



ESTRATEGIAS EN ACTIVIDAD FÍSICA PARA EL DESARROLLO SOCIOEMOCIONAL Y LA SALUD MENTAL DESDE EL ENFOQUE ECOLÓGICO

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Temático:

Eje 4: Complejidad Social e Interdisciplinariedad

Resumen

Introducción: Históricamente, la Actividad Física (AF) se ha vinculado con la salud orgánica y metabólica. No obstante, investigaciones contemporáneas confirman que su impacto permea las dimensiones psíquica, afectiva y social del ser humano. Más allá de prevenir patologías crónicas, la AF constituye un eje central para la estabilidad psicológica (Warburton & Bredin, 2017) y el tejido comunitario (Biddle et al., 2019). Su práctica sistemática fomenta competencias transversales como la empatía, la gestión de impulsos y la tenacidad, elementos críticos para la interacción social y el equilibrio interno (OMS, 2020).

En entornos grupales, el movimiento actúa como un laboratorio de aprendizaje socioemocional. A nivel intrapersonal, refuerza la autoeficacia y la introspección; a nivel interpersonal, facilita la resolución dialógica de tensiones y la cooperación. Mediante dinámicas lúdicas y motrices, los individuos procesan emociones y consolidan redes de apoyo recíproco.

Desde el punto de vista clínico, la AF mitiga cuadros de ansiedad y sintomatología depresiva, elevando la autopercepción y el bienestar subjetivo (O'Malley et al., 2024). Este fenómeno fortalece la Salud Mental (SM) al reducir el cortisol y potenciar la resiliencia y el sentido de competencia personal (Chanataxi Paucar, 2025). Según la Mental Health Foundation (2025), sus aportes principales incluyen:



- Prevención y manejo de trastornos afectivos.
- Optimización del perfil socioemocional.
- Mantenimiento de funciones cognitivas y ejecutivas.
- Retraso en el deterioro neurocognitivo y fomento de la convivencia.

Objetivo: Diseñar líneas de acción que utilicen la AF para potenciar el crecimiento socioemocional y proteger la SM.

Metodología: Se emplea el enfoque ecológico, el cual postula que el comportamiento activo no depende exclusivamente del individuo, sino de la interacción entre los niveles personal, micro-social (familia/pares), organizacional (trabajo/escuela), comunitario y macro-social (políticas públicas). Bajo este prisma, se analizaron evidencias para estructurar estrategias que empleen el movimiento como herramienta pedagógica.

Resultados: Se estructuran estrategias que utilizan la AF como vehículo para el desarrollo del autocontrol, la empatía y la toma de decisiones responsables. Se destaca la efectividad de estos procesos en los ámbitos educativo, comunitario y familiar, consolidándolos como espacios idóneos para el aprendizaje de valores y habilidades esenciales para la vida.

1. Fomento de la Autonomía y Bienestar Individual:

El propósito es generar hábitos sostenibles mediante la motivación intrínseca y la reducción del sedentarismo.

- Micro-dosis de Movimiento Efectivo (MME): Dirigida a personas con baja motivación o agendas saturadas. Consiste en fraccionar la actividad en tres bloques diarios de 12 minutos de intensidad moderada (caminata vigorosa o baile). Este método garantiza una liberación constante de neurotransmisores, regulando el ánimo de forma más estable que una sola sesión extenuante (OMS, 2020).
- Progresión mediante Objetivos SMART: Se busca desvincular el ejercicio de la estética para enfocarlo en la competencia personal. Al cumplir metas específicas y medibles (ej. dominar una técnica deportiva), el sujeto fortalece su autoeficacia, combatiendo la indefensión aprendida característica de la depresión.



2. Fortalecimiento del Tejido Social y Colaborativo

Utilizar el deporte para sembrar valores de equidad y responsabilidad compartida.

- Acción Cívica Activa: Vincular la AF con el servicio comunitario genera un propósito vital, elevando la satisfacción personal y el sentido de pertenencia (Belaire et al., 2025).
- Dinámicas de Cohesión y Confianza: Juegos de relevos o circuitos donde el éxito dependa de la sincronía grupal. Esto obliga a los participantes a ajustar su ritmo al de los demás, fomentando la empatía y la gestión de la frustración ante la presión competitiva.

3. Integración en Entornos Cotidianos (Escuela y Trabajo)

Convertir la AF en una herramienta de autorregulación permanente.

- Interrupciones Somáticas Guiadas: Implementación de pausas activas breves centradas en la consciencia corporal y la respiración diafragmática. Estas sesiones actúan como un mecanismo de "reinicio" para el sistema nervioso, reduciendo el estrés laboral acumulado.
- Alfabetización Ciudadana a través del Deporte: Talleres previos a competiciones donde se trabaje la negociación, la escucha activa y la resolución de conflictos sin mediación externa, transformando el campo de juego en un espacio de formación cívica.

