**Program of recreational and health activities for adolescents with character’s accentuations**

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**Annotation:**

The problem of using psychosomatic approach for correction the behavior of adolescents with character’s accentuations was considered. The author’s program of recreational and health activities for adolescents was grounded and offered, taking into account the level of social adaptation and psychological features of character. The researches were conducted on the basis of secondary schools № 5, 7, 11 of the Romny town, Sumy region with 12-16 years old teens (n=412), including 218 girls and 194 boys. It is determined that psychosomatic approach in health and recreation program provides for the development and planning means and methods that influence not only on the level of somatic and physical health, but also on the structure of adolescents’ personality. It is recommended the author’s program, that consists of three stages, and solved the three groups of problems: health, training and educational, was developed and incorporated in an educational process.

**Key words:** adolescents, recreation, health, character’s accentuation, psychosomatic, pedagogical programs.

**Introduction**

High stressful of socio-economic factors, environmental and lifestyle in modern society make for a progressive decline of the psycho-physical condition and psycho-social health in recent years. In connection with this finding the most adequate ways and methods of strengthening the mental and physical condition of the population and the development of health technologies to ensure the formation of stable personal settings on a healthy lifestyle acquire a special actuality [2].

A formative of personal maturity – is a long, complex and dynamic process that is characterized by special features in each age period. Adolescence is particularly important in the formative of personal maturity. In this age character’s accentuations are strongly pronounced. Adolescence (girls – 12-15 years old and boys – 13-16 years old) – is the period of human life, which is characterized by high but not synchronous rate of physical and mental development. Secondary sexual characteristics begin to form during adolescence; there is the period of an intense increasing in the size and weight of the body. All this leads to the fact, that appearance becomes one of the factors of self-affirmation. All somatic changes are stress factors for children; that is why it is important to pay attention to the mental health of adolescents.

During the rapid growth and physiological reorganization of the organism among adolescents it may appear anxiety, irritability and low self-appraisal. As a common feature of this age, it is marked variability in mood, emotional instability, unexpected changes from joy to upset and pessimism [5]. That is why the behavior of adolescents may be unexpected and unsocial. It is also a critical period, because lifestyle patterns for health behaviors are frequently tested and/or acquired during adolescence.

The character of many adolescents becomes accentuated (extreme version of norm). The type of character’s accentuation greatly influences on the behavior of adolescents. The type of accentuation determining can pick out the factors that may cause psychogenic reaction, which lead to the dysadaptation [6]. Usually accentuations are developed during the period of the character’s formation and smooth out with age.

Therefore, during drawing up the recreational and fitness programs, it is important to take into account not only sex, age, level of physical fitness and health level, but also the character’s accentuation and type of the nervous system. It is proved scientifically that persons with a weak nervous system are fatigued faster, but are more enduring to the static stress than persons with a strong nervous system [1]. At the same time self-esteem influences to the level of physical condition and to the daily physical activity. So daily energy higher among children with normal and aggerated self-esteem. Indicators of flexibility of students with normal self-esteem are 23,4 % more, than the indicators of students with low self-esteem and are 9,3 % more, than indicators of students with high self-esteem. Also, power indicators of students with low self-esteem are 21% lower and power-speed indicators are 6,1 % lower, than these indicators of students with normal and inflated self-
esteem [3]. It has not been studied sufficiently that character’s accentuations influence on the training methods, the effect of physical exercises on the mentality.

Along with this, there is a clear trend of a worsening of pupils’ physical health status at secondary schools. In the last decade for the data Institute of Hygiene and Medical Ecology named by Marzeev of Academy of Medical Sciences of Ukraine the morbidity among schoolchildren has increased by 26.8%. Thus, the 1-st form has 30% of children with chronic diseases, in the 5-th form – 50%, in the 9-th form – 64%, in the 10-th form – 60% [9]. Our dates confirm this information.

The necessary condition of schoolchildren’s health providing is their physical and mental development, because a health is an important factor of mental capacity and harmonious development of the child’s organism.

That is why physical education lessons should be based on the principles of personal-oriented and psychosomatic approaches, the aim of which is a creating condition for improving the physical fitness and level of physical and psychological health of pupils and increasing the interest for the lessons [4]. On the basis of personal-oriented approach in the physical education one can correctly measure out the physical activity and provide the correct balance between physical and mental activities.

Thus, elaboration of recreational technologies improves the level of psychophysical condition of adolescents and builds up the stable personal settings on a healthy lifestyle acquire an especial actuality.

The paper was made according to the Consolidated Plan of Research Work in the Field of Physical Culture and Sports in 2011 – 2015 years, by themes 3.9 “Improving the scientific basis of Sport-for-all, fitness and recreation” and 3.10 “Theoretical and methodological foundations of healthy lifestyle’s forming of students and young people”.

Aim, tasks, material and methods.

Aim: to substantiate the expediency and efficiency of program of recreation and health activities for adolescents with character’s accentuations.

Methods: analysis of the literary sources, pedagogical supervision, pedagogical experiment, questionnaire.

Researches have been held at the secondary schools № 5, 7, 11 in the town Romny, Sumy region. In stating experiment 413 teens, including 217 girls and 196 boys, took part. The experimental group included 45 persons with a pronounced character’s accentuations, who were involved in the author’s program of recreational and health activities for 4 months. The pedagogical experiment was conducted in after school time with periodicity 3 times per week and duration of 1 hour.

Results and discussion

Well known, that a motor, vegetative and mental processes are closely interrelated on the physiological level. With a disturbing of this relationship, it may occur changes in the mentality; develop somatic or mental pathologic conditions. It means, that one can have an influence on the mentality through the impact on the processes of somatic or vegetative systems (it is possible with the help of physical education’s means), and vice versa [7].

