

Youth and Community Development

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Abstract—Social integration is a very undervalued phenomenon in childhood and adolescence. Socialization is the process of transmitting information through practices and institutions capable of transmitting to the new generations the cultural heritage accumulated up to that moment thanks to two particularities:

Every society has a longer life than the individuals that compose it

Cultural heritage includes the set of basic social skills and specialized skills that will diversify the society. For this reason we have a "primary socialization" which ensures the first objective; and a "secondary socialization" that deals with the second.

Keywords—education; sport; depression, sociality; community development

PURPOSE OF STUDY : The goal that we set ourselves in this study is to realize socialization through sport, which is becoming more and more a part of our lives. We will also analyze which are the most suitable sports to establish social relationships, and which sports are less suitable for establishing social and lasting relationships (such as the swimming pool for example)

RECENT FINDINGS: Sport is an activity of inclusion, participation and social aggregation, as well as an instrument for psychophysical and preventive wellbeing. Furthermore, it plays a fundamental social role as an instrument of education and training that allows the development of skills and abilities essential for the balanced growth of each individual.

Each sport embodies a set of performances that require time, determination, perseverance and dedication, all skills that give the child an adaptation that allows him to grow, both from the individual point of view, both from an experiential point of view, increasing accordingly, the perception that he has of himself, so we can say that one of the many benefits (psychic for quality of life) is greater self-esteem that in this case, is not affected by illusory or super-compensatory mechanisms unsuitable, but create a more harmonic, more confident and more concrete.

Athletics (running, jumping, throwing, etc.) is recommended for children with hyperactivity or high levels of energy; on the other hand, fencing enhances the perception of the other, teaching to read the opponent's movements, to understand their intentions and to adjust accordingly.

For example, swimming is suitable for children with socialization difficulties because it allows them to interact with peers for short and fragmented times,

avoiding that continuous sharing that can generate stress in very vulnerable subjects; horse riding is recommended for those who love nature, for children with anxious symptomatology and for those with hyperactivity, since the open space avoids sensory overload; football allows you to feel an active part of a team and acts as a positive reinforcement on self-esteem and the perception of self-efficacy.

In any case, in the choice of sport it is preferable to start from the interests of the child (based on this assumption the "affinity therapy" method, aimed at children with Autism Spectrum Disorders, developed in the Anglo-Saxon field); children will more easily develop emotional skills to relational through what they love or want to do.

Sport acts as a physiological propeller for the entire evolutionary age. In particular, summer can represent the favorable season to bring as many children or young people as possible into a sport, with deficits, problems or disabilities. The benefits can be many: "Sport is a fundamental element on the emotional and social level, a multi-dimensional environment, dynamic, playful, suitable to intensify the consciousness of oneself and one's body. Sport is for everyone and it is a way to get out of isolation and to socialize »summarizes Luigi Mazzone, a child neuropsychiatrist at the Bambino Gesù Pediatric Hospital in Rome.

Let's analyze the first point: to intensify the consciousness of oneself and the awareness of one's own corporeity. Through sport, the disabled person can get involved and experiment, learn to control his body, develop a sense of self-awareness and confidence in his own abilities.

Second point: get out of isolation and socialize. Self-confidence and a positive personal identity are fundamental elements for the establishment of positive social relationships; moreover, the activities characterized by rules contribute to improving the ability to interact with others.

An important factor to take into consideration, especially today, in the modern era, with the advent of technology and models professed by the mass media and TV, there has been a drastic reduction of the game and the gaming environment, more and more adult control (awards, competitions, language labs, etc.) by subtracting space and keeping the children under constant control of judgments, in this case the risk of developing anxiety and depression following a lack of self-esteem, make the children they grow in a distorted and not independent way.

The integration with sport can help (beyond biological-hereditary factors) to attenuate (if not to

zero, depends on the severity of the depressive factor and the traumas suffered) this phenomenon.

GABA is an inhibitory neurotransmitter of the central nervous system. Its main role is to reduce the excitability of neurons. In humans, GABA is also responsible for the regulation of muscle tone. Glutamate, on the other hand, is an important neurotransmitter, excitatory, which plays a fundamental role in neural activation. The Davis researchers found an increase in the levels of these two neurotransmitters, in the research participants who exercised consistently unlike those who did not practice any type of exercise.

