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Efficient Communication and Physical Exercise – Means of Psycho-Social Recovery

Constantin Ploesteanu, Barna Iuliana

Abstract

Human personality can be positively moulded through efficient communication when rules that can be accepted in day-by-day behaviour apply. By interiorising a behaviour code induced by practising sports and learning pre-existent norms, one may psycho-socially build or rehabilitate an adult or a child. The present paper proposes a programme adapted in accordance with the individual’s peculiarities, which may successfully lead to psychic and social recovery. This programme has been elaborated after applying questionnaires in various social environments to adults that had been socially recovered through different means, which provides a bigger picture of the structure of human personality.

1. Introduction

In order for a person to adapt to the changing reality and circumstances, one should possess a set of skills specific to critical thinking. The development of the ability of active social integration is based on a set of personal values and attitudes which give the individual the chance to react positively to change – as prerequisite of personal development. Within this horizon of expectation, knowledge of the self and the others becomes imperative.

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Keywords: Human personality, communication, physical exercise, psycho-social recovery;
Practising constant physical exercise and learning accessible social norms, acceptable at the moral and legislative levels are means that may successfully lead to the individual’s integration in various social-cultural groups: family, professional environment, friends, etc. Likewise, shaping human personality presupposes the development of some skills essential to the individual’s adaptation and social success: coherent communication, critical thinking, making rational decisions, contextual processing and using of complex information, expressivity and sensitivity, stress management – in view of personal accomplishment and for promoting a quality life.

It is equally true that hereditary physical and psychic features also play a significant role in shaping human personality and behaviour. The physical and psychic features pass from one generation to the next based on three heredity types. (Marcela Luca, *Personality psychology*):
- General (of the species) – all human beings share a number of general characteristics which determine their belonging to the human race;
- Familial – the members of a family who are genetically related present a number of particular features, specific to that family;
- Individual – each individual possesses a unique genotype resulted from the combination of maternal and paternal genes.

The modern period has brought about two theories, partly convergent:
- personality traits are genetically determined;
- behavioural tendencies result from phylogenesis (socio-biology) – the result of the evolution’s pressure (Marcela LUCA, *Personality psychology*).

Nonetheless, heredity is not sufficient for the complex development of human psychic life. As asserted by experts in the field, the environment is the total amount of natural and social, physical and spiritual, direct and indirect, conscious and unconscious influences and the framework for the development of the human being. “Sports activity, part of the social environment, provides the chance for rewards, re-balance, repression, physical condition improvement, engagement in group activities, etc., all placing the individual in a strong position in relation to his/her self and the others” (Aura Bota, 2006).

The adoption of behaviour, norms and values specific to human beings and necessary for the social integration of an individual with behavioural disorder, irrespective whether s/he is an adult or a child, can be acquired through efficient communication. The psycho-social perspective actually emphasises the fact that two interlocutors interact with their entire personality during communication, which leads to the formation of a particular psycho-social climate in which the relations of affective affinity/ liking, rejection/ dislike or indifference/ neutrality significantly determine the efficacy of the communication act (Abric, J.C., 2002). From a pedagogical perspective, communication is an inter-subjective relationship in which the interlocutors bring previous experience, temper, origin, culture, prejudice and stereotypes, etc.

2. Purpose of Study

By making up the psychic and social profile of an individual with behavioural disorder caused by certain external factors prevailing in his/ her social environment (mentally-challenged persons or persons with physical disabilities are excluded), by the careful observation of his/her manifestation under usual life and activity conditions, we can acquire efficient educational programmes which may lead to psycho-social recovery. Observation, as empirical psycho-pedagogical method, aims at wilful tracking and systematic recording of the actions performed by the individual/ group.

3. Methods

During the present study, we have used the sociological survey, a quasi-experimental method, while the technique applied was the questionnaire. This questionnaire has been drawn in view of recording the data
concerning the means which have determined the psychic balance and social reintegration of rehabilitated persons. We have used ten items which attempt to emphasise aspects related to daily physical activities and to the way they react in inconvenient, stressful or crisis situations. The questionnaire has been applied to a heterogeneous sample of 60 subjects (30 women and 30 men) – with regard to gender, job or position. The only prerequisite of the questionnaire was the age of the subjects – we have applied it only to adult subjects from 20 to 50 years old.

The following questions make up the questionnaire which lays the foundations for the psychic and social recovery programme:

- Which elements used during the social rehabilitation and integration could you accept only by means of efficient communication?
- What communication type has been used most often during the rehabilitation process and especially during the process of interiorising the socially-appropriate behavioural norms? (e.g. dogmatic, empathetic, permissive, democratic, transactional communication)
- After taking part in the rehabilitation programme, do you think that tolerant and accessible communication is able to motivate and integrate a person in the social group?
- Is sport activity capable to reveal difficulties and pseudo-limitation for a person with behavioural disorder?
- Which were the sport activities that you have practised during the social recovery period? (e.g. football, tennis, swimming, fitness, jogging, etc.
- Do you consider that these sport activities have helped you gain psychic balance by regaining human feelings and spiritual manifestations?
- Do you consider that efficient communication adapted for each situation and physical exercise practised consistently and unfailingly represent the optimal combination of social and psychic stimuli?
- Judging by your personal experience, which are, in your opinion, the factors that determine the occurrence of behavioural disorder and, inherently, social inadequacy?

Our research has relied on the following variables:

a) the dependant variable: the attitude towards recovery – through physical and psychic restructuring in relation to the process of reintegration in the active environment;

b) free variables: the circumstances and means of psycho-social recovery.

4. Data analysis

The information acquired after applying the questionnaire has pinpointed the fact that 65% of women may develop psychiatric disorders such as anxiety, depression and social inadequacy due to various reasons in relation with the family environment and with the professional environment. Only 35% of the men whom we have interviewed showed signs of behavioural disorder and intense emotional distress, primarily caused by the lack of adequate communication with their partners (especially women). The women present in our survey have accepted to take part in the rehabilitation programme more easily, being more willing to express their emotions and feelings (therefore, at the communication level). Men, on the other hand, are less willing to accept therapy, but they are much more effective in performing the physical tasks imposed by the psycho-social recovery process, as they are generally more dependent on constant physical activities (especially sports).

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<th>Efficient Communication</th>
<th>Physical exercise</th>
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<td>Before recovery</td>
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<td><strong>Professional</strong></td>
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<td>Leisure activities with friends</td>
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*They changed their workplace after rehabilitation and became sports trainers

Table 2

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<th>Men</th>
<th>Efficient Communication</th>
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<td>Professional environment</td>
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<td>23</td>
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<tr>
<td>Leisure activities with friends</td>
<td>18</td>
<td>29</td>
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* They have jobs related to physical exercise; they go to the gym hall during breaks

Fig. 1 Graphical representation of the results obtained after recovery- women and men

5. Recommendations

Programme proposal on the strength of the two indices: communication and physical exercise.

Group meetings on various topics, e.g., “Tell me who are you today?” in which open communication functions as a form of escape from the daily stress.

Leisure activities in and outside the family environment include physical exercise help the improvement of physical condition.

Initialisation of an efficient programme promotes social interaction in the professional environment. At the end of each month, an analysis will present the actual results. Each member would propose job improvement and optimisation solutions abiding by the ethical code.
Presence of a therapist/psychologist who would identify the appropriate method for each situation in view of ensuring pliability and adaptability of the individual to various contexts and avoiding physical and psychic overstressing.

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