

Recreational sport activities to diminish the aggressive behaviors in the scholars of the Community

Actividades deportivas recreativas para disminuir las conductas agresivas en los educandos de la Comunidad

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ABSTRACT

The carried out investigation the students of 8-12 years of the community "Sixth Congress", municipality October 10 are a study related to recreational sport activities to diminish the aggressive behaviors starting from the deficiencies verified in the sphere actitudinal. A representative sample was used assisting to the quantity of scholars understood in this age and that they exist in the district, as well as the characteristics of the same ones. For the realization of the study it was feasible the use of different methods of investigation scientist among which are historical logical, induction-deduction, analytic - synthetic and documental revision, interview and observation.

Keywords

Recreational sport activities; Students; Sphere actitudinal; System of activities; Aggressive behaviors.

RESUMEN

La investigación realizada es un estudio relacionado a actividades deportivas recreativas para disminuir las conductas agresivas de los escolares de 8-12 años de la comunidad “Sexto Congreso”, municipio 10 de octubre, a partir de las deficiencias constatadas en la esfera actitudinal. Se utilizó una muestra representativa atendiendo a la cantidad de escolares comprendido en dichas edades y que existen en la circunscripción, así como las características de los mismos. Para la realización del estudio fue factible la utilización de diferentes métodos de investigación científico entre los cuales se encuentran histórico lógico, inducción-deducción, analítico -sintético y revisión documental, entrevistas, encuesta y la observación.

Palabras clave

Actividades deportivo recreativas; Educandos; Esfera actitudinal; Sistema de actividades; Conductas agresivas.

INTRODUCTION

Education constitutes major socialization processes involving important factors such as the school, the family and the surrounding community. If you intend to achieve a comprehensive general training of men and women prepared to live in your time, you will have to integrate these three major areas of action, and in turn each of them will fulfill its role in society. The family and the social context are responsible for creating the bases for the subsequent training of the individual, the school, therefore, for raising this training to higher levels through systematic and integrated work.

Problem: How can we contribute to reducing the aggressive behavior of schoolchildren in the “Sixth Congress” community of the municipality on October 10?

Benavides (2011), carries out a titled investigation; Physical and recreational activities for schoolchildren with inappropriate manifestations of behavior in the community Fraternity, where activities related to the use of Physical Education and Recreation with a community character are promoted as a means of treatment for manifestations of aggressive behavior that present in four-year-old primary schoolchildren willingly, achieving the goal that minimizes and contributes to eradicating the bad behavior of schoolchildren with aggressive conduct, positively influencing the integral development of these.

A system of actions is carried out, which, as implicit in this work, assumes the objective of guiding education professionals to enhance their development on the basis of reducing aggressive conduct among community learners; from factor analysis. (Acevedo, 2016).

Importance: From the study and analysis, of the methodological theoretical foundations that sustain the manifestations of aggressive behavior of students aged 8-12 years, after carrying out the diagnosis of the current state in which the same things are found in relation to the manifestations associated with aggressive conduct, and implemented the design of recreational sporting activities, if I could see that these were diminished, demonstrating así the pertinence and effectiveness of the proposal, through the results obtained in its application. To this end, the author relies on Esperanza (2011), which in her study has reference to; Physical activities - recreational for schoolchildren with inadequate behavior in the community.

Methodology: From a longitudinal descriptive investigation, necessary methods will be analyzed to obtain a better result in the work, with the teachers who must carry out the activities in the community.

Objective: To propose recreational sporting activities to reduce aggressive behavior among students in the “Sixth Congress” community of the municipality on October 10th.

Sample and Methodology

Characterization of the show: The show was selected by four recreation teachers from the “Rafael Conte” sports center, with several community members and 26 priests, for a total of 39. The teachers have a degree in Physical Culture. To validate the investigation through activities, 7th grade students will be used. General Secondary Level Grade of 9th grade. Grado del Nivel Secundario Especial 8-12 años de la comunidad “Sexto Congreso”.

Methods and procedures used in research: To approach and study the scientific problem in question are related to the continuation of the methods used:

Theoretical level methods

Documentary review: it is possible to show the theoretical references that support the investigation, from the critical consultation of different sources, determining the fundamental characteristics to be carried out in the study of recreational physical activities.

Analysis - synthesis: It makes it possible to discover relationships and general characteristics about conduct, the understanding of different aspects that constitute the theoretical and methodological foundations of research, it also uses the process and interpretation of empirical data obtained through the different instruments applied and the elaboration of conclusions.

Inductive - deductive: result of great usefulness for the analysis of the general to the particular and viceversa about concepts and criteria of authors and current theoretical trends in conduct. It allows the interpretation of empirical data on schoolchildren with manifestations of aggression, in light of the main theoretical and methodological foundations of reference and on subseponeral discovering the essential and general aspects with which the conclusions of the investigation are drawn up.

Modeling: Seemplea to elaborate recreational sports activities that contribute to reducing aggressive behavior among schoolchildren aged 8-12 in the “Sexto Congreso” community of the municipality October 10th.

Empirical level methods

Documentary study: It is carried out to evaluate the activities that are planned for schoolchildren aged 8-12 years based on the integral diagnosis of the psychopedagogical characterization and the manifestations of aggressive behavior to obtain information. It is also carried out to understand the characterization about the “Sixth Congress” community of the municipality on October 10 that the teachers pose.

