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Contact Sports With Mental Health And Aggression

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Omaha South High School 2022

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Abstract

Sports have many benefits that can develop new motivations, drives and goals within a person. Contact sports, specifically, benefit someone's mental health and a healthy mindset by giving people an outlet to take out their aggressions. Being physically active can produce certain parts of the brain being activated and release serotonin, overall affecting someone's mood. Although contact sports such as football have been in a negative light within in society recently, contact sports have improved protection against injuries and research has shown that contact sports can improve your mental health by letting out aggression in a safe manner.



Conclusions & Discussion

Research has found that contact sports is an effective coping mechanism to improve mental health. Physical activity within contact sports can have an overall positive effect in any age group, it can assist relationships, communication skills, and can serve as a healthy outlet to release aggression. Future research needs to address the safety protocols that sports committees have done to ensure player wellness to make known the benefits of contact sports within mental health.

Key Points

- Contact sports can be used to decrease depression
- Social skills learned from a team can help children communicate
- Sports can create and strengthen relationships
- Working as a team assists in visualizing and attaining goals
- Useful outlet for children who have experienced trauma

Works Cited

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