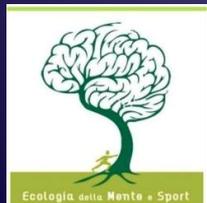




The 14th European Congress of Psychology Milan, Italy 7-10 July 2015 Bicocca University

# Bullism: sport as support and prevention therapy

Elena Pomesano



Milan, 10th July 2015 Room U6 – 20  
1.35 pm – 3.05 pm



Associazione Internazionale  
Psicologia e Psicoanalisi dello Sport



## Main young age difficulties

Learning disability

Behavioural disorders

Relational disorder

**Bullying**



Milan, 10th July 2015 Room U6 – 20  
1.35 pm – 3.05 pm

Associazione Internazionale  
Psicologia e Psicoanalisi dello Sport





## Bullism

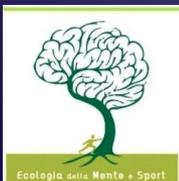
- Correlation between habitual form of aggressive behaviour in school context and discomfort:

**Bully:** higher risk of developing: deviance, antisocial behaviour, drug abuse

**Bullying victims:** higher risk of low self esteem, school dropout and depression

(Berthold e Hoover, 2000)

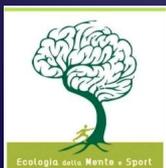
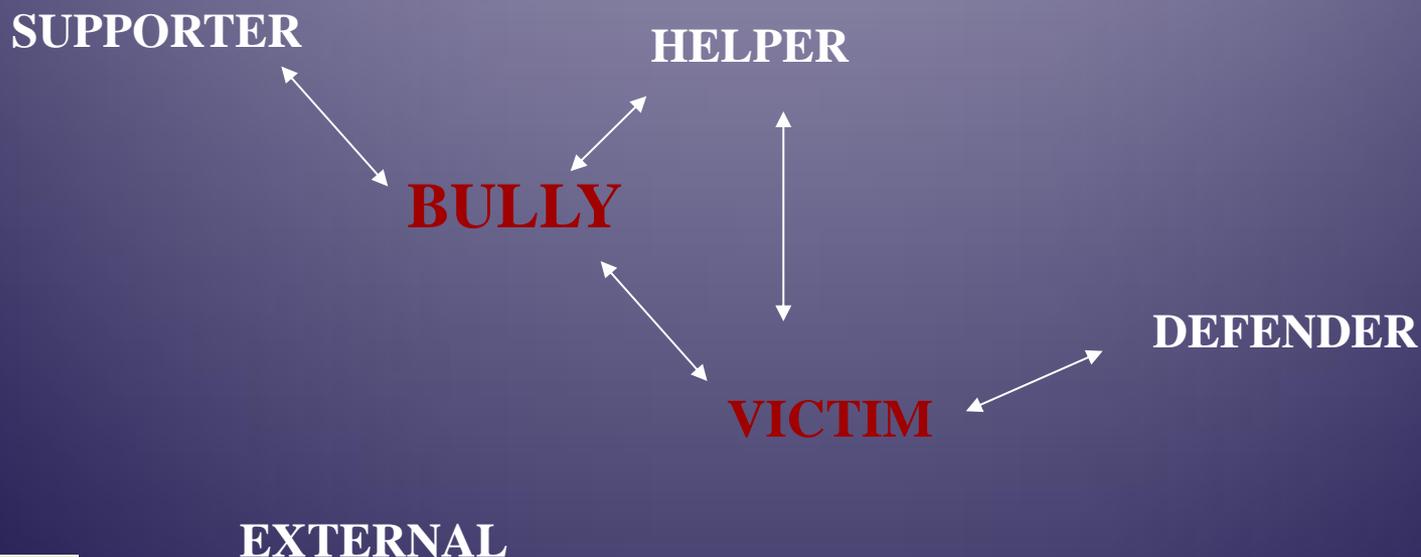
- incidence of phenomenon in Italy:  
elementary school: 41%  
junior high school: 26%  
high school: (15-18%)





## Bullism: a social phenomenon

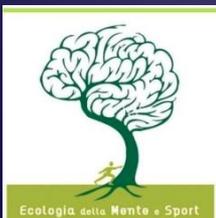
Bullism is needs a certain equilibrium of forces within the group. The goal is the domination, therefore the bully needs a group to act his domination within. Every group member has a role, even who disapproves the bully's behaviour and does not intervene





## Non-evident difficulty?

- Good students with adequate behaviours towards teachers, suffering for:
  - Being bullism victims
  - Intolerance of school and studies
  - Unsatisfactory relationships with schoolmates
  - Anxiety





## Potential intervention contexts

- Preferred context:

School, where group behaviours and dynamics grow and are observable

but also in sport group/team:

- Highly motivating
- Allows to experience their own resources and limits, to manage anxiety, overcome obstacles, tolerate frustration
- Strong rules to respect
- Behaviours and dynamics can be regulated and corrected by coaches conveniently trained





## Intervention in sport context has to be managed correctly:

Group management

Rules management

Competition management

Communication management

Individual grow aspects management



Milan, 10th July 2015 Room U6 – 20  
1.35 pm – 3.05 pm

Associazione Internazionale  
Psicologia e Psicoanalisi dello Sport





## A.I.P.P.S. and disorders/difficulties prevention

- Aimed to facilitate a correct and harmonious personality growth, through the use of sport activities and context with his value and characteristics

Observation of behaviours during sport practice  
Clinical interpretation of observed data



Observation and reading of relationships and communication dynamics with peers





## The sport group

In team sports and individual sports

Causes the birth of group dynamics and communication, so it is possible that also bullism and aggressive behaviours, personal and interpersonal discomfort may arise.

Governed by interactions and respect of precise rules created for well-being of the group and the group members



Milan, 10th July 2015 Room U6 – 20  
1.35 pm – 3.05 pm



Associazione Internazionale  
Psicologia e Psicoanalisi dello Sport



## Conclusion

In the structure of the setting (paly-sport) the reading tools denote some danger signals that may be auto-corrected with suitable modify of the “ecology of the territory” (*Bateson*)

