

EXPLORING THE IMPACT OF DIFFERENT SPORTS ON THE PSYCHO-EMOTIONAL STATE OF CHILDREN: A COMPARATIVE STUDY

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Nowadays, the importance of a balanced psycho-emotional state of children in Ukraine is quite acute due to the long-term hostilities that cause anxiety and stress. In addition, the following reasons also have a negative impact: non-compliance with study, sleep and rest schedules, unhealthy diet, environmental degradation, and a sedentary lifestyle.

Voronova V. I. believes that children who play sports suffer less from emotional discomfort and anxiety, and they are more active and open to communication with their peers [1].

There are many ways to improve children's emotional well-being, and sport is a unique and effective way to make a positive impact on their mental health. It is important to have a closer look at different sports and how they can influence children's psycho-emotional state in various ways.

One of the most common and popular sports among children is football. It is known from the theory and practice of physical culture that the emotional aspect of physical activity is most pronounced in play activities [2]. In the act of playing football, a child learns to work in a team, interact with others, manage their own emotions, analyse their actions and the results. In addition, participation in training and sports competitions helps children develop self-confidence and their own abilities.

Table tennis is one of the sports that consists of various elements, each of which affects the development of basic physical and mental characteristics [3]. Many studies have shown that playing table tennis not only increases concentration and coordination of body movements, but also reduces stress and brightens mood. Thanks to the release of emotions, children can feel relieved at the end of the game.

Among the famous sports, swimming helps to calm and balance children, especially in modern learning conditions, when the learning load is very high and most lessons are held online [4]. It has been proven that a properly organised training process for learning to swim contributes to the formation of a strong type of nervous system, namely, improves reaction, memory, attention, and emotional background. Swimming is especially useful for those children who are overly excited, as the water temperature and repetitive movements have a calming effect on the child's nervous system, which makes them calmer and ensures good sleep [5].

It is necessary to mention taekwondo, a sport based on such concepts as concentration, calmness and harmony. At its core, it is an art aimed at the comprehensive harmonious development of a person as a personality through physical, psycho-emotional and social vectors [6]. Taekwondo techniques teach children to control their negative emotions and avoid conflicts. This sport helps children to cope with difficulties and stressful situations, developing their strength of mind, inner balance and emotional resilience to various circumstances.

It is worth pointing out that each sport can have a negative impact, for example, during competitions. Of course, winning has only a beneficial effect on emotions, but losing can cause disappointment and lower self-esteem. Therefore, in this case, it is important to provide the child with all-round support from the coach, parents and friends. The first one, as an authority and role model, should explain to children that losing is an opportunity to develop and improve skills.

In summary, different sports can have different impacts on a child's psycho-emotional state. Football has been shown to promote teamwork and a sense of belonging, table tennis to have a positive effect on reaction time and coordination, swimming to calm and improve mood, and taekwondo to promote self-discipline and improve inner balance. Each of these sports should be individually selected for the child to meet the needs that dominate in a particular sport.

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