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SPORTS BALLROOM DANCES AS A METHOD OF CORRECTION OF ANXIETY AT TEENAGERS

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Introduction: Ballroom dancing as a sport now has a great popularity in Russia, therefore it is necessary to determine features of its influence on dancer's personality.

Objectives: The hypothesis of this date has the following issue: regular employment of sports dances (under the European and Latin American program) are a method of correction of anxiety 13-14 years old teenagers.

Aims: At a preliminary investigation phase we selected ten teenagers (4 boys and 6 girls), which hadn't been engaged in any kinds cognitive activity, except school classes and having high anxiety indicators. At the basic investigation phase teenagers became members of a dance sports club and the psychological monitoring was carried out.

Methods: During our research work we applied the test of R.Cattell (form HSPQ), the test of Ch. Spiellberger. Various methods of observation, interview, and also methods of mathematical statistics, particularly factor of correlation of K. Pearson, criterion of F. Wilcoxon were used.

Results: According to the R.Cattell test the tendency of anxiety decrease is fixed. Anxiety (scale O) was stably normalized at 80% of testees that positively correlates with the results under the Ch. Spiellberger test results ($r=0,85$). Two girls showed fluctuations of anxiety on the eve competitions.

Conclusions: Dancing sports develop ability to fruitful cooperation with adults and peer at teenagers, raise selfconfidence, form skills of self-organizing of their life. Reliable results on anxiety normalization are reached ($p \leq 0,005$), hence, sports ballroom dances can be considered as a correction method for high by anxious teenagers.