития подростков в плане совершенствования у них произвольности эмоционально-волевой сферы.

**Ключевые слова:** подростки, агрессия в эмоционально-конфликтных ситуациях, физкультурно-оздоровительная деятельность.

**The relevance of the research problem.** The problem of aggressiveness of modern teenagers is quite acute for modern society. In the conditions of economic, political and social instability, a deviant form of behavior becomes characteristic for

the younger generation. Aggression as an intuitively chosen way of everyday behavior affects a significant decrease in the social intelligence of adolescents, namely the inability to understand the behavior of another person, their own behavior, as well as the inability to act in accordance with the situation [1-5].

At the same time, traditional means of psychological and pedagogical prevention of aggressive behavior of adolescents (conversations, trainings, etc.) are sometimes insufficient for their social and pedagogical rehabilitation [6].

Based on the research of the psychological and pedagogical essence of physical culture and wellness activities as a means of developing the personality of those involved, conducted by Professor Yu.V. Naumenko [7; 8], we assumed that the means of physical culture and wellness activities (team games and group exercises) will have a beneficial effect on the emotional and volitional sphere of adolescents and will contribute to prevention of aggressive behavior.

**The aim of the study** is to assess the impact of physical culture and recreational activities on the manifestation of aggressive behavior of adolescents in emotional conflict situations.

**The base and terms of the study.** The study was conducted in school No. 40 of the city of Volgograd in June 2022.

**Study participants.** The study involved 15 teenagers (students of grades 6-7) classified by the school's social pedagogue as "difficult". The first group (experimental) consisted of teenagers attending a school camp (8 people), and the second control group included 7 people who stayed at home.

**Methodology for assessing** the aggressive behavior of adolescents – we used the traditional basic method of "Aggressive behavior" in the work of a school teacher-psychologist (E.P. Ilyin, P.A. Kovalev), which allows us to evaluate the aggressive behavior of adolescents according to the following parameters: 1) propensity to direct verbal aggression; 2) propensity to indirect verbal aggression; 3) propensity to indirect physical aggression; 4) propensity to direct physical aggression; 5) level of intemperance.

Evaluation indicators: little manifested – up to 7 points; often manifested – from 8 to 14 points; pronounced – from 15 to 20 points.

The first test was held in early June before the opening of the school camp shift, and three times 21 days after the end of the shift.

Table 1.

*Manifestations of aggressive behavior in adolescents in the experimental group*

Teens	At the beginning of the experimental work					Based on the results of the experimental work				
	KVA	PVA	KFA	PFA	ON	KVA	PVA	KFA	PFA	ON
Ivan P.	10	18	14	10	12	8	13	11	7	10
Kirill S.	11	19	13	10	12	9	14	10	8	9
Maxim A.	11	18	14	11	13	9	12	12	9	10
Sergey V.	12	20	14	11	13	10	14	11	8	11
Nikita R.	10	17	14	10	11	8	12	12	7	9
Maria A.	13	17	12	9	12	11	13	11	7	8
Anna P.	12	18	13	10	12	11	12	10	7	8
Sveta M.	13	17	12	9	11	11	13	10	7	8

Note. KVA – indirect verbal aggression; PVA – direct verbal aggression; CFA - indirect physical aggression; PFA – direct physical aggression; UN -level of intemperance.

Table 2.

*Dynamics of aggressive behavior in adolescents in the experimental group (average score)*

Indicators	At the beginning of the experimental work					Based on the results of the experimental work				
	KVA	PVA	KFA	PFA	ON	KVA	PVA	KFA	PFA	ON
Little is manifested									7,5	
Manifests itself often	11,5		13,25	10	12	9,63	12,88	10,88		9,13
strongly pronounced		18								

Table 3.

*Manifestations of aggressive behavior in adolescents in the control group*

Teens	At the beginning of the experimental work					Based on the results of the experimental work				
	KVA	PVA	KFA	PFA	ON	KVA	PVA	KFA	PFA	ON
Ivan P.	11	17	14	9	12	10	15	14	9	10
Kirill S.	9	17	13	10	12	9	14	13	10	11
Maxim A.	11	18	14	11	13	9	14	14	11	10
Sergey V.	12	19	14	11	13	11	15	14	11	11
Nikita R.	11	18	14	9	11	9	14	14	9	9
Maria A.	10	17	12	9	11	10	15	12	9	8
Anna P.	11	17	13	10	12	11	15	13	10	8

Table 4.

*Dynamics of aggressive behavior in adolescents  
in the control group (average score)*

Indicators	At the beginning of the experimental work					Based on the results of the experimental work				
	KVA	PVA	KFA	PFA	ON	KVA	PVA	KFA	PFA	ON
Little is manifested										
Manifests itself often	9,38		13,43	9,86	12	9,85	14,57	13,43	9,86	9,57
strongly pronounced		17,57								

A comparative analysis of the results of the study of aggression in adolescents (Table 1-4) shows that:

- at the beginning of the experimental work, the groups were comparable in terms of the level of aggression in the selected indicators;

- according to the results of experimental work, the quantitative indicators of adolescents in the experimental group improved in all selected parameters (indirect verbal aggression; direct verbal aggression; indirect physical aggression; direct physical aggression; level of intemperance) and in two (direct verbal and direct physical aggression) there was a qualitative improvement;

- in the control group, qualitative improvement occurred only in one parameter (direct verbal aggression), quantitative indicators did not change for manifestations of indirect and direct physical aggression, and even worsened for indirect verbal aggression.

Thus, positive dynamics in the manifestation of various forms of aggression and in the level of intemperance is noted only in adolescents of the experimental group, which indicates a positive effect of means of physical culture and recreational activities (team games and group exercises) on the prevention of aggressiveness of adolescents.

**Prospects for further research on this problem:**

- determination of the most effective means of physical culture and health-improving activity by the influence on the manifestation of aggressiveness and the level of restraint of adolescents;

- approbation of the proposed approach to the prevention of aggressive behavior in high school students and young people;

- the use of means of physical culture and recreation activities to improve the emotional microclimate and interaction of family members in problem families.

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