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Physical Activity as a Factor Guaranteeing Social Security

Abstrakt

The aim of the article is to present and describe how to counteract threats to social security through sport. The theoretical method of analysis and criticism of the literature was used in the research work. The conducted research allowed to determine that mainly trainers and pedagogues play an important role in the prevention of risky behavior. The review of the literature allowed to conclude that the research work is based primarily on surveys and currently only a few researchers conduct research on combating social security threats through physical activity. In connection with the above, it is necessary to continue research in this direction, using such research methods as the individual case method.

Keywords: *social security, physical activity, sport, social pathologies*

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Introduction

The need for security is the main need accompanying a human being forever. Its absence causes a sense of danger and anxiety. At present, ensuring security is the foundation of the state's activity. This applies not only to military security, but also the ability to deal with threats occurring within the state. For this purpose, the state uses a number of methods, such as appropriate education, or assistance from specialized institutions that are aimed at counteracting threats.

Conditions of reality that are subject to constant changes have a fundamental impact on people's lives. The progress of civilization also makes negative changes onto family. Henryk Cudak said that among the negative phenomena occurring in the family environment we can distinguish: emotional disturbance of bonds in the family, lack of interest in the child, too rigorous manner of raising a child, lack of interest in relation to the child's problems, as well as inability to show affection by parents (Cudak 1999, p. 126).

The above phenomena cause that the child receives only negative patterns of behavior, thus becoming vulnerable to social pathologies (which are one of the threats to social security).

Physical activity brings not only health values, but also educational values. Research carried out by Iwona Dutkiewicz and Robert Dutkiewicz has shown that participation of young people in various types of sports activities should be a system of values both recognized and implemented. Physical activity is an educational process that affects the formation of positive traits, teamwork skills, and also leads to the integration of the school environment. In this connection, it is worth paying attention to the role of sport in shaping social security (Dutkiewicz et al. 2011, pp. 168-176).

The main problem of this work is to determine how physical activity can affect social security. The purpose of the article is to describe and approximate opportunities related to counteracting threats to social security through physical activity.

Social Security

An important element of the state's policy is to ensure security. It is described both as a state or the sense of security achieved by the subject, and as a process that is a natural

and dynamic assurance of the subject's security (Koziej 2011, p. 20). One of the definitions of national security states that it is for the "individuals, local communities and the state the original, existential, the chief need and value, and also the priority objective of action in all areas and at all levels of the state and social organization." (Marczak 2006, p. 21).

In the literature, it is possible to distinguish the safety division according to the following criteria:

- a) subjective (national and international security) (Zięba 1999, pp. 30-32);
- b) subject matter (eg military, economic, social, environmental, public safety) (Koziej 2011, p. 20);
- c) spatial (personal, local, global, supra-regional, regional and subregional);
- d) time (safety process and safety status);
- e) the way of organizing (external and internal) (Zięba 1999, pp. 30-32).

Among this typology, social security deserves attention in the context of research work. Janusz Gierszewski proposed that social security should be defined as a set of normative and legal regulations and regulations whose aim is to ensure security with the help of factors responsible for socio-economic development, as well as organization of institutions ensuring development and social order in relation to state security (Gierszewski 2013a, p. 174).

The concept of social security is defined differently by Jolanta Itrich-Drabarek – she assumes that this concept means protection of its members from the state and society by providing social order in which social conflicts will be prevented (racial, ethnic, property or denominational), and not only social and economic poverty (Itrich-Drabarek 2012, p. 85).

Social security is characterized, along with ecological security, by the highest degree of social and individual linkage. It refers to both the identity of social groups (collective) and individuals (individual identity). It is connected with two areas – social and cultural. Social security concerns, above all, the causes, motives and mechanisms associated with the emergence of threats (Brzeziński 2012).

