

Características psicoemocionales y adaptativas de niñas entre 7 a 14 años que practican gimnasia rítmica [

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text (article)

Analítica

The objective of this research was to establish the psycho-emotional and adaptive characteristics of girls between 7 and 14 years old who practice rhythmic gymnastics from the project Popular Schools of Sport of the Commune 13, Medellín; A sector that was affected by violence, drug trafficking and groups outside the law. For this purpose, a non-probabilistic sampling was used, in which 41 girls were evaluated through the Multimodal Behavior Scale. Results: self-report showed low levels of self-confidence and report of hostile behavior towards teachers, mainly in girls with short training time. The report of the parents point out high indicators of companionship and adequate social skills, besides informing that the sport practice in the time contributes to not show symptoms of attipicidad, nor behavioral problems. Teachers point out that at an adaptive level, girls with less than one year of training record normal social skills and clinical skills as study indicators, contrary to those of more than one year of training

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