

Thus, the psychology of physical education has one of the important goals for the healthy functioning of the human body, this goal is physical perfection, which is achieved through daily exercise and training. It is the maintenance of human harmony that requires the right approach to their psychological characteristics, which will further contribute to the motivation to achieve high results.

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### **BULLYING IN MODERN SPORTS ENVIRONMENT: UNDERSTANDING AND PREVENTION**

**Keywords:** *types of bullying, sports, preventive activities, causes of violence*

In the modern world, bullying is recognized as one of the main socio-psychological problems in the education system, including in sports. In Ukraine, according to the UN, about a quarter of children have become victims of bullying in schools and other educational institutions - this is the fourth indicator in the world. Above are only Russia, Albania and Belarus. Bullying has acquired such proportions that it has become impossible not to notice it. Scientists and the public of many progressive countries have paid attention to this problem.

Literary studies show that the greatest attention of scientists to the topic of bullying is noted in the United Kingdom (124), Canada (77), Australia (74) and Spain (56). The study [1] reveals that the University of Toronto (Canada) and Beckett University (United Kingdom) being the most active educational institutions in publishing papers related to harassment and bullying in sports. Their study has demonstrated growth trajectory of harassment and bullying research in sports since 2015. Research on harassment and bullying in sports is gaining traction due to the involvement of academics and practitioners. Unfortunately harassment and bullying in sports is an inseparable part of the lives of many people, so efforts are needed to deal with and minimize the occurrence of these acts on a larger scale.

Experts distinguish the following types of bullying:

*Physical bullying* is the use of physical actions to intimidate and gain control over a target. Includes such acts hitting, kicking, punching, shoving, slapping, biting, tripping, pinching or damage of property.

*Emotional bullying* is the use of words to mock, shock or ostracize another person. Teasing, spreading rumors, threatening comments, name-calling, humiliation, ridicule of a peer or any indication of actions related to these will indicate inclusion of the definition. While it can have a physical component, that isn't the primary means of bullying in this case. This type of bullying can be even more damaging, in the long run, than physical harm.

*Social bullying*, sometimes referred to as covert bullying, is often harder to recognize and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Such indications include an isolation from social groups; non-acceptance into peer groups, or hazing in the manner of initiation activities that have no indication of physical contact or harm; lying and spreading rumours; negative facial or physical gestures; menacing or contemptuous looks; playing nasty jokes to embarrass and humiliate; damaging someone's social reputation or social acceptance.

*Cyber bullying* – intentional and repeated harm inflicted through the use of computers, phones, and software such as social media, instant messaging, texts, websites and other online platforms.

Unfortunately, in many countries there are no studies on the presence of bullying and violence in the sports environment and there are no statistical data. However, in the leading democracies we have the results of studies of bullying in the field of sports and they are horrendous.

It is more difficult to notice and stop bullying in sports than at school or university. According to the published results of surveys in Ukraine, 75 % of young athletes have experienced various forms of violence, while in most cases (81 %) the aggressors were peers. Despite the fact that the presence of bullying in a sports team leads to negative consequences (a decrease in performance, an increase in emotional tension, a deterioration in the psychological climate, leaving sports, etc.), there are practically no systematic studies on the specifics of bullying in modern science.

The problem of bullying in the sports environment is complicated by the fact that the sports section, due to its characteristics, functioning and composition, largely determines the manifestation of violence. First of all, we are talking about the fact that a sports team, being a closed group, is subject to an increased risk of bullying, as one of the ways to unite the team. Sports activities for children are associated with a number of psychological difficulties: increased competition, pressure from coaches, competitive stress, inadequate parental positions and high expectations lead to conflicts, worries, breakdowns, and disappointments. The results of research by many experts show that child athletes mature earlier than their peers. It is believed that they have no right to make a mistake, they must always and in everything be at a «high level». As a result, violence against young athletes is often not noticed, and sometimes it is considered as a justified way of sports victories and achievements.

Gervin say that the coach-athlete relationship is one of the most important and potentially influential relationships a young athlete will experience [2]. Tomlinson and Yorganci think that coaches may have power over athletes based on their age, gender (male coach/female athlete), knowledge and access to resources, authority to make choices and to reward and discipline, as well as their past successes [3]. Both the time around these coaches and the influence they have can place great pressure on a youth athlete to tolerate actions that normally would be unacceptable.

Studies [4] showed that in combat and team sports, unlike in the individual sports, the roles of bullies against opponents, unfolding in bullying actions, are more frequently expressed.

Research scientists show that athletes men are more aggressive physically, verbally or non-verbally than women. Men, not only as a bullies, but also in the role of a victim, are more expressive than women in addition, it has been found that persons who were bullied in the past also apply the same negative behaviour themselves in sport activities later. Athletes' age has a significant influence on the form of bullying as older persons use a more refined arsenal of means of negative behavior [5-7].

Thus, we came to the conclusion that the problem of bullying in sports is still poorly studied and is quite closed. Modern society must still make considerable efforts to study and eradicate this problem. It will require a lot of effort at the legislative level, as well as conducting preventive work aimed at the acquisition by athletes of the skills of constructive behavior in conflict, reducing tension and optimizing interpersonal and intergroup relations, developing communication skills, increasing awareness and forming a positive «self-concept». It is necessary to intensify the development of educational programs for coaches, athletes and their parents.

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## **REASON BEHIND THAT WOMEN WITHDRAWAL IN SPORTS IN INDIA**

***Keywords:*** *withdrawal, social issues, stigma, trauma*

**Introduction.** India is sports loving country and historically women have been the torch bearers in many Asian and World Games and Sports. India is also a being conservative and tradition based country where women have always found it difficult to participate in sports on a regular basis.

In India many people worship women as gods even though they do not give equal right to them. To be born as a woman in Indian society was considered as unfortunate. Due to these reasons women in India face lots of social issues. It starts from mother womb itself as many people think that women are a burden to their family (parents and husbands). Women can't live independently especially in Tamil Nadu and therefore they are considered as a stigma. Women are guaranteed equality under the constitution of India but the ground reality is not completely true. The birth of a girl child is not celebrated and there is a belief that a girl child is inferior and subordinate to men. Women are made to depend on men for both economic and emotional support. The birth of a boy child is celebrated because they are superior. People here think that boy child is an asset for the family. They think that they have capacity to earn. Women are spoken as superior but they are treated as inferior. They have much restriction to go out of their homes.

Both girls and boys in India are guaranteed of education up to age 14. Boys are encouraged to continue their education. But many parents of girl children insist on giving more importance to domestic chores as her duty and do not send the girl child to school because of various reasons and also sometimes if the teacher is a male.