PHYSICAL FITNESS AND PHYSICAL SELF-CONCEPT IN ADOLESCENTS

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Abstract

The aim of this study is to find out whether there is a relationship between factors determining physical fitness and physical self-concept. To evaluate physical fitness are used the student's Physical activities for their mental health. The Physical Self-Concept Questionnaire was used to assess physical self-c oncept. Relationships found between endurance and strength as components of physical fitness and as determinants of physical self-concept in the sample. The same is true of the factors that determine physical self-concept when they are related to each other when they participate in physical activities. Therefore, studying these factors during adolescence is important for the diagnosis and prevention of conditions associated with heart disease in adults. In this regard, several cross-sectional studies have shown an association between physical fitness level and other level.

***Keywords**: Adolescence; Endurance; Flexibility; Physical Fitness; Physical Self-Concept*

Introduction

Physical fitness is related to the ability to perform physical activity (1). But there are many factors that can affect this ability to perform physical activity. Among them, physical inactivity and low physical fitness are determinant factors for the occurrence of some diseases that are a major concern in today's society, as is the case with obesity (2). Aerobic capacity and muscle strength are important indicators and predictors for disease and cardiovascular mortality risk.

With this in mind, it is worth noting that the onset of these types of diseases, which mostly occur in adulthood, usually begins to appear in childhood or adolescence. In fact, some cases have been found to indicate an increased risk of heart disease for this age group. Some of them may even predict future morbidity and mortality, as is the case with childhood overweight. Similarly, some authors have established in their research that the role of low physical fitness as a cardiovascular risk factor is greater than that of other well-established factors. Changes that occur during adolescence have a significant impact on an individual's development as he or she transitions into adulthood (3). Puberty is a major biological change during which there is a rapid increase in height, weight, and a significant modification in body composition that will define what humans will be physically and physiologically in adulthood, the precursor to the first stage of development.

Therefore, studying these factors during adolescence is important for the diagnosis and prevention of conditions associated with heart disease in adults. In this regard, several cross-sectional studies have shown associations between physical fitness level and other cardiovascular risk factors in childhood and adolescence. Similarly, important longitudinal studies have found that the level of physical fitness in adult life and the presence of other traditional cardiovascular risk factors are determined by the level of physical fitness that people had in childhood or adolescence. It is noteworthy that the components of physical fitness can be divided into two groups: The first is related to health. Following this line of research and according to the Toronto Model of Physical Fitness, Physical Activity and Health, there is a close relationship between physical fitness and health. As a result, the amount and type of physical activity will determine

the level of physical fitness and, at the same time, the level reached will determine the type of activity to be performed (4). With this in mind and according to several studies, physical self-concept plays an important role in the development of this level of physical fitness that may allow certain types of activities to be completed within a specified time period. Consequently, to assess future cardiovascular risk as early as possible, the above-mentioned evaluations must essentially begin in childhood or adolescence.

Research Methodology

Research was conducted using the relationship between Physical fitness and Physical self-concept in Adolescents As a research tool, the modified curriculum of physical fitness and physical self concept in Adolescents questionnaire was used. In addition, two qualitative methods were used - participant observation and content analysis of the literature. To elicit outsiders' opinions, the survey excludes physical fitness and physical self concept respondents with no prior experience in sports.

Purpose of this study

1. To find out whether sex in school children aged 14–15 affects the various factors that determine physical self-concept in all its forms.
2. To find out whether there is a direct relationship between factors determining physical fitness and physical self-concept in the sample.
3. “Physical self-concept” was selected for all its factors (appearance, perceived ability, self-esteem and general self-concept) in contrast to the gender variable. All values were higher in boys than in girls.

Perceived ability also shows two asterisks when it relates to perceived strength, self-esteem, general self-concept, and physical tests that measure variable strength and endurance. His occurs when perceived strength is related to self-esteem, general self-concept, and tests that measure strength and endurance. The same is true for general self-concept, but only when it is related to an endurance test.