Interviews: It applies to community factors (delegate, president of the CDR, FMC, ACRC), to obtain personalized information, their years of experience in community preventive work, which contributed experiences and critical assessments about the object of studio.

Survey: It is applied to families to assess the level of knowledge that poses about changes in aggressive behavior that pose to their children and the preparation they need to adequately respond to these manifestations. It also applies to teachers to obtain information about the integral diagnosis of the families of their 8-12 year olds and the relationship that is established between the school, community factors and the family; así how to value the preparation of teachers in action. Pedagogical observation: It was carried out through direct perception, aimed at controlling organizational aspects during the activity as a child (conditions for preparation of the area of activities, conditions of sports implements, and the motivation that demonstrates schoolchildren aged 8-12 in it course of activity). It is also possible to obtain information regarding manifestations of aggressive behavior through games applied in recreational sporting activities. The type of observation carried out is direct and open.

The observation guide includes dimensions and indicators to evaluate organizational aspects and aggressive behaviors that manifest among schoolchildren. The analysis was made based on the criteria of technicians and specialists, with a determined level of structure.

Consultation with experts: Allows you to obtain reliable information about the investigation object, which facilitates the obtaining of data and the validity of that investigation.

The mathematical method: Descriptive statistics are used to process quantitative data from the results of interviews, surveys, observations and document reviews.

Conduct: This is the act performed as a reaction to the stimulus that includes thought, physical movements, oral and facial expression, emotional responses that respond to the formation of the individual in society, which influences social factors and the family. (Hernandez, 2011)

Aggression: As a characteristic of conduct, it is a verbal or physical action that can harm or harm others physically or psychologically to others or to themselves. It is an emotional response, which involves the violation of socially established norms. It presupposes violent and destructive behavior, hostile feelings, in some cases necessary to live and has frustration as an antecedent. (Araujo, 2012)

Educational Inclusion: According to UNESCO (2020), it is to ensure that each individual has access to and benefits from equal educational opportunities to advance in their learning process. There is no official definition of inclusive education in Cuba contained within the legal framework, however. Since 2009, UNESCO has considered inclusive education as a key strategy to achieve Education for All (a declaration that has been adopted since 1990), based on the belief that education is a basic and

fundamental human right of a fairer and more equal society UNESCO (2009). Plancarte (2017) explains that when we hear or read educational inclusion words, the majority of people instantly relate to special education or disability.

Pedagogical Strategy: to reduce aggressive conduct through Physical Education. Refer to the application of a strategy that involves improved planning, organization and control of the results of each student taking into account their individual differences, enabling them to achieve better behavior, both physically, mentally and socially. (Acevedo, 2016)

RESULTS

The investigation is carried out in the Sixth Congress community belonging to the “Rafael Conte” Community Sports Center, in the neighborhood of Lawton, municipality of Diez de Octubre, which has 4 recreation teachers. In the present investigation, the criteria of the authors Hernández (2011), Araujo (2012) and Acevedo (2016) are assumed, which have contributed concepts and pedagogical strategies, activities, games, skills for the preparation of teachers and family members to minimize conduct of aggression as well as defining dimensions and indicators, which allow showing an approach to the reality that is being investigated, in addition to the researcher relying on the criteria issued by the Ministry of Education National through the 2023 Agenda, regarding inclusive work. The practical significance of the study is based on the scientific – methodological and guiding value that the theme takes place, and facilitates the analysis and reflection in the search for a new conception about recreational physical activities in the context of the integral training of schoolchildren 8-12 years old from the community “Sixth Congress” of the municipality October 10th. The importance and actuality are given before the new demands that the Cuban government has put forward, constitute an important tool for teachers who impart recreational sporting activities to schoolchildren aged 8-12 who exhibit aggressive behavior. A response to the requests made by recreation teachers, about the need to count on new alternatives as tools for the effective realization of educational work in the social context.

Investigative Stages: The investigative strategy depends to a large extent on the methodology used, because the same is based on methods, theories and laws. Without a doubt, it would not be possible to approach reality, or study phenomena, society and thought, without a good methodological strategy that allows the researcher to collect the necessary information, without this being able to fulfill the objective that has been set.

Methodological actions: For the work of inclusion in the community, methodological meetings will be held with recreation teachers, meetings with community factors, to finalize details regarding

recreational activities and their support in them, in addition to meetings with the priests, to verify the level of satisfaction they obtained after implementing the activities in order to reduce the aggressive behavior of their children.

CONCLUSIONS

1. The bibliographical review found different theoretical references related to aggressive conduct and recreational sporting activities as a valuable tool for designing it.
2. The diagnosis carried out among schoolchildren aged 6-12 years and teachers responsible for imparting bold recreational sporting activities
3. existing limitations, related to aggressive conduct,
4. enhancing the actions to be planned for its reduction.
5. The proposed activities to reduce aggressive conduct in them
6. Schoolchildren aged 8-12 are made up of phases and methodological actions.
7. The relevance and effectiveness of the proposed activities to reduce aggressive school conduct for 8-12 year olds was verified, through the results obtained in its application.

Recommendations

- Carry out studies based on a qualitative methodology that allows you to deepen the internal reasons of the student that lead to the development of these aggressive behaviors, achieving with it a better understanding of the causes and factors that provoke inappropriate behavior, as well as a better prevention of implicit consequences in this type of conduct.
- Enrich this investigation by putting into practice recreational sporting activities designed to reduce aggressive behavior.
- Expand the investigation to other groups of ages and people with social conduct problems, as a prevention of future negative manifestations within society.

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