



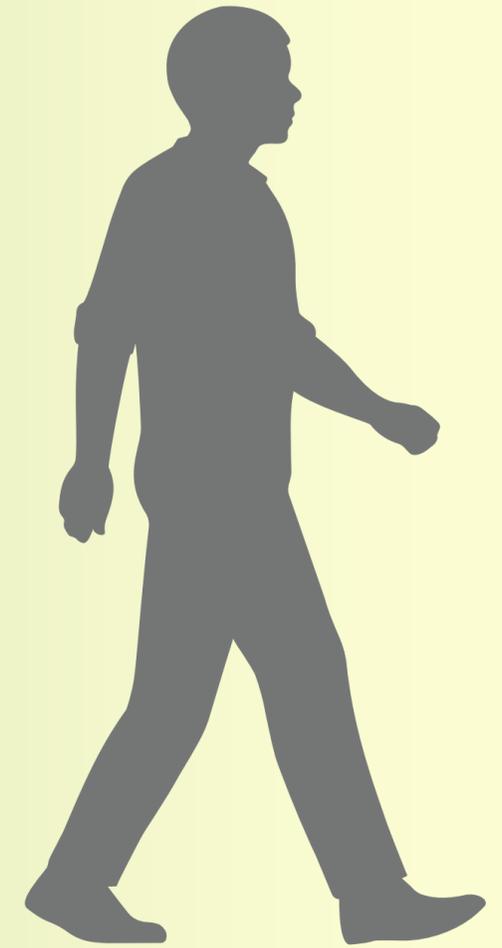
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SEARCH

SPORT EDUCATION FOR ACTIVE
AND RESPONSIBLE CITIZENSHIP
THROUGH HEALTH CARING





MODULE 1
Enhancing the educational activity of sport

SEGMENT 5

**Educational activity of sport as a means of resilience
and social redemption**

Sport as a synonym for commitment and as a metaphor for testing may be a very effective tool for **resilience** and **social redemption**

In any sporting activity, **resilience** becomes a determining competence: suffering until the end of the race is what guarantees true sporting success, in which the important thing is not winning but taking part.

In this sense, research has shown that athletes can recover quickly despite several setbacks thanks to **mental strength** which is developed through training sessions that are quite demanding from the point *of view of resistance to physical fatigue and emotional stress*. It allows them to float while others sink.

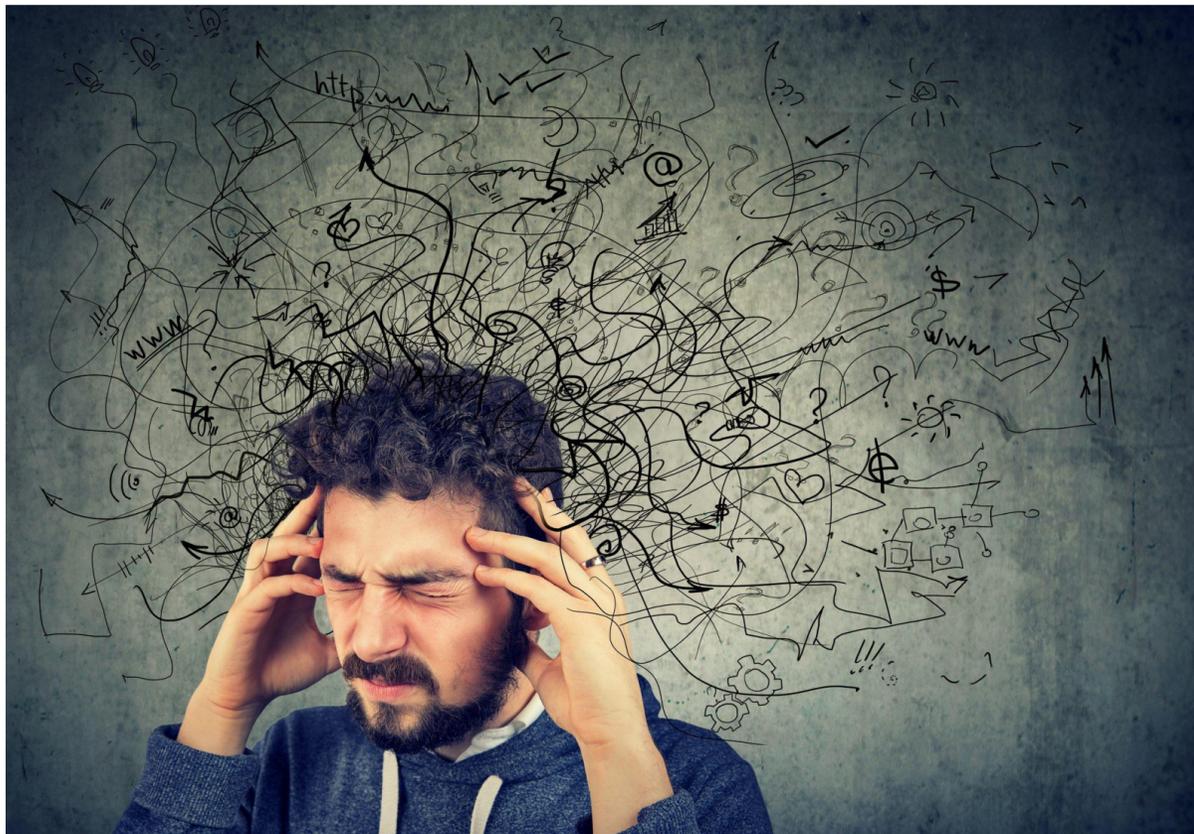
Athletes are thus turned into people who are committed, who have great determination and, above all, a *sense of confidence in their own possibilities* developed after having experienced many difficulties.

