



Affectivity and physical habits in adolescents: A systematic review

Afectividad y hábitos físicos en adolescentes: una revisión sistemática

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Resumen

Introducción: La afectividad tiene un papel fundamental dentro del proceso de formación en los sistemas educativos. Sin embargo, no existen estudios actualizados que evidencien los diversos agentes socioafectivos utilizados en la creación de hábitos físicos en la población infantil y adolescente de los sistemas escolares. **Objetivo:** Analizar investigaciones previamente publicadas que estudiaron la influencia de la afectividad en los hábitos físicos de niños y adolescente de los sistemas escolares. **Materiales y métodos:** El estudio corresponde a una revisión sistemática. Se evaluaron artículos publicados entre 2010 y 2020 que relacionaron afectividad y hábitos físicos. La búsqueda electrónica se realizó a través de las bases *Web of Science*, *Scopus* y *Scielo*. Se incluyeron todos los artículos que utilizaron la afectividad sobre los hábitos físicos de la población. **Resultados:** Se encontraron tres artículos que utilizaron la afectividad sobre los hábitos físicos de niños y adolescentes. **Conclusiones:** Al término de la revisión sistemática, se demostró que existe una tremenda influencia entre la afectividad y los hábitos físicos de la población infantil y adolescente. También se pudo observar que esta influencia, positiva o negativa, condiciona el interés de la población infantil y juvenil por la actividad física y el deporte en la vida adulta.

Palabras clave: Crecimiento y desarrollo; educación; psicología; complicaciones; clasificación. (Fuente: DeCS, Bireme).

Abstract

Introduction: Affectivity has a fundamental role in educational systems' training process. However, there are no updated studies that show the different socio-affective agents used in the creation of physical habits in the child and adolescent population in school systems. **Objective:** To review and analyze previously published research that studied the influence of affectivity on children and adolescents' physical habits in school systems. **Materials and methods:** A systematic review was conducted with articles published between 2010 and 2020, which connected affectivity and physical habits. The electronic search was performed through Web of Science, Scopus, and Scielo databases. All articles that studied the influence of affectivity on the population's physical habits were included. **Results:** Three studies that analyzed the influence of affectivity on children and adolescents' physical habits were found. **Conclusions:** At the end of the systematic review, it was demonstrated that there is a significant relationship between affectivity and the physical habits in child and adolescent populations. It was also possible to observe that this influence, positive or negative, determines the child and adolescent population's interest in physical activity and sports in adult life.

Key words: Growth and development; education; psychology; complications; classification. (Source: DeCS, Bireme).

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Finally, although they are not the main factor, it is also crucial that there are physical spaces that encourage adherence to these practices for the incorporation of physical activity habits. The spaces designed for the practice of physical activity should be in all environments of children and adolescents (schools, squares, recreation centers, among others).

Practical Applications

In practical terms and after conducting the systematic review, we recommend taking the following considerations to generate greater adherence to physical habits:

- Physical Education teachers should consider the diversity of each student's characteristics, thus developing activities that generate class's enjoyment and encourage the development of a positive attitude, generating an integral development in their personality.
- Physical Education teachers must integrate the entire educational community to promote physical and healthy habits, including directors, parents, and guardians.
- Coaches must consider athletes' autonomy, which will provide tools for developing their self-esteem and self-confidence, increasing their ability to overcome any adversity.

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