Threat is a destructive value, a potential cause of an undesirable state. It is not a self-contained category, as it always refers to a specific subject, causing harmful consequences (Korzeniowski 2012, p. 88). It is worth noting that in shaping social security, in

addition to responding to these undesirable states, it is important to conduct pre-emptive (preventive and pre-existing) activities (Brzeziński 2012).

The area of social security is connected with the protection of the basis of people's lives, providing opportunities for satisfying individual needs, and realizing life aspirations through creating appropriate conditions for learning and working, as well as health care and pension guarantees (Skrabacz 2012a, p. 9).

Dysfunctional processes are processes that hinder the normal functioning of collective life in a particular society. Such contradictory activities lead to the occurrence of disturbances that result in the appearance of social problems, which include various types of social pathologies. They are by some sociologists considered to be deviations or deviations in relation to the social order (Sztumski 2010, pp. 48-49).

The researcher should be characterized by scientific objectivity. In social studies maintaining a distance in relation to the subject of the research is a bigger problem than in the case of other sciences. This is related to the presence of the researcher in society and with values, moral norms, customs and customs that can affect it. Therefore, during research it is important that problems:

- a) Were expressed as phenomena that exist independently of scientific theories and wills of the researcher;
- b) Were tested without fear of possible results; the results should be presented in full, without any simplifications;
- c) Were examined in their causal conditions and modifications, which they are caused by other phenomena or processes;
- d) Were taken into consideration as problems that are transformed and cause various kinds of consequences affecting social life (Ibidem, pp. 57-58).

Social pathologies

With the term "social pathology" we have been dealing since the late nineteenth century. It defined then human action opposed to small-town and rural ideals of ownership, stability, diligence, savings, family and neighborhood solidarity and discipline of will. Currently, these phenomena are defined as self-destructive and destructive behaviors of both individuals and entire societies (Ziomka 2008, p. 20). They are also defined as such behaviors of individuals or social groups that differ from accepted and accepted in

a given society moral, legal and moral norms, as well as rules of conduct and value systems (Gierszewski 2013b, p. 115). At this point, it should be noted that the norm is a fixed and generally accepted principle (Polish Dictionary), which in common meaning means behavior considered normal (Pytko 2005, p. 18).

There are various theories describing the sources of social pathology. These include: structural tensions theory, conflict theory, theory of appointment, control theory and the theory of connections. The theory of structural stress indicates that the source of pathology is not the individual, social structures and culture. In conflict theory, the source is also it is not an individual, but the social group is the difference, which determines what is and what is not pathology. The theory of marking indicates that pathologies arise through attaching to the unit a specific false label with which it is identified after some time. Control theory says that pathological behaviors arise primarily due to non-compliance with generally applicable norms, when the costs of deviant behavior are lower than the profits they can bring. The theory of different connections indicates that man learns pathological behavior in the process of socialization through contact with pathological individuals (Dobieszewski 2004, pp. 154-156). In addition to the above, it should be pointed out that the source of social pathology may also be elements such as poverty, unemployment or bad living conditions.

Stanislaw Kozak analyzed the types of pathology and distinguished individual pathologies and pathologies of social structures. Individual pathologies include: workaholism, alcoholism, incest, family pathologies (eg divorce), pedophilia, or drug addiction, while among the pathologies of social structures we can distinguish corruption, intolerance or mobbing (Kozak 2009, p. 15). In addition to the above, we can include social security threats such as prostitution, violence, suicide or common crime (Skrabacz 2012b, p. 55).

Social pathologies belong to the threats of social security. Andrzej Siemaszko conducted research in 1988, in which he showed the hierarchy of the most condemned behaviors. In 2006, Sławomir Sobczak showed what changes have taken place over the years and presented a new hierarchy (see Table 1).

Security is a variable process, which is proven by the table above. There was a significant change in the perception of socially condemned acts, the year 2006 saw the beginning of sexual crimes and those directed against children (Stradowski 2013, p. 31).