In this regard, we should mention the ***resilience of sportsmen and sportswomen with physical disabilities***, who succeed in giving the best of them while facing the challenge of improving themselves day after day with enthusiasm.

The fundamental difference between the athlete and those who do not practice sport is that, the former have mainly self-imposed pressures, they have no other solutions but to provide for stress management as soon as possible, *making a virtue out of necessity*.

Athletes can create and maintain an optimism that helps them, precisely because of their constant physiological activation.

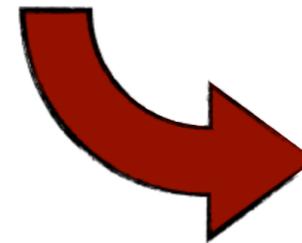
Nevertheless, this does not seem to be the case for people who live a sedentary life.



Entering children from a very young age into the *sport* environment will be a positive experience not only for their health, but mainly to learn how to manage stress and other emotions which may lead them to defeatism.

Sport, in other words, will help children to express the acquired skills even in other areas of life. This means that resilience in sport will have strong consequences on their social relationships, also at school, and especially at work.

Sport is an excellent opportunity to apply everything we can learn to our *routine*. Although we believe it can only help us take care of our bodies and improve our health, the truth is that it can provide us with very important skills to cope with problems for which we weren't prepared.



This is why ***resilience is the ability to face the adversities of life***, to turn pain into a driving force to surpass oneself and get out strengthened. A resilient person knows that he or she is the creator of his or her own joy and destiny.

Sportsmen and women have to face obstacles, live with loneliness or bottoming out with the feeling that they are unlikely to get up again. We all experience it in our everyday life, with greater or lesser intensity.

Sport represents indeed the direction of this educational strategy: it is an array of moments that need focusing on channeling all the energies into achieving a goal, by developing the ability to resist until the very last moment. Sport, in this way, represents a truly structuring test in terms of psychological strength.

Young people in their formative stage of psychological development up to about fifteen years of age record in the super-ego sphere all those rules allowing them living in society: if on the one hand this sphere has a positive function by limiting human desires and drives, on the other hand it causes a constant sense of oppression and unsatisfaction.

In short, respecting rules entails a certain psychological fatigue and, often, a condition of frustration: young people are told many "no" which, by nature provoke dissatisfaction. In order to compensate it, it provokes a certain level of **aggressiveness that can be discharged through sporting activity**.



Therefore, running or hitting the punch bag may help getting rid of that residual energy, by rebalancing the human organism.



The maintenance of balance, in situations of various difficulties, has the meaning of fortitude as a cardinal virtue and resilience as a psycho-physical-mental system. The term resilience has several meanings:

- *At the level of matter, it is the ability of matter to absorb a shock without breaking.*
- *In terms of structure, it is the capacity of a system to adapt to change.*

RESILIENCE is significant for several scientific perspectives:

- In **biology** it is the ability of a living matter to self-heal after damage.
- In **ecology** it is the ability of a community or an ecological system to return to its initial state after having undergone a disruption which has modified that condition.
- In **engineering** it is the ability of matter to absorb energy as a result of elastic and plastic deformations until it breaks.
- In **computer science** it is the ability of a system to adapt to the conditions of use and to resist wear and tear in order to guarantee the availability of the services provided.
- In **sociology** it is the intrinsic capacity of a system to modify its operation before, during and after a change or disruption, in order to be able to continue the necessary operations both under expected and unforeseen conditions.

We reach *psychology* , which considers *resilience* as the ability of an individual to face and overcome a traumatic event or a period of difficulty, by positively coping with [harmful](#) and damaging events:

Sport introduces our living structure into the systemic discomfort of a never-ending effort in order to be *successful* in the pre-established enterprise. **Real success, however, consists in a process with an ongoing commitment, not giving up and, when falling, getting up and continuing stronger than before.**

Basically: the purpose of our journey along the path of life is not the destination, but the beauty we experience and that we create step by step on the road we are travelling.

Keywords

Social redemption

**Physical
disabilities**

Superego

Remember

Playing sports improves individuals' communication skills, analytical thinking skills, ability to produce fast and clear solutions, and their visions.

