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Research Regarding the Growth of Self Trust with the Help of Strength Exercises for High School Students

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Abstract

This research attempts to show that strength exercises using weights and different practices change the body structure by lowering the percentage of passive mass and raising that of active mass. The actual work for this and its outcomes change the image about the self and the others, modify the ideal of life, the motivational structure and implicitly the emotional behavior bound for emotional stability.

An individual's personality is the expression of his/her individuality, and its content consists of neuropsychological characteristics showing two essential features, generality and permanence, and they characterize the entire life of a person. Some of the most general features are dominant and permanent, and they control the group of the central and secondary features, which are characterized by low generality. The elements composing the personality are interrelated and made by the self, the superego and the ego.

The self-image is the materialization of a person's vision about him/herself, and its development supposes a subjective construction.

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1. Introduction

The definition of "personality" is a difficult undertaking, each specialist defining personality in relation to orientation.

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According to Neveanu P. P. (1979, p 532-533) personality is "the human subject seen as a bio-psycho-social unit, as a vehicle of epistemic, pragmatic and axiological functions."

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The personality development and construction is constituted as a result of the mental development that starts from the genetic inheritance, consistent with a genetic code concerning the species, groups and individuals on which builds up its own history, with lots of specific features and attributes, as a result of the various aspects of personal experiences.

Tudos Ș. (2001, p. 144) defines personality as "the whole and highly complex system of the features characteristic for the objective human being, as regards what he/she has of original individual, relatively stable and what distinguishes him/her from other people." In terms of learning, personality is structured into four subsystems which include skills, temperament, character and attitude. According to Tudos Ș. (2001, p. 141) the attitudinal and orientation subsystem includes: "the motivational and affective structure; the attitudinal system (in relation to: him/herself, the others, work, leisure, faith, etc.). self-image; life ideal."

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According to Neveanu P. P. (1979, p. 738-739), W. H. Sheldon has established its own typology beginning from the germ layers (endoderm, mesoderm, ectoderm). Depending on the predominance of one or another of the 3 germ layers, he proposed 3 constitutional types:

- "Viscerotonic - the endomorph type (predominantly internal body development) is characterized by: relaxation in movement and posture; love for physical comfort, slow reactions, a lover of ceremonies, disposition to socialization, emotionally uniform, tolerance, kindness to others, indulging in his own situation, untempered features, easy communication, fast and extroverted nature."

They are structurally and physiologically characterized by a massive skeleton, thick wide bones with large joints, wide waist and hips, regardless of being very tall, medium or short.

- "Somatotonic –the mesomorph type (balanced body development) is characterized by sustained posture and movement, the pleasure of (physical) movement and sports, energetic features, taking pleasure in risk-taking, open behavior, direct, tough, no tenderness, courageous, pugnacious and competitive, uninhibited, uncontrolled and unrestrained voice, lack of inhibitions."

It is structurally and physiologically characterized by broad shoulders and narrow waist, big muscle mass and low fat.

- „Cerebrotonic – the ectomorph type (predominantly external body development) is characterized by: apprehended posture, attitude and motion, mannerism and inhibition, hermitism, mental activism, social phobia, introverted, inhibitions in public, childish appearance, need for solitude, avoiding noise, restrained voice, caginess in feelings."

They are structurally and physiologically characterized by thin skeleton bones, they are long-shaped persons, frail, with poor muscle mass and reduced fat.

This research attempts to show that strength exercises using weights and different practices change the body structure by lowering the percentage of passive mass and raising that of active mass. The actual work for this and its outcomes change the image about the self and the others, modify the ideal of life, the motivational structure and implicitly the emotional behavior bound for emotional stability.

2. Materials and methods

For the experiment we shall use the following research methods: the bibliographic study, the experiment method, the statistical method.

The bibliographic documentation of this research consists of studies in psychology, sociology and pedagogy.

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