Table 1. Changes in the hierarchy of the most condemned acts over the years

1988	2006
1. Incest	1. Rape
2. Murder	2. Child pornography
3. Hooliganism Beating	3. Urging minors to prostitution
4. Rape	4. Violence against children
5. Robbery	5. Kidnaping
6. No help	6. Sexual harassment of the child
7. Addictive addiction	7. Murder
8. Spying	8. Violence towards a spouse
9. Hijacking	9. Pedophilia
10. Compulsive alcoholism	

Source: own study based on: Gierszewski 2013b, p. 117.

One of the important manifestations of deviant behavior among children and adolescents is crime. It causes an increase of sense of anxiety and danger in the society. Among the criminal behaviors, aggressive ones are very frequent (Pierzchała 2009, pp. 137-138). Their action is primarily to cause other people suffering, harm or loss (Pejś 2016, pp. 174-175). Most often crime is caused by poor family or environmental conditions which, due to belonging to new social groups, cause frustration. As a result, the minor succumbs to the suggestions of the new group and performs prohibited acts (Jedlewski 1962).

Misuse of psychotropic substances is a phenomenon with which young people often deal. The main reasons for taking psychoactive drugs include: the desire to escape from problems, the search for pleasant experiences and the need for acceptance from a group of peers (Kowal 2016, p. 50). According to CBOS research on the attitude towards drugs in 2011, illegal substances are more often proposed to learners and students, and they are better informed where to buy them (Załęski 2011).

In 2010, 63% of Poles confirmed that they personally know someone who abuses alcohol. Of these people, 42% said they knew 3-5 people. More or less, every tenth

person during the research declared that he lives with a person abusing alcohol (Feliksiak 2010). Jolanta Jarczyńska pointed out that from year to year, the age of alcohol-related youth initiation was decreasing. It came to the fact that the number of addicts from alcohol and those requiring treatment increased. The author pointed out that the consumption of alcohol by young people is largely due to parents passing on their children an inappropriate patterns (Jarczyńska 2002, pp. 234-237).

The above-described behaviors are only examples of social pathologies. Considering the subject of the following work, it was important to focus on these three phenomena.

Pathologies are most often influenced by poverty, difficult financial situation, lack of control and interest of children on the part of parents, dysfunctionality of the family, or environmental influences. In such cases, a variety of preventive and anti-pathological programs, school and sport clubs play a key role in shaping security. Among the programs worth noting are those that try to deal with pathologies through physical activity.

Preventing social pathologies by means of physical activity

Physical activity it is functionally understood as undertaking of physical exercise of an intense or moderate nature. In this case, the purpose or motivation of making an effort is irrelevant. It should be noted that this is a concept broader than sport, because in addition to professional or recreational sports, it also includes behaviors such as homework or dancing (Ministerstwo Sportu 2015).

In 2015, the Ministry of Sport developed and adopted the Sport Development Program until 2020. The project states that “Regular physical activity favors proper psychophysical development of children and youth, and can also play an auxiliary role in establishing social relations and counteracting pathological phenomena. The egalitarian nature of sport and physical activity may in particular contribute to the integration of children and youth from different backgrounds, teaching tolerance and shaping the ability to cooperate. The family and institutional models play a significant role in this regard” (*Ibidem*, p. 82). The Program focuses primarily on the inevitable impact of sport on health.

It is worth emphasizing that in the *Strategy for the development of sports in Poland until 2015* from 2007, the role of sport in counteracting pathological phenomena was much

greater. It was emphasized then that the values of sport should be used for the promotion of civic attitudes and counteracting social pathologies. The strategy indicated different types of programs and the necessity of their development, whose main role was to counteract pathological phenomena. Such programs included “Sport of all children”, which recommended introducing new disciplines and activities to the program offer and thus increasing the activity of children coming from pathological environments (Ministerstwo Sportu 2007).

