



Actividad física y autoconcepto: dos factores de estudio en adolescentes de zona rural [

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Analítica

The adolescent stage stands out for being a fundamental stage in the strengthening of the personality, attending to psychosocial factors that influence, as well as the acquisition of habits that will settle in adulthood. The objectives, the description of levels of self-concept and practice of physical activity in adolescents of compulsory secondary education in rural areas is discussed, as well as the possible relationships between them. Participated 452 participants age between 14 and 17 years ($M= 14.88$; $DT= 0.83$). It was used ad hoc test for the registration of socio-demographic aspects and variables related to physical activity, and the self-concept questionnaire form-5 (AF-5). As main conclusions, the dimensions of self-concept more valued are the family and social, and the men have a higher rating in the general self-concept, emotional and physical significantly unlike women, these are more physically active than men

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