



CHILD PSYCHOANALYSIS IN SPORT CONTEXT: PREVENT MENTAL DISTRESS, RISK BEHAVIOURS, IN YOUNG PEOPLE INFLUENCING CULTURAL TRENDS



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OBJECTIVE

The project regards an intervention to enhance the well-being and to prevent mental distress in young people using sport sailing context and Child Psychoanalytical Theories.

The aim was to intervene on psychological distress symptoms - detected after an initial phase of clinical observation - that interfere with general well-being in normal life and sport.

To maintain the long term intervention efficacy with children, studies continued with networking between teams and Sailing Federation activities to raise awareness of the importance of psychological well-being and increase the use of psychological tools by technicians as a community resource and new cultural trend.

METHOD

The method applied clinical psychoanalytical observation to monitor, record and analyse data on which interventions were created using group dynamic.

Data was recorded on about 80 youngsters monitored for over three years, belonging to Optimist, 420 and Laser Class.

Methodological tools employed are:

Clinical Psychoanalytical Observation.

Observe and record data on: age, initial and final perceptions of the program; the defense mechanisms employed - using the Defense Mechanism Rating Scale of J.C. Perry-, which are to be related to the integrity of Ego, reality testing and object relations; self-reliance, anxiety and distress quality.

Social Observation.

Observe and record data on group and subgroup dynamics, teamwork and social skills, using Community Psychology tools to mapping the sailor community and their actors.

Sailing observation.

Sailing proficiency, rigging, boat control, position on boat, propulsion, direction, strategy, tactics and how their sailing and problems are related to their personality.

Group activities.

Interventions, created ad hoc, for each sailing group have been used in two different phases - experiential and cognitive reprocessing- as real growing experiences that would reduce individual dysfunctions and primitive defense mechanisms. In accordance with the Community Psychology theories, we used group, subgroup and their dynamics as the main contest for social growth in youngsters.

Networking.

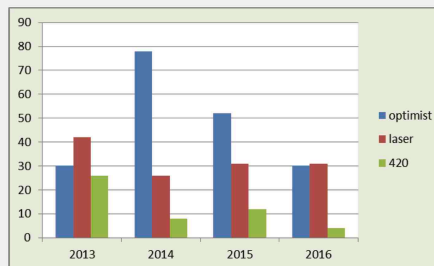
In order to maintain the long term efficacy of the intervention on children and on their changes, the study continued with networking between teams and Sailing Federation activities, training for coaches and meeting with sailors' parents. In so doing awareness of the importance of psychological well-being has been increased and further data have been recorded.

Data tabulation.

Quantitative analysis: data was recorded in tables after each meetings.

Qualitative analysis: data on changed perceptions was performed on the content of the oral - transcribed- and written reports, using the Losito Theory (1993).

Each report was fractionated into clauses classified in different categories. A clause is a phrase with a proper meaning. Categories were chosen according to the object and the hypothesis of the research.

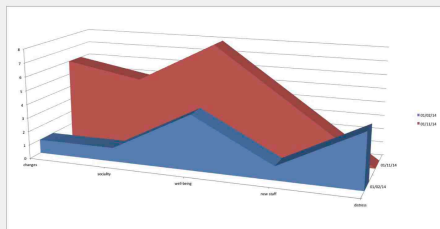


Intervention's steps series:



RESULTS

To verify the hypothesis that intervention made positive changes in children's well-being and their characteristic can influence the cultural trend, clinic data and feedback on the intervention - by the participants, their parents and coaches-, were collected. Qualitative analysis on changed perceptions, using the Losito Theory, was performed on the oral and written reports.



Results confirm the hypothesis that changes would evolve in both sport and in any other behavioral life context of the youngsters involved. These were apparent in all aspects of their lives, such as improvements in well-being, relations with others, self-efficacy, self-confidence and the ability to cope with problems, and also in the reduction in their usage of primitive defense mechanisms.

CONCLUSION

Thanks to the synergy between and Child Psychoanalysis Theory - necessary to gain an overall comprehension, semeiotic and actions on human behaviors - Sport Clinic Psychology, applying A.i.p.p.s.'s model and Community Psychology tools, -for actions and research in a sport community contest-, we confirm that welfare collaboration, well-being, prevention and teamwork have become part of the community heritage.



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