In the literature there are some studies that confirm the positive effect of physical exercises both on the physiological and the psychological levels of the body’s functioning, although the school’s physical education curriculum is directed to improve physical fitness, taking into account the level of health [1, 4]. At the same time it is proved that physical activity, which influences on increasing the level of physical fitness does not necessarily lead to significant improvements in the psychological condition.

The using of physical exercises with the aim to influence on the psychics is physiologically grounded and scientifically proved. It is known, that the motor analyzer structurally is connected with higher vegetative centers and provides the relationship with motor and visceral areas of the organism. Thus, the psychics is not only determines the movements, but also shows up itself in motor reactions [8].

Thus, the tasks of a specially-organized physical activity in terms of psychosomatics are:

• optimization of functions of CNS;
• recovery of muscle sensibility;
• correction of personal psychological complexes;
• correction of muscular hyper tonicity;
• development of motor expression of emotions;
• training of psychological and emotional stability;
• development of motor improvisation;
• training of psychophysical self-regulation skills.

For strengthen psychological health the recreation programs should include [2]:

- moderate aerobic exercises with gradually increasing intensity;
- breathing exercises;
- physical exercises for development of balance, flexibility, statokinetica stability with the purpose to influence on such mental qualities as self-reliance, calm, personal self-appraisal;
- complexes of relaxation exercises, meditative postures, exercises for bearing correction, for normalization of cortical-visceral self-regulation and potentiation of mental relaxation;
- sport, psychological and outdoor games with individual determinations of roles, that is depends on personal characteristics and behavioral features.

Analysis of literary sources in combination with own researches allowed to make the complex program of recreational and health activities for adolescents with character’s accentuations. According to the results of stating pedagogical experiment it was researched the purpose of the program, tasks, and also methods and means, which can be used for the correction the behavior of adolescents with character’s accentuations.

The aim of our program is the correction the behavior of the adolescents with different types of character’s accentuations.

The program contented 3 stages: initial, base and final (table 1), which solved the three groups of problems: health, training and educational.

The health’s tasks include the strengthening mental and physical health of adolescents; the improving of the functional capacity of the organism; the improving
work capacity; the reduction of anxiety and aggression; the improving of the level of social adaptability of adolescents and the fixing of skill of the correct posture during movement and in static position.

The educational tasks include the formation of knowledge about the influence of physical exercises on the basic physiological systems of the organism and the human psyche; teaching of the control and expression of emotions through movement; acquaintance with the skills of self-control, the dosage of activities through heart rate and self-feeling.

The training tasks include formation of stable interest and need in regular physical exercises; training of strong-willed qualities; formation the ability to cooperate in a group; formation of the communication skills; development of self-dependence in decision making.

For solving tasks it was used: widely-preparation, widely-development, specially-preparatory and sport exercises, sport’s and outdoor games, respiratory exercises, elements of dance-movement and body-oriented therapy, art-therapy and psychological training.

The training was hold in after school time with periodicity 3 times per week and duration of 1 hour.

In the process of the fitness training for adolescents games are important in improving mental health and decreasing mental stress. That is why games occupy the central role in our program.

With the purpose of increasing the level of teenagers’ socialization, each exercise or game came into question upon completion, that allowed to promote solidarity of group and teach children to express own emotions and feelings, and also understand essence and orientation of this game or exercise.

For fixing of the got result one time per 2 months sport holidays were conducted.

The results of inspection of adolescents after a lead through recreational and health measures testify about great positive action of the method developed by us by comparison to traditional approach. The author's method allowed to increase socialization of adolescents, to reduce anxiety and aggression.

**Conclusion:**
1. The psychosomatic approach in health and recreation program provides for the development and planning means and methods that influence not only on the level of somatic and physical health, but also on the structure of adolescents’ personality (mediatly and immediatly).
2. The analysis of scientific literature and own researches confirm the presence of adolescents’ problem of socialization and correction of their behavior.
3. The author’s program, that consists of three stages and solved the three groups of problems: health, training and educational, was developed and inculcated in an educational process. Program’s efficiency allows to recommend it for introduction in educational process of secondary school with the purpose of correction the behavior of adolescents with character’s accentuations.

There is a need to study the effect of various types and intensities of exercises on psychological condition and personality’s psychosocial adaptation, elaboration of integrated mental and physical training system to strengthen the mental health of adolescents, elaboration of integrated methods adopted to body-based exercises in combination with traditional recreational programs.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Content</th>
<th>Tasks</th>
<th>Duration, hours</th>
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<tbody>
<tr>
<td>Initial</td>
<td>Widely-preparation, widely-development exercises, respiratory exercises, outdoor games</td>
<td>1. Preparation of functional systems for physical activity. &lt;br&gt; 2. Familiarization with the basic elements of dance and motion technique and body-oriented therapy. &lt;br&gt; 3. Teaching self-control and dosing activities on heart rate.</td>
<td>10</td>
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<tr>
<td>Base</td>
<td>Widely-preparation, widely-development, specially-preparatory and sport exercises, sports' and outdoor games, respiratory exercises, elements of dance-movement and body-oriented therapy, art-therapy and psychological training</td>
<td>1. Formation of knowledge about the influence of physical exercises on the basic physiological systems of the organism and the human psyche. &lt;br&gt; 2. Education of the control and expression of emotions through movement. &lt;br&gt; 3. Education volitional qualities, ability to cooperate in a group communication skills.</td>
<td>25</td>
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<tr>
<td>Final</td>
<td>Specially-preparatory and sport exercises, outdoor games, respiratory exercises, elements of dance-movement and body-oriented therapy, art-therapy</td>
<td>1. Fixing the skills of the correct posture when driving and in a static position. &lt;br&gt; 2. Formation of stable interest and needs in regular physical exercise.</td>
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