

## **Abstract**

*Sport activities and their impact on the psychological resilience of a primary school age child*

The work is focused on the study of the relationship between the psychological resistance and the top dance sport. The aim of this paper is to verify whether the psychological resilience in children of a primary school age is positively influenced by the top dance sport.

In the theoretical part are described possible approaches to psychological resistance. Chapters are dedicated to its definition and a list of potential diagnostic measuring methods. The study describes the relationship of sport and psychological resilience, which is based on those studies illustrating the positive impact of sport. Attention is also paid to the theoretical interpretation of the relationship of sport and children.

For research are used: Mirror drawing test and questionnaires. The research confirmed the assumption that a higher resistance rate is witnessed in case of top athletes children than in the control group children. In the characteristics as adaptability – maladaptability. Higher level of resistance was confirmed when comparing the questionnaire „Self-efficacy to regulate exercise“ and „Children's self-efficacy scale“.

### **Key words:**

psychological resiliency, primary school age child, self-efficacy, sport