

CONSTRUCTIVE DEALING WITH ANXIETY AND ANGER AS AN ASPECT OF THE QUALITY OF LIFE OF MATURING GIRLS WHO PRACTISE TAEKWON-DO

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Abstract. *The quality of life, including the quality of life connected with health covers coping with difficult emotions and the ability of fulfilling aims, despite their deconstructive effects. Constructive dealing with emotions, such as anxiety and anger (i.e. that are considered to have negative character) makes a very important aspect of the quality of one's life. The process of growing up is, to a large extent learning to cope with difficult emotions. In this work we are concentrating on one of the aspects of the quality of life connected with health-related effects of systematic physical activity performance, such as taekwon-do. One of the very important reasons of a positive influence of practising martial arts (and other forms of physical activity) on the quality of life is a beneficial impact of such an activity on a widely-understood psychophysical skills, dealing with anger and better coping with anxiety. In the light of contemporary knowledge (and old sources) taekwon-do cannot only mean physical activity, though, undoubtedly, it is a very important, key aspect of this activity. In the paper we present the results of our own research concerning the ways of dealing with anger and anxiety by the girls practising taekwon-do (with the inclusion of the period of practise). In the light of the our research girls and women who have practised taekwon-do for over 2 years are more effective in coping with the situations of the choice between different options (to choose from) if each of them has its positive and negative consequences. Maturing girls and young women who practise taekwon-do have better abilities of constructive coping with stressful situations, including reaction for the situations causing anxiety.*

Keywords: *health, physical activity, quality of life, taekwon-do, anxiety, anger.*

Introduction

Constructive dealing with emotions, such as anxiety and anger (i.e. that are considered to have negative character) makes a very important aspect of the quality of one's life (Branden, 1995; Brock et al., 2016; Tsos et al., 2017; Ortenburger et al., 2015). The process of growing up is, to a large extent, learning to cope with difficult emotions (Aronson et al., 2012; Brođani & Zuskova, 2015). The aim of this paper is to develop knowledge concerning pro-health effects (frequent activities, being the factors maintaining and improving health, such as: regularly undertaken physical activity, gradation of the degree of

Constructive Aspects Of Anxiety

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Constructive Aspects Of Anxiety:

Constructive Aspects of Anxiety, 1963 *Freedom and Destiny* Rollo May, 1999-01-17 The popular psychoanalyst examines the continuing tension in our lives between the possibilities that freedom offers and the various limitations imposed upon us by our particular fate or destiny May is an existential analyst who deservedly enjoys a reputation among both general and critical readers as an accessible and insightful social and psychological theorist Freedom's characteristics fruits and problems destiny's reality death and therapy's place in the confrontation between freedom and destiny are examined Poets social critics artists and other thinkers are invoked appropriately to support May's theory of freedom and destiny's interdependence Library Journal Especially instructive even stunning is Dr May's willingness to respect mystery There is too at work throughout the book a disciplined yet relaxed clinical mind inclined to celebrate what Flannery O'Connor called mystery and manners and to do so in a tactful meditative manner Robert Coles America Fundamentals of Patient-centered Nursing Ruth Virginia Matheney, 1972 *Sin* Ted Peters, 1994 Peters revisits the dark side of human nature and the perennial categories of sin that have been glossed over by our pluralistic culture Peters examines the kinds of evil that we confront on a daily basis and reminds us of the availability of grace **Anxiety's Inner Voice** Clo Nickelpeglrpeglr, 2011-06-01 Description Anxiety's Inner Voice describes how each reader can like the author make the journey from panic to emotional self acceptance A book for women written by a woman who has gone through the experience this life changing book offers more than self help It focuses on a gentle self acceptance While conventional treatments for anxiety rely on changing the way you think this book's core message is one of emotional healing Instead of suppressing or pushing away their feelings the reader will be shown that emotions are something that they can embrace and learn from in order to achieve lasting peace More importantly women will learn how to use their anxiety as an emotional compass to not only heal their particular anxieties but to thrive in all areas of their lives About the Author Clo Nickel is currently pursuing a degree in Psychology and works part time as a Microbiology Lab Analyst She enjoys travelling and has just returned home from a trip to Thailand She lives in beautiful British Columbia Canada with her husband soul mate and their two wonderful kids Clo also enjoys the creative arts and has started a yoga inspired jewelry line called Inner Voice Beads She hopes both her book and her jewelry will help women remember the importance of listening to their own inner voice **Nursing Diagnoses and Process in Psychiatric Mental Health Nursing** Gertrude K. McFarland, Evelyn L. Wasli, Elizabeth Kelchner Gerety, 1992 **Interpersonal Explorations in Psychoanalysis** Earl G. Witenberg, 1973 **Research on Teaching Strategies and Skills in Different Educational Stages** Pedro Gil-Madrone, Linda Saraiva, Luisa Losada-Puente, 2025-03-19 The teaching practice becomes a reciprocal activity in the classroom when teachers apply their creativity and their knowledge resulting from research and scientific evidence in the didactic teaching process with the purpose of strengthening in the students the key competencies of their training turning students at the core of the didactic

process Teaching strategies must be articulated from previous research and planning and designed sequentially to promote real and interesting learning scenarios and thereby achieve significant learning From this perspective of teaching learning strategies the reciprocal interaction between the student and the teacher becomes the focus of attention with a playful motivating interesting and rewarding approach for the learner The role of the teacher is conceived as fundamental in the teaching process to achieve the link between teaching learning and evaluation strategies For this reason multidisciplinary studies are welcome from all stages of the educational system with quantitative qualitative and mixed approaches and reviews promoting good teaching practices of reflection and innovation from these studies