Discussion

There is a relationship between endurance and strength as components of physical fitness and factors that determine physical self-concept in the sample such that students who score high on these tests will have a high self-concept. This is also true for factors that determine physical self-concept when they are related to each other, but not when they are related to resilience. It is important to conclude that physical fitness is valued as a positive factor for physical and mental health, as studies have shown that it has a positive effect on physical self-concept. Therefore, it is necessary to conduct a future investigation of a longitudinal nature with a larger sample and an experimental proposal that includes a program to improve physical fitness. It aims to find the cause-effect relationship by conducting pre-test and post-test, considering that the size of the sample and the fact that it is a descriptive study have been the two main limitations of this study and may have some consequences unexpected effect on. It is important to address physical fitness as well, along with strategies to boost adolescents' physical self-concept, because the higher the self-concept, the better the score on tests of physical fitness and the greater the propensity to perform them. For decades, researchers have tried to link healthy lifestyles to self-esteem in adolescence. This line of research argues that youth with low self-esteem are more

likely to engage in specific behaviors that put their health at risk. However, people with high self-esteem tend to have healthier behaviors.

But despite a great deal of work in this area, the results obtained are confusing and inconclusive, thus implying that self-esteem may not be a valid predictor in the study of health behaviors. It is for this reason that there are many authors today who suggest that self-concept dimensions are useful for this purpose In terms of self-concept as well as establishing its relationship with physical exercise means tackling one of the most popular lines of current research. The many benefits that result from the practice of physical activity on a physical and physiological level have already been mentioned, but it is also worth highlighting the benefits that arise from this practice on a psychological level. But, despite its benefits for self-esteem, various studies agree that a sedentary lifestyle is still too common. Therefore, it would be interesting to consider whether a direct relationship between these two variables might be possible. Physical inactivity is a consequence of, or rather a cause of, poor self-esteem and self-perception of adolescents. Body care and body image, especially in adolescence, is a social fact nowadays. In adolescence, self-esteem problems stem from the large amount of body changes that occur at that age. This, along with a natural desire to be accepted, leads teens to constantly compare themselves with others. Furthermore, there is a direct correlation between perceived competence and an increase in personal acceptance, thus favoring the development of self-esteem. Both aspects body and appearance are also considered to be the most influential predictors of self-esteem (5). Therefore, in their study these authors point out that there are different factors to be taken into account when it comes to physical self-concept.

The physical changes experienced by the body during adolescence have a significant impact on an individual's personal and social identity. For this reason, the process of building physical self-concept can be considered rooted in this age and can also influence physical-sport habits, which may, at the same time, have an impact on physical aspects and adolescent health status. According to the sample's physical self-concept and physical fitness, as far as the factors determining "self-concept" and "physical exercise" are concerned, there is a correlation between each other, in the sense that the results obtained are clear. That physical fitness is related to the next factors: appearance, perceived competence, perceived power, self-esteem and general self-concept; presence of factors with normal self-concept; perceived competence with perceived strengths, self-esteem, and general self-concept; and finally perceived strength with self-esteem and general self-concept.

Consequently, the higher the perception of physical fitness, appearance, perceived competence and strength, the higher the self-esteem and self-concept of the adolescent. The same is true for self-esteem, because the better the self-esteem, the better the self-concept. It is also similar with respect to higher values of perceived power, which will lead to better respect and perception. From the results obtained, it is worth noting that those tests that measure strength and endurance are directly related to the next factors: Physical fitness, competence, perceived power and general self-concept, since in the previous correlations, the Pearson coefficient is positive, the relationships will be directly proportional. Accordingly, it is easy to conclude that the greater the strength and endurance, the greater the perception of physical fitness, ability, and power. They will also have a better self-concept. This matches the results of several studies. The results also

show that there is a direct correlation between endurance and attendance.(6) However, with regard to variable flexibility, it is possible to conclude that the greater the flexibility of the left leg, the greater the flexibility of the right leg and vice versa. There is also a relationship between strength and endurance, so the greater the strength, the greater the endurance and vice versa.

Conclusions

In this sense, the main conclusions drawn from this study are that the better the self-concept, the better the physical fitness in strength and endurance and vice versa. For this reason, we propose to develop avenues for future research that seek to increase physical self-concept in adolescence through improvements in physical fitness, either through physical education lessons or through extracurricular physical activity programs. We do. Work with some techniques. It would be interesting to know to what extent certain intervention programs through physical activity may have an effect on self-concept and physical fitness.

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