

PHYSICAL ACTIVITY AGAINST DEVIANT BEHAVIOR: IS IT POSSIBLE TO PREVENT AND REDUCE DEVIANCES WITH SPORT?

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Abstract: This article discusses physical activity and sport as a good way to overcome deviant behavior in children. A number of characteristics of sporting activity are identified, which define it as useful not only for the physical but also for the psychological, emotional and overall development of the personality. Organized extracurricular sports activities are mentioned as a good means of organizing the leisure time of the students. Of course, sport is not a universal remedy for the problems of society and the deviant behavior of children. But it is one of the working options for prevention and overcoming deviant behavior, especially if it is a result mainly of the child's personal characteristics such as aggression, temperamental behavior or adrenal dependence. Affiliation to the team gives the child certainty that they are a member of a community where they give and receive permanent support. The pursuit of personal achievement reflects the development of the child and directs his or her energy in a positive direction. Achieved success boosts self-confidence and self-esteem that are so necessary to young people especially in teen years. Driving into discipline in sport will lead to compliance with social norms and public laws.

Key word: *sport activity, deviant behavior, self-confidence, personal success, motivation, leisure time, motor activity, health lifestyle.*

Health culture and physical activity are of essential meaning for preventing health at any person's age. A healthy lifestyle is a specific type of system of vital activities aimed to preserve and improve health of the individual and society as a

whole. This is achieved through the personal health culture, the value orientation and the motivation of the person (<http://zdrave.org>).

Every kind of motor activity in reasonable dosage:

- improves the vital activity of all organs and systems in the body;
- increases mental and physical performance;
- strengthens the protective forces.

Motor activity is one of the main factors for primary health prevention. On the one hand, it counteracts the hyperdynamics, which is a risk factor for the occurrence of many socially significant diseases. On the other hand, as a result of systemic physical stress, structural and functional changes in the body are achieved, stress is reduced, leisure time is used well and tunes positive (<http://www.4fitnessbg.com/articles/view/3.htm>; <http://medicina-bg.info>).

Motor activity causes:

- Excitement associated with motivation to perform an exercise or the outcome of the game. But when the excitement is beyond the accepted it is supposed to be one of the reasons for the occurrence of deviant behavior.

To reduce excitement, motivation should be a little lowered as well. For example, the focus can be shifted from the outcome of the game, to the feelings and emotions it has created.

- Taking a sense of responsibility for the victory of your team - a positive quality of a person, but super responsibility often leads to undesirable consequences.
- Competition – it is useful for an individual to compete with themselves and not with others. Observations show that children and pupils compete mainly with others. Changing priorities will help reduce deviant behavior. The good strategy is 70% to compete with yourself, and 30% with others.
- Increasing the degree of life satisfaction.

Prevention of deviant behavior through motor activity and sport is one of the ways to handle the problem. Achieving self-confidence can lead to a reduction in disagreements between internal and external evaluations. Permanent engagement with training, self-improvement in a sport can reduce dependence on external ratings. And last but not least, we have a different attitude towards loss and victory when we have no resource to change them.

The realization of systematic physical activity affects the development of basic psychic processes:

- * sensory processes (feelings, perceptions, ideas) – reflectors are developed and refined (special actions of analysts);
- * thinking – there is a close interaction between the visibly-active, the visual

image and the conceptual thinking; skills are developed to consider strategy and solve tactical tasks;

- * memory – develops, exercises and improves motor, emotional, image, verbal-logical memory; creates and strengthens skills for semantic ties making;
- * attention – influences the development of its qualities: activity (arbitrary/willful, deliberate/involuntary), direction (external, internal), width (volume, distribution), switching (light, difficult), sustainability (sustainable, unsustainable);
- * imagination – develops skills to build the image of the recourses and the end result of the actions/activity; to create programs of behavior when the problem situation is undefined; to create images corresponding to the description of the action/object.

In psychological terms, taking up a kind of physical activity contributes to the building of personal qualities:

- ✓ will – self-regulation is achieved for personal activity and behavior, which ensure overcoming difficulties in reaching the goal; from a genetic point of view, the development of the will is linked to the increase of awareness of actions and the unfolding of motivation;
- ✓ discipline – step by step habits forming obligatory and conscious subordination of the personal behavior to certain rules and requirements by the adult/group/team are gradually developed; skills are built to manage their own actions;

- ✓ observability – develops the ability to notice the essential, even less noticeable, features of the objects and phenomena;
- ✓ courage, determination, ingenuity, self-control, purposefulness – builds habits to overcome the sense of fear and uncertainty in success; to act despite the difficulties and the adverse consequences; to seek solutions, to risk in the name of achieving the goal.