In February 2016 the following study "Acute Modulation of Cortical Glutamate and GABA Content by Physical Activity" was published in the Journal of Neuroscience. It is a research that has allowed us to improve our understanding of the metabolic mechanisms of the brain underlying physical activity. And also, to better understand how aerobic exercise has numerous benefits for depression, neuropsychiatric disorders, neuro-rehabilitation, aging and cognitive functions.

Exercise optimizes brain structures and functional connectivity

For example, exercise can increase the production of GABA, thus reducing stress and anxiety to a minimum. In particular, numerous studies have dealt with analyzing the effects produced by carrying out physical activity, focusing on the effects produced in the brain at the structural, chemical and electrical levels.

From the electrical point of view, several studies have shown that physical activity leads to a generalized increase in the electroencephalogram (EEG). Structurally, however, aerobic exercise is known to favor the increase in the volume of gray matter and optimize the connectivity of the white matter.

"The neurochemicals released during exercise are so powerful that you might consider yourself pharmacists, self-medicating. There is a strong correlation between the amount of some neurotransmitters in the brain and your mood. In fact, as it has been repeatedly demonstrated, exercise improves the brain chemical environment, both long and short term. For people who are not clinically depressed, recent studies have shown that exercise is one of the most reliable mood boosters.

Research into chemical processes and the long-term effects of exercise on mental health, learning and memory is still ongoing. Chemical studies such as antidepressants help reveal the chemical properties of depression and mood. The psychopharmacological power of physical exercise should not be underestimated, but it is not a panacea for all mental illnesses. "

In this latest study by UC Davis, researchers conducted various magnetic resonances on volunteers, both before and after intense exercise, to measure GABA and glutamate levels.

The best Sport against Depression

The exercise increases the production of GABA and Glutamate

This experiment aimed to measure the production of glutamate and GABA in two different parts of the brain, immediately before and after three exercise sessions lasting between eight and twenty minutes. Simultaneously similar measurements were also conducted through a control group.

In particular, significant increases were noted in both GABA and glutamate in the visual cortex, responsible for processing visual information. These results confirm the exercise-induced increase in cortical production of glutamate and GABA, and expand our understanding of the different brain states triggered by physical activity.[9][16]

The study also identified an increase in glutamate, as a result of physical activity, in the anterior cingulate cortex, implicated in the regulation of heart rate, as well as in some cognitive functions and in emotional processing. Although the beneficial effects that exercise has on our brain is dissipated, once you stop practicing a sport the effects seem to remain.

New insights into the link between brain metabolism and exercise contribute to a better understanding of why aerobic exercise helps millions of people around the world to fight depression. In fact, researchers believe that these results fully demonstrate how exercise can be an effective therapy for many people who suffer from depression. In particular, they argue that exercise could be particularly useful for patients under 25, often more sensitive to the side effects of antidepressants, such as serotonin reuptake inhibitors (SSRIs).

In a press release, author Richard Maddock, professor of UC Davis at the Department of Psychiatry and Behavioral Sciences, said:

"Major Depressive Disorder is often characterized by an impoverishment of glutamate and GABA, which returns to normal once mental health is restored. Our study shows that exercise is able to activate the metabolic pathways used to restore these neurotransmitters. From a metabolic point of view, physical exercise is a very demanding activity for the brain, much more intense than calculation or chess, but nobody knows what happens to all that energy. Apparently, one of the things he's doing is producing more neurotransmitters. "

The new results of Maddock and his colleagues are an important step towards a better understanding of the complexity of brain metabolism. Furthermore, this research also suggests the negative impact that

sedentary lifestyles could have on brain function and on the production of neurotransmitters".

After having verified the positive effects that intense exercise is able to exert on depression Maddock and colleagues, they are oriented to deepen their research, verifying if further intense aerobic activities, are able to produce the same benefits for our brain.

"We are offering another reason why regular physical activity can be important for preventing or treating depression," concluded Maddock. "It is said that every depressed person who practices will get improvements, but many do. It is then possible that we will be able to identify patients who could benefit most from the prescription of an exercise.

CONCLUSION: Sport is the most effective antidepressive everthere is substantive evidence of many different psychological and social health benefits of participation in sport by children and adolescents. Furthermore, there is a general consensus that participation in sport for children and adolescence is associated with improved psychological and social health. More specifically, there are reports that participation in team sports rather than individual activities is associated with better health. It is conjectured that this is due to the social nature of team sport, and that the health benefits are enhanced through positive involvement of peers and adults. However, the research is predominantly based on cross-sectional studies which is exactly like that, if practiced from a young age, manages to have a fundamental role for the individual development of one's own abilities.

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