

ANALYSIS BETWEEN AGGRESSION INDEX AND PHYSICAL ACTIVITY IN SCHOOL AGE

ABSTRACT

Aggressive behavior is directed towards another person with the intention of causing harm and it is related to the appearance of different personal or social problems. Performing daily physical activity can lower the level of aggressiveness.

This study aims to analyze if there is a relationship between the level of aggressiveness manifested by schoolchildren and their index of physical activity through a quantitative and descriptive study, transversal type and with a quasi-experimental design.

Among the results it is highlighted that the index of physical activity is high, and the level of aggressiveness is low; but there is no significant relationship between the two variables. Although there are significant positive correlations between the BMI and the level of aggressiveness and its cognitive component (anger). Boys are more aggressive and perform more physical activity than girls. Likewise, they are characterized by greater physical and verbal aggressiveness, while girls acquire a higher score in the cognitive and affective-emotional component.

These results allow us to design programs of physical activity for the promotion of the moral and social development of the recipients.

KEY WORDS

Aggressiveness, physical exercise, children, anger, hostility.