On a social level, physical activity helps to master interactions and relationships between people and their companions:

- cooperative processes, cooperation and mutual assistance – gradually the participants in a certain kind of physical activity proceed from rare, superficial contacts to joint activities, they are increasingly cooperating, and they gradually increase their desire to coordinate the actions in order to achieve the common goal; the unification of efforts and the simultaneous distribution of functions leads to mutual support for the individual efforts of everyone;
- situations of:
 - A: Competition – builds the ability to compare their attitudes to a particular standard made by others in achieving a certain result (goal).
 - B: Rivalry – the participant / team directs (mobilizes) efforts against another participant/team, seeking a more favorable assessment of their own activity.
 - C: Conflict – encourages participants to create a (common) strategy of behavior that opposes the other group strategy. This is achieved on the one hand through active intra-group

negotiation, discussion, selection of optimal variants and coordination of individual efforts in a group strategy, and on the other - by observing the rules of inter-group interaction, all of which are equal.

- Positions of:

A: Equality – there is a desire to cooperate, to seek common goals (meaningful to the partner).

B: Superiority (winning) – the partner is looking for his or her function as a connoisseur for those qualities that the participant considers to be his/her merits.

C: Inequality (loser) – from the subordinate position, the partner is seen as a model, source of ideas and guidelines for their realization so that the participant obtains their approval.

The proper functioning of physical activity as a process affects the necessity-motivational and emotional sphere (Radev, 2012; Stamatov, 2000):

- the needs of communication, love, trust, recognition, success and avoidance of failure;
- of knowledge and play, of understanding and self-affirmation, of activity and functioning and the accompanying emotional states of them (by K. Isard) of interest, joy, astonishment, suffering, anguish, anger, contempt, disgust, fear, guilt, shame.

“Sport and physical activity play a significant role in contemporary society. Indeed, sport and physical activity have great meaning for many people. Groups of people come together around team activities. Some activities are more individualised.

Participants may experience rewards from strenuous activity, but there can be other rewards as well. Sport and physical activity can have long-term benefits in the social development of young people” (Cameron, M. & C. MacDougall, 2000, p. 2). “Sport can act as a diversionary activity distracting from violent and criminal activities and also as a hook bringing young people into contact with opportunities for achieving wider goals such as furthering their education or finding employment” (McMahon & Belur, 2013, p. 3).

Deviant behavior is a behavior of non-compliance with rules established in the group/ society. This is a behavior that violates moral and legal laws. The reasons for its occurrence are different. They vary and are searched at macro-, meso- and microlevels. The most studied determinants of deviant behavior are: family, school, friendship circle, classmates, peers, gangs, ghettos, personal characteristics, the media, the development of the human community. In their book “Sport, physical activity and antisocial behaviour in youth” L. Morris, J. Sallybanks and K. Willis point the following risk factors:

- Individual factors: perinatal and postnatal difficulties; antisocial personality which includes impulsiveness, beliefs and attitudes favourable to deviant or antisocial behaviour, restlessness, risk-taking; and antisocial behaviour which includes displays of aggressive and/or violent behaviour, previous offending, substance misuse.
- Family: parental criminality; poor family management practices as poor supervision/monitoring,

harsh/inconsistent discipline; high levels of family conflict; lack of parental involvement (including neglect and low parental warmth).

- School: academic failure; truancy and low commitment to schooling; early school leaving and frequent school changes.
- Peers: poor social ties (few social activities, low popularity); mixing with delinquent siblings and peers; gang membership.
- Community/neighbourhood: poverty; community disorganisation; availability of drugs and firearms; exposure to violence and crime within the community (Morris, Sallybanks & Willis, 2003, p. 11].

In literature there are different theories about the appearance of deviant behavior such as biological, social, psychological, behavioral and others. Regardless of the reasons for its occurrence, the deviant behavior of adolescents is a real fact. The consequences of children's deviant manifestations are detrimental to them, their families and society as a whole, so adequate methods for its prevention and overcoming must be sought.

There are some basic characteristics of sport activities that may be used against occurrence of deviant behavior:

- sport activities build character and prepare for real life with its victories and losses – an athlete is accustomed to failures and miseries; this could be used against deviant behavior provoked by an insignificant failure at school for instance;

