

Abstract

- Aims:** The aim is to assess the effect of the two-month program using games and activities in the nature of social relationships in a group of adolescents.
- Methods:** The research group consisted of 17 girls aged 13 and 14 years. The girls were divided into two groups. The group intervention program completed a two-month ski lessons with additional features activities and games in the winter nature. In the control group ran a classic ski training. Social relations in the group were assessed based on the survey using sociometric rating method Class compass, preferential methods of recording and sociometric questions.
- Results:** In the group with the program based on the method class compass was recorded 27 positive choices regarding sympathy and influence in the first polling, 23 in the second and 30 in the third. The point value of mutual sympathy by preferential entry fell from 461 to 419 points and third interviews increased again to 450 points. For the first sociometric questions of social cohesion index value decreased from 0.81 to 0.67 and 0.31, the second was an increase of 0.28 to 0.58, and then drop to 0.33. In the control group, which carried a normal ski school lessons, the changes were minimal. Number 28 cast options according to the method of class compass in the second polling repeated after three months decreased to the 26th reference record showed values 384, 362 and 393 points. The indices of social cohesion in three polling correspond to values of 0.57, 0.43 and 0.54 for the first sociometric questions and values of 0.43, 0.50 and 0.36.
- Conclusion:** The results showed a decline of popularity and mutual affection in most surveyed sociometrical phenomena after completing a two-month ski training in the intervention and control group. Deepening relations were recorded only in the group with the program in the index increase social cohesion with one of sociometric questions. Elected program of games and activities in nature has not been demonstrated to be effective for improving social relations in the adolescent group.

Keywords: Winter activities and games in nature, sociometry, adolescent, social groups, social dynamics