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# The Development of Physical Health and Self-Confidence of Children and Young People Through Sports

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**ABSTRACT**

It is known that through sports, positive emotions such as self-confidence and self-esteem are formed in children and young people. A large part of the research is devoted to adolescents and their perceived sports competence. According to the facts, there is a connection between adolescents and children, between playing sports and the formation of a sense of self-confidence. It is noteworthy that self-esteem decreases in the youngest group and the highest in early adolescence, mid-adolescence, and recovers slightly in late adolescence. Sport is important in the formation of self-confidence in them during the same adolescence. This article will discuss detailed information on the physical health and self-confidence development of children and young people through sports.

**Keywords:**

children's participation in early sports, youth and adolescents' participation in sports, positive health effects of Sports, self-confidence, self-esteem, depression, subjective well-being, motivation.

Today, worldwide growth in adolescent and adult obesity has been well documented as a widespread epidemic in the last twenty years. According to the World Health Organization, around 31% of people aged 51 and over were insufficiently active worldwide in 2018. About 3.2 million deaths occur each year, attributed to inadequate physical activity. These surprising statistics are the most worrying, since physical activity is also significantly decreasing in children and adolescents. Childhood obesity is one of the most serious health problems of the XXI century. The positive effects of sports and physical activity are common, helping to fight and prevent obesity and related health problems directly. In particular, lack of sports

and physical activity can increase physical and psychological disorders such as obesity, cardiovascular disease, high blood pressure, high cholesterol, low self-esteem and mental health, including anxiety and depression.

Also, playing sports contributes to the positive development of the mind and body, which is effective in forming self-confidence and self-esteem. Adolescence is a transitional period, which can be difficult for boys and girls, and as a result, they can have a low self-esteem, especially in terms of appearance, sportsmanship and academic qualifications, in which they develop a sense of insecurity. This prevents them from choosing their future lives and making important decisions at the same

time. At this time, children and adolescents who play sports are physically, mentally and mentally strong. And the strongest aspect of them is strong self-confidence and motivation.

Physical self-esteem or physical self-awareness has a major impact during adolescence. By teaching lifelong skills through sports, some negative effects such as self-esteem and depression can be negated. According to the latest data, it is conducting national research on health and nutrition testing. Based on statistics, 34.6% of adults over the age of 20 are obese. According to the Directorate of Applied Research, adolescents aged 12-17 years experience a state of depression. In doing so, playing sports can help bring psychological benefits by reducing anxiety and depression. Research on the results of sports training, which began at an early age, supported sports experiences for people of any age. Experts say that children can be given different types of sports from the age of 5 or from the early school age, depending on their interests. "A healthy generation is a mentally mature generation, not just physically. To educate a comprehensively perfect person, it is necessary to organize a medical and psychological service, organize physical health work with children and young people of kindergarten age, as well as with the older population."

Sometimes it becomes much more difficult for children to talk about the necessary issue in order to be good. But if topics like this are clear and concise, it will contribute to the development of the correct assessment process. The main thing is not to emphasize that they do not deserve anything when opening problems. On the contrary, it is recommended to talk in a way that encourages it to be even better than before.

Usually, a positive self-assessment comes from striving for a certain goal. Therefore, instead of criticism, it is possible to propose goals that are appropriate for age and interest. For example, "Why did you spread your clothes everywhere?" If you put all the clothes in the closet in time, you'll be able to play more games". The two can be compared, it is natural for the child to focus more on the second

sentence. More work should be done on the negative thoughts that arise in children. That is, mothers should be more helpful in eliminating negative thoughts. It is necessary to convince the mixed thoughts of a little fear and laziness, typical of children, such as "I can't read this", "I can't afford to do the exercises", that they will improve over time. Only then will they realize that everything is possible and that they only need to act for it.

Growing thinking is the study of mistakes and making the right conclusions. When a child knows that failure is simple and that there is a solution to these problems, then the concept of assessment begins to take shape. As much as possible, it is necessary to help children learn from their mistakes. For example "this time pour out the juice. Next time, hold the glass in the dishwasher so that it does not repeat again, and then let the juice".

It is very useful to praise the child in moderation. But how to praise is also important. Many put aside their child's ambition and evaluate it based on the final result. But in solving the problem, it should be noted separately its approach and striving to overcome obstacles. Clear and honest praise is the key to forming a healthy assessment. To inspire a child to something, you should never compare them to other peers. It is also possible to achieve bung by simply exemplifying the achievements in their previous work. Or it is also useful to tell some good story that can inspire. After this process occurs in children, psychological problems on their own are also eliminated.

Sports also teach children how important it is to do what you can, although it does not always mean winning. For example, your child can do a great job of running and kicking, but his football team can still miss the game. In the end, your child's efforts are completely under his control. Actions that cause success or failure also make their will strong in them in their pursuit and progress towards the goal. Team sports have many psychological and social benefits for children - it is considered even more than physical activity during play. That is, in them, sensations such as

being able to work and communicate in a team are formed.

When playing sports, children also develop physical health. If they miss a competition they are not discouraged when the loss teaches children to return from despair, to experience unpleasant experiences! Playing sports can help children learn to control their emotions and positively direct negative emotions. It is also necessary for children to develop patience and improve their physical skills. Playing in a team helps children develop many social skills necessary for life. It teaches them to cooperate and listen to other children. It also gives children a sense of belonging. This will help them make new friends and build their social circle outside of school. An important part of playing for a team is adopting discipline. Playing sports is also necessary for children to understand that they can follow the rules, make decisions and be punished for bad behavior. This teaches them to receive guidance from coaches, referees, and other adults.

**In conclusion**, it is sport that is important when children and young people of adolescent age are strong in every way. In particular, it helps to improve the health of children through sports, to form feelings such as self-confidence, respect, patience. In addition, sports make the children's organism real. Therefore, parents are advised to give their children to one of dozens of sports, such as swimming, running, tennis, badminton, volleyball, football, basketball, equestrian, chess, rhythmic gymnastics shooting. Through this, of course, future generations will be mentally and physically healthy. After all, healthy mind!

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