The program “Counteracting through sport of aggression and pathology among children and adolescents” is a program that was created in 2014 as a continuation of, among others, the “Sport of all children” program. Its main task is to reduce the level of aggression and social pathologies (above all it is about addictions to chemicals) by providing young people with the opportunity to participate in various types of sports activities. The aim of this program is also to limit behaviors related to addiction to computer games or the Internet (Ministerstwo Spraw Wewnętrznych, Ministerstwo Sportu i Turystyki 2014, pp. 4-5).

In the process of resocialisation of young people who are socially maladjusted, it is necessary to use all possible means and methods of pedagogical influence. Among them there should be a sport because it effectively affects the maladjusted socially youth. Aleksandra Rogowska indicates that it is enough to devote only half an hour twice a week for physical activity to positively influence mental condition (Rogowska 2010, p. 320). The World Health Organization suggests that it should be at least 60 minutes for 7 days a week (Ministry of Sport 2015, p. 18).

Jakub Bronisław Bączek stated that the most noble way of dealing with the problem of growing frustration and aggression is sporting activity. Sport teaches control over aggression and its use in sporting combat. The principles and rules of conduct must be observed. This leads to proper behaviour not only during training or competitions, but also has an impact on the behaviour in everyday life. The author carried out research in rural primary schools, where parents said that, first of all, in order to limit aggression it would be worth organizing sports clubs in them (Bączek 2005, pp. 123-125).

Due to the voluntary choice, physical activity is a factor that largely affects the upbringing of people. However, to make it possible it is necessary to create appropriate conditions to conduct such a process. This is very much dependent on the commitment of teachers and trainers who should take into account the physical capabilities of their

pupils. It's also worth pointing out that participation in sports activities allows for regular leisure time management, which also has an impact on preventing the spread of social pathologies (Dutkiewicz et al 2011).

In 2007, Krzysztof Bobrowski carried out a study aimed at analysing the relationship between risky behaviours (active participation in violence, including the use of the Internet). In addition, the student's free time will be spent in the school (e.g. in the case of others, illegal behaviour and abuse of psychotropic substances) and active leisure activities of junior high school students. Studies have shown that people who are more physically active (they exercised on average one hour longer per week) are more likely to undertake risky behaviours (Table 2).

Table 2. Intensity of organised sports activities (number of hours per week) and hazardous behavior

Risk behaviour indicators	Organised sports activities (hrs./week)
Misuse of psychotropic substances	
YES	4.13
NO	3.25
Violence against others	
YES	3.98
NO	3.09
Offences	
YES	3.49
NO	3.60

Source: Own elaboration based on: Bobrowski 2007, p. 279.

Tests were also carried out during which it was found that the type of sport involved is relevant to the offenses. People practicing martial arts more often abused psychotropic substances and were involved in violence (Bobrowski 2007, pp. 275-280).

The researcher found that such results do not seem to indicate that sport can be a cause of risky behavior. It only indicates that they may indicate that young people who are more prone to pathological behaviors more often play sports from their peers. It is worth to look after such people because, according to the author, participation in

sports activities creates very good conditions for preventive work (Bobrowski 2007, pp. 284-285).

In 2007, the State Agency for Prevention of Alcohol Related Problems came to similar conclusions, which created a recommendation addressed to local governments. It included, among others, supposed utilitarianism of sports activities in youth prevention (State Agency for Prevention of Alcohol Related Problems 2007, pp. 59-61).

Conclusions

Ensuring social security is an important condition for the proper functioning of the state. Conducted research indicates that physical activity plays a significant role in maintaining social security. More and more people see that it is through sport activities that you can try to prevent widespread social pathologies. It is related to the fact that work through sport is a great way for pedagogical influence. However, in order for it to be effective, trainers and pedagogues must be properly prepared for preventive and educational work. Their role, apart from their parents, is fundamental in the process of education.

After reviewing the literature, the author decided that the subject matter related to positive sport activity on risky behavior is based mainly on questionnaire surveys, there are no studies carried out on specific units (based on the individual case method). The conducted research is largely out of date, therefore further research in this direction is necessary.

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