



Research Network 28
Society and Sport



UNIVERSITÀ
DEGLI STUDI
DI TERAMO

ESA Research Network 28
Society and Sport
Midterm Conference



SPORT AND CRISIS: BODIES, PRACTICES, REPRESENTATIONS

University of Teramo – Teramo (Italy)
March 25th 26th, 2021

www.esasocietyandsports-midtermconference.com

Scientific Committee

Alessandro Porrovecchio – Nico Bortoletto – Enrico Micheleni – Giovanna Russo
Lucie Forté-Gallois – Stacey Pope – Loredana Tallarita – Kaja Róždzyńska

Organisational Committee

Alessandro Porrovecchio – Nico Bortoletto – Giovanna Russo – Enrico Micheleni

With the support of



Results and Discussion

The sample was made up of a total of 327 young people with a preponderance of females (116 males and 211 females), born between 1995 and 2001 and attending the last three classes of high school. A preliminary analysis shows that the majority of the sample is normal weight, only 12% showed some problems of overweight. The most worrying data concerns eating disorders because the SCOFF analysis shows that a third of the sample is at risk. The results will be clearer and interesting when all the data will be analyzed and correlated.

Conclusion

Our first analysis shows clearly some interaction between BMI, eating habits and physical activity [Conseil de l'Union Européenne; 2013]. We know that physical activity and healthy eating habits protect against diseases, including those of a psychological nature, related to nutrition [WHO; 2013]. With this study, which involves a number of variables also related to leisure, we expect to be able to study more deeply some of the most critical health-related problems experienced by adolescents.

Relapses (of the research and of the whole study)

Highlight some aspects of the eating problems of young people in the last three years of high school in a city in central Italy.

Enable prevention interventions about the eating behaviour and physical activity and sport.

Plan interventions and targeted campaigns for nutrition education, to propose models and healthy lifestyles to young adolescents.

Title **The sign of the crisis: the body as semantic vector of youth discomfort**

Author **Simone Digennaro**

*Department of Human Sciences, Society and Health
University of Cassino and Southern Lazio - Italy*

Abstract

The body is an extraordinary observation point of the world, especially in the modern societies, where it is a tangible sign of the individual, the personal place in which the differences, the social and cultural distinctions are shown. Being at the heart of the individual and collective action, it is the focal point of the existential dimension and the entry door through which the social world comes into the personal world. Today, we are witnessing at an ongoing and generalised state of crisis, an existential atmosphere in which the personal and the collective behaviours tend to occur in forms of general frailty. Above all, the youths seem to face the negative effects, with forms of discomfort that are more complex with a consequent need to take urgent action. In order to deal with a crisis, of whatever nature, it is necessary to identify the salient features along with the effects, with the view to develop specific interventions. By recognising the body as a semantic vector, it is possible to assign to it a double function: as privileged observation point, through which analysing the effect of the crisis and determining the causes that have generated it; as point of entrance for specific interventions that triggers the overcoming of the individual crisis, and that can be expanded to the collective sphere. By using a phenomenological approach and the categories of analysis and investigation developed by the sociology of the body, the two functions will be analysed in detail and a model of intervention will be proposed.