

REVIEWS

Anxiety in institutionalized preadolescents. Manifestations, mitigation techniques (Note I)

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Abstract

Anxiety is a concept with a pluridimensional interpretation, referring to fear, uncertainty, hesitation, unrest, agitation, tension in finding solutions, as a result of one's expectations and desire to assure one's security and welfare. The evolution of modern technologies, especially regarding the possibility to get information, stress, the other problems of contemporary societies in relation to morality, the increase of criminality, the appearance of ecological accidents etc., has influenced the different sides of the individual's personality, affectivity and behavior, amplifying psychological uncertainty. Consequently, the steps taken towards the study of the relations between anxiety, self-appreciation and the level of one's aspirations, the particular features of one's personality and the means and methods of diminishing one's anxiety are important in order to understand the essence of this phenomenon and subsequently the emotional and affective-volitional development peculiarities during preadolescence. It is well known that the relation between the psychological and the motor component is a biunivocal one, in the sense that any difficulty in either of them has a negative impact on the other and finally on the individual's global development. In order to highlight the role of adventure activities in fighting off and diminishing anxiety in contemporary preadolescents, we carried out an experimental investigation based on the application of an outdoor training program based on adventure activities in the form of outdoor games. Ludic behavior is characteristic of games and recreational activities and is sometimes found in the serious conduct of adults. It is indissolubly related to the different levels of the child's psychological development, and depends on the way in which different functions and mental operations are structured.

Key words: preadolescence, adventure, program, behavior, attitude, trust.