- the basic thing about people involved in sports activity is to learn how to lose not only to win – when an athlete encounters a difficulty or a challenge, their psyche is trained and they are much more likely to be resilient and to cope with the disappointment; this is against deviant behavior that could be awakened by fear or feeling of uncertainty;
- on the other hand, when the child is not trained to deal with adversity and failures, they will be much likely to break down mentally; if the boys or girls live in adverse environment, it is more likely to target drugs, alcohol and other substances; this means that child is very adaptive to deviant behavior;
- stimulate positive communication between children; in a sport team friendships are forming; this is against deviant behavior that is often provoked by alienation from peers and feeling of loneliness;
- sport activity awakes team spirit even in individual sports; team spirit is very important for successful future realization of every person; this is against deviant behavior that leads the person directly to marginalization;
- the child is called to rely on their teammates; this strengthens the feeling of confidence and safety which is against deviant behavior that is often result of lack of trust in other people;
- the child gets acquainted with the laws and rules of hierarchy and obedience; this is a skill that is necessary in life-time; no respect to hierarchy in society is an indicator for ill-mannered juvenile;
- the child learns to respect people older than him/her and those who have more sport achievements; in this way the child learns to respect their teachers and other people that he/she will follow on the way of his/her own physical, psychical and emotional growth; this is against deviant behavior that is often a result of lack of positive role model;
- the child gets used to the loss in a sport game so the child learns to cope with the difficulties in life; thus they take it easier and could not be disappointed or frustrated by the smallest failure; this is against the deviant behavior which is often a reaction of disappointment and frustration;
- will for victory is very different from rage and aggression; psychical activity suggests fatigue after workouts; then child needs rest; that's why sport may be defined as a cure against physical aggression;
- sport activities reduces the likelihood of seeking help in the use of narcotics and alcohol; it is supposed that other members of the team are clean as well; this means a good company and sterilized environment that will not affect the child badly;
- sport activity builds discipline – this is quite different from discipline at home, at kindergarten and at school where control is monopolized and is carried out only by teachers and other pedagogical specialists; it is an imposed control that sometimes is too strong and causes child's disgust from school;

sport discipline is a discipline for body and mind; this is self-control that increases concentration and motivation for achievement in a sport team, the discipline happens on its own – it is based on respect for others' success and the pursuit of personal success;

- if a person is engaged in sports, it is much more possible to resist the temptations and challenges of the day; physical activity lows stress and also nervousness;
- in addition to receiving support from their teammates, the child learns to lend support to others;
- competition in sport is useful because it leads definitely to higher motivation for greater achievement.

In addition, we can definitely lay special emphasis on the fact that sport rationalizes leisure time of children. It is very difficult nowadays to organize leisure time of students. This is very important from pedagogical point of view, because leisure time is exactly the time when students are prone to risk.

It must be the theme of sport against Internet and computer games should be discussed as well. "Online gaming is an emotionally draining and time-consuming activity. To create more time for the computer, gaming addicts neglect sleep, diet, exercise, hobbies and socializing. They let their own health deteriorate as they do not get the proper rest and nutrition they need. They may suffer a number of health problems such as back strain, eye strain, carpel tunnel syndrome, and repetitive stress injury" (Young, 2009, p. 358). "While there is still considerable controversy surrounding the exact definition of Internet addiction, there is

some consensus on the following symptoms:

- ✓ persistent preoccupation with the Internet;
- ✓ increasing frequency of the time spent on the Internet;
- ✓ frequent unsuccessful attempts to control the time spent online;
- ✓ when Internet use is cut down or interrupted, the user feels tired, shaky, or depressed;
- ✓ irritability when the user attempts to stop the use of the Internet;
- ✓ longer amount of time on the Internet in relation to what was previously planned;
- ✓ jeopardizing important relationships or even professional work and education due to the use of the Internet;
- ✓ lying to others about the amount of time spent on the Internet;
- ✓ use of the Internet as a form of escapism for everyday problems (Lemos, Abreu & Sougey, 2014, p. 82-83)

If Internet gaming is to be considered as a appearance of deviant behavior, it should be well emphasized that sports activity is a good treatment(replacement) for it. Of course, things will not happen with a swing of a magic wand.It's hard to get the kid to stand up and start playing sports all day long. It should not be forgotten that the ultimate goal is not to make the child to give up the Internet. Rather, the balance must be found. The alternation of onlinelife and sports activities is a good prescription that will protect the child from many physical, emotional and psychic disabilities.

Conclusion:

We can once again recommend and determine the role of physical activity for:

- ✓ maintaining healthy human status: increasing the resistance of the body, which is a prerequisite for the normal functioning of the internal organs and systems of the human organism;
- ✓ the formation of cultural and hygienic habits related to the specification of a full-fledged regime: rational nutrition, healing procedures, personal hygiene and physical exercise, tourist events, etc.

The synchronic performance of physical activity as a purposeful process reveals the multi-directional projections of its impact on the overall development of man.

This article attempts to track the relationship between deviant children's behavior and sport as a method for its prevention and overcome. The main features of sports activity that have a positive influence on the overall development of the personality are analyzed. A reference has been made to the causes of deviant behavior in children and how sport neutralizes them. It can not be said that sport is a universal remedy for all social problems - there are many scientific studies according to which belonging to a team of "hooligans" can also lead to deviations in the behavior of the child. But physical activity has proven qualities for the individual's health, for increasing their tone, for building self-confidence, for relieving tension and negative energy, for improving mood. All of these features are an excellent basis for considering sport

activity as one of the most appropriate means of preventing and overcoming deviant manifestations in children and adolescents.

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