

The game of tennis as a way to transform children's aggression in the period of individualisation

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In the article the aggression is analyzed as a positive factor in sport that influences psychological state of an individual. Modern sports psychologists claim that aggression is one of the dominant characteristics of a sportsman and therefore the control of its manifestations is an important task for a sportsman and a coach in many kinds of sport. It is stressed that instinctive aggression is more or less peculiar to every human being, but increased child's aggression can become less intense by purposeful physical exercises. The author emphasizes that tennis helps one influence the ways of child's aggression and positively direct it in order to achieve better sports results. It is also mentioned that the actions of the coach should be aimed at minimizing child's aggression in the training process. That is why the aim of the paper is to identify the psychological factors that positively influence child's aggression in the course of playing tennis.

Theoretical studies are interrelated with the practical ones. The author, tennis player, qualified referee and coach, offers a method of psychological and sports interaction between children and young players, their parents and coach. He also provides recommendations how to develop skills of self-control to reduce mental stress and influence levels of aggression and negative emotions in young players. It is also possible to reduce inborn hyperactivity of adolescents by completing additional psychodynamic tasks and doing specific amount of work in order to redirect negative destructive energy into efficient one.

Thus, concerning his theoretical and practical studies the author of the article argues that the effectiveness of aimed training in tennis, starting with young age, promotes child's aggression in a positive form of expression. The article will be useful for tennis coaches and sports psychologists who work with children.

Key words: *aggression, child's aggression, positive course, negative energy, self-control.*