

Taak 3 : Navorsingsprojek

Inleiding

Tydens die navorsing se werksaamhede te persepsies rakende die waarde van fisiese aktiwiteite op die gesondheid en stresvlakke van adolessente was waarde 'n gereelde verskynsel. Dié twee dikwels nie moontlik om die waarde te verklaar nie. Literatuur het ook nie riglyne oor die onderwerp gebied nie, en die navorsing het dikwels gevind dat daar onsekerheid rakende fisiese aktiwiteite op die gesondheid en stresvlakke van adolessente bestaan het oor waarde te heg. Wéens hierdie ervaring is die navorsing se belangstelling geprikkel en het sy besluit om die waarde van fisiese aktiwiteite op die gesondheid en stresvlakke van adolessente die onderwerp van verdere ondersoek te maak.

Probleemvraag

Hoe beskou adolessente die waarde van fisiese aktiwiteite op hul gesondheid en stresvlakke?

Adolessensie is die biologiese geval van puberteit wat 'n kragtige stel veranderinge in 'n tiener ontsluit. Dit het betrekking tot die adolessent se liggaam wat hulself in 'n tiener se seksuele, emosionele, kulturele en geestelike of passie reflekteer.

Adolessente beskou die waarde van fisiese aktiwiteite op hul gesondheid en stresvlakke as uiters belangrik. Elke adolessent heg hul eie unieke waarde aan die probleemvraag. Daarom is dit duidelik dat die waarde wat gehag is so van aard is wat elke adolessent belangrik ag om net sukses te behaal en natuurlik 'n gesonder lewenswyse geniet.

Literatuuroorsig

Volgens die bevinding deur die Universiteit van Suid-Kalifornië – Kolombië het stres 'n skadelike uitwerking op beide fisiese en geestelike gesondheid en is deurgaans ondersteun deur wetenskaplike literatuur. Ten spyte van hierdie bevindings, Stress in America, 'n aanlyn-peiling van meer as 1 000 Amerikaanse adolessente tussen die ouderdomme 13-17, het gevind dat die gemiddelde adolessent hoër waargenome stres gerapporteer het as hul volwasse peiling-eweknieë en hoër vlakke van stres as wat adolessente as gesond beskou (APA, 2013). Spesifiek, adolessente gerapporteer stres teen 'n 5.8 op 'n 10 punt skaal, in vergelyking met volwassenes gradering op 5.1 en adolessente se waargenome gesonde vlak van stres op 'n 3.9 (APA, 2013). Bewyse dui daarop dat chroniese stres in adolessensie lei tot swak langtermyn geestelike en fisiese gesondheid, wat 'n beduidende behoefte bewys om adolessente stres te verminder (VVOG, 2019). In behalwe om ongesonde stresvlakke aan te meld, het 31% van tieners aangedui dat hulle oornut gevoel, en 30% het gevoel depressief as gevolg van stres, wat vorige bewyse bevestig dat stres skadelike uitwerking op geestesgesondheid het (APA, 2013). Hierdie bevindings is veral waar vir onderbediendes (lae sosio-ekonomiese, minderheidstatus) adolessente wat meer geneig is om blootgestel te word aan geweld en toestande van armoede benewens die ervaring van tradisionele/tipiese stressors geassosieer met adolessensie soos akademiese en groepsdruk. In 'n studie uitgevoer deur die Sentrum vir Siektebeheer en -voorkoming (CDC), getiteld die Youth Risk Behavior Toesig, 46,8% van vroulike Spaanse adolessente en 40,7% van swart vroulike adolessente het gerapporteer dat hulle hartseer voel of hopeloos byna elke dag vir 2 of meer weke, sodat hulle opgehou het om gewone aktiwiteite te doen, in vergelyking met slegs 38,2% van wit vroulike adolessente (CDC, 2017-Youth Risk Behavior Surveillance). Hierdie adolessente is ook meer

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