The Wiley Handbook of Positive Clinical Psychology Alex M. Wood, Judith Johnson, 2016-04-21 Edited by the founder of the field this is the first handbook on positive clinical psychology a revolutionary approach that places equal importance on both the positive and negative aspects of mental health and well being The first handbook on positive clinical psychology a revolutionary approach that places equal importance on the positive and negative aspects of mental health and well being Brings together new work from authorities in positive psychology and clinical psychology to offer an integrated examination of well being as it relates to personality psychopathology psychological treatments and more Discusses theory research and practice across a broad range of topics such as optimism positive affect well being therapy childhood well being evolutionary perspectives and clinical implementation Contains essential information for researchers instructors and practitioners in clinical psychology positive psychology mental health and well being in general

The Dynamics of Grief David K. Switzer, 1970 Sourcebook in Abnormal Psychology Leslie Y. Rabkin, John E. Carr, 1967 *The Journal of Pastoral Care*, 1965

Religious Values in Counseling and Psychotherapy Charles Arthur Curran, 1969 COVID-19 and Existential Positive Psychology (PP2.0): The New Science of Self-Transcendence Paul T. P. Wong, Claude-Hélène Mayer, Gökmen Arslan, In the era of COVID 19 many people have suffered high levels of stress and mental health problems To cope with the widespread of suffering physical psychological social and economical the positive psychology of personal happiness is no longer the sole approach to examine personal wellbeing Other approaches such as Viktor Frankl s theory of self transcendence provide a promising framework for research and intervention on how to achieve resilience wellbeing and happiness through overcoming suffering and self transcendence The existential positive psychology of suffering complements the positive psychology of happiness which is championed by Martin Seligman as two equal halves of the circle of wellbeing and optimal mental health This Research Topic aims to examine the different approaches to Positive Psychology and their influence on individual wellbeing during the COVID 19 era One of the exciting development in the positive psychology of wellbeing is the mounting research on the adaptive benefits of negative emotions such as shame guilt and anger as well as the dialectical process of balancing negative and positive emotions As an example based on all the empirical research and Frankl s self transcendence model Wong has developed the existential positive psychology of suffering PP2 0 as the foundation for flourishing Here are a few main tenets

of PP2 0 1 Life is suffering and a constant struggle throughout every stage of development 2 The search for self transcendence is a primary motive guided by the meaning mindset and mindful mindset 3 Wellbeing cannot be sustainable without overcoming and transforming suffering In this Research Topic we welcome diverse approaches discussing the following points The dialectic process of overcoming the challenges of every stage of development as necessary for personal growth and self transcendence The role of self transcendence in resilience virtue meaning and happiness The upside of negative emotions The new science of resilience based on cultivating the resilient mindset and character How to make the best use of suffering to achieve out potentials mental health *Pharmacodynamic, Pharmacokinetic and Clinical Aspects on Oxazepam and Related Benzodiazepines* ,1978 **COVID-19 Epidemiological Situation as a Psychosocial Determinant of Trauma and Stress** Mateusz Krystian Grajek,Jonathan Adedayo Odukoya,Ewa Misterska,Mateusz Rozmiarek,2024-01-24 In addition to the infectious context the COVID 19 pandemic has brought many complications to social life Fear anxiety misinformation and loneliness associated with isolation as well as uncertainty about the days ahead have already caused psychological and emotional changes in many people Many social groups such as cancer patients the elderly schoolchildren and people with disabilities were particularly vulnerable to the psychosocial effects of the COVID 19 pandemic In light of current data even the WHO suggests that the psychological context of the pandemic may have caused more psychological damage than World War II Some researchers also infer the existence already of a post pandemic stress syndrome which is currently not an official medical diagnosis but rather a subtype of PTSD that is being diagnosed Also noted in the context of the pandemic is the breakdown of many social ties due to isolation loneliness the development of symptoms of depressive or anxiety disorders and the transformation of social life Thus it seems reasonable to estimate the magnitude of phenomena of psychosocial importance resulting from the impact of the epidemiological situation associated with the COVID 19 pandemic The primary issue to be considered within the framework of the topic is the identification of psychosocial factors affecting the quality of mental and social health of various social groups which are determined by the epidemiological situation associated with COVID 19 In this view the determining variables will be personal feelings of stress fear anxiety depression discouragement alienation and loneliness and in a global sense the reference of these phenomena to the comfort and quality of social life with particular emphasis on interpersonal relationships COVID 19 as mentioned above continues to be an important social issue and although the situation related to it has recently softened and media reports becoming less frequent It is inferred that we will only now see the full impact of the problems associated with the mental health crisis and the breakdown of interpersonal relationships caused by the COVID 19 pandemic *Basic Types of Pastoral Counseling* Howard Clinebell,1966 A survey of approaches to pastoral counseling **The Psychology of Personality** Bernardo J. Carducci,2009-03-09 This engaging comprehensive introduction to the field of personality psychology integrates discussion of personality theories research assessment techniques and applications of specific theories The Psychology of Personality

introduces students to many important figures in the field and covers both classic and contemporary issues and research The second edition reflects significant changes in the field but retains many of the special features that made it a textbook from which instructors found easy to teach and students found easy to learn Bernardo Carducci s passion for the study of personality is evident on every page *Psychology and Theology in Western Thought, 1672-1965* Hendrika Vande Kemp,H. Newton Malony,1984 1047 entries to monographic literature that treats Judeo Christian religious thought in relation to psychology Also contains foreign language works that have been translated into English Topical arrangement into 7 parts Entries give bibliographical information and annotation Name institution title subject indexes Humanitas ,1965

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