Conclusión: Las intervenciones basadas en la AF, diseñadas desde una perspectiva sistémica y ecológica, trascienden el esfuerzo individual para convertirse en políticas de bienestar colectivo. Al integrar el movimiento en los entornos familiares y sociales, se construyen factores protectores robustos que protegen la salud mental y promueven una cultura de resiliencia y apoyo mutuo.

Palabras clave: Ejercicio físico, estrategias de salud, salud mental.



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STRATEGIES IN PHYSICAL ACTIVITY FOR SOCIO-EMOTIONAL DEVELOPMENT AND MENTAL HEALTH FROM AN ECOLOGICAL APPROACH

Abstract

Introduction: Historically, physical activity (PA) has been linked to organic and metabolic health. However, contemporary research confirms that its impact permeates the psychological, emotional, and social dimensions of human beings. Beyond preventing chronic diseases, PA is central to psychological stability (Warburton & Bredin, 2017) and community cohesion (Biddle et al., 2019). Its systematic practice fosters transversal skills such as empathy, impulse control, and tenacity, critical elements for social interaction and inner balance (WHO, 2020).

In group settings, movement acts as a laboratory for socio-emotional learning. At an intrapersonal level, it strengthens self-efficacy and introspection; at an interpersonal level, it facilitates the dialogical resolution of tensions and cooperation. Through playful and motor-based activities, individuals process emotions and consolidate networks of mutual support.

From a clinical perspective, physical activity mitigates anxiety and depressive symptoms, improving self-perception and subjective well-being (O'Malley et al., 2024). This phenomenon strengthens mental health (MH) by reducing cortisol levels and enhancing resilience and a sense of personal competence (Chanataxi Paucar, 2025). According to the Mental Health Foundation (2025), its main contributions include:

- Prevention and management of affective disorders.
- Optimization of socio-emotional well-being.
- Maintenance of cognitive and executive functions.
- Delaying neurocognitive decline and promoting social interaction.



Objective: Design lines of action that use physical activity to enhance socio-emotional growth and protect MH.

Methodology: The ecological approach is employed, which posits that active behavior does not depend exclusively on the individual, but rather on the interaction between the personal, micro-social (family/peers), organizational (work/school), community, and macro-social (public policies) levels. From this perspective, evidence was analyzed to structure strategies that use movement as a pedagogical tool.

Results: Strategies are structured that use physical activity (PA) as a vehicle for developing self-control, empathy, and responsible decision-making. The effectiveness of these processes is highlighted in educational, community, and family settings, consolidating them as ideal spaces for learning values and essential life skills.

1. Promoting Autonomy and Individual Well-being: The purpose is to generate sustainable habits through intrinsic motivation and the reduction of sedentary behavior.

- Micro-doses of Effective Movement (MME): Aimed at people with low motivation or busy schedules. It consists of breaking up activity into three daily 12-minute blocks of moderate intensity (vigorous walking or dancing). This method guarantees a constant release of neurotransmitters, regulating mood more stably than a single strenuous session (WHO, 2020).

- Progression through SMART Goals: The goal is to decouple exercise from aesthetics and focus it on personal development. By achieving specific and measurable goals (e.g., mastering a sports technique), individuals strengthen their self-efficacy, combating the learned helplessness characteristic of depression.

2. Strengthening the Social and Collaborative Fabric

Using sport to cultivate values of equity and shared responsibility.

- Active Civic Action: Linking physical activity with community service generates a vital purpose, increasing personal satisfaction and a sense of belonging (Belaire et al., 2025).



- Cohesion and Trust Dynamics: Relay races or circuits where success depends on group synchronization. This forces participants to adjust their pace to that of others, fostering empathy and the management of frustration under competitive pressure.

3. Integration into Everyday Environments (School and Work)

Making physical activity a tool for ongoing self-regulation.

- Guided Somatic Interruptions: Implementation of brief active breaks focused on body awareness and diaphragmatic breathing. These sessions act as a "reset" mechanism for the nervous system, reducing accumulated work-related stress.
- Civic Literacy through Sport: Pre-competition workshops that focus on negotiation, active listening, and conflict resolution without external mediation, transforming the playing field into a space for civic education.

Conclusion: Physical activity-based interventions, designed from a systemic and ecological perspective, transcend individual efforts to become collective well-being policies. By integrating movement into family and social environments, they build robust protective factors that safeguard mental health and promote a culture of resilience and mutual support.

Keywords: Physical exercise, health strategies, mental health.

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