

ABSTRACT

Title: The Influence of Combative Activities on the Acute Psychological State of Lower-Secondary School Pupils

Objectives: The aim of the study was to analyse the acute changes in pupils' psychological state after a single session of grappling activities and to compare them with the changes observed after a regular physical education lesson. The changes were monitored in the dimensions of tension, depression, anger, fatigue, confusion, and vigour using the standardized POMS questionnaire, which the pupils completed before and after each activity. The research involved 80 lower secondary school pupils who participated in one lesson of grappling activities and one lesson of physical education containing other types of physical activities.

Methods: The study had a quantitative, theoretical–empirical design. In accordance with the research questions, a quasi-experimental design with repeated measurements in two independent groups was used. Data collection took place in a natural school environment during physical education lessons.

Results: The results showed that a single bout of physical activity did not lead to notable acute changes in mood across most of the monitored dimensions. A statistically significant change was observed only in the dimension of fatigue, which increased following the activity. No significant differences emerged between the combative activities and regular physical education. The analysis further revealed differences between boys and girls – girls exhibited higher values in negative mood dimensions, while boys showed higher vitality, regardless of the type of activity performed.

Keywords: combat activities, combat-based activities, POMS questionnaire, physical education