



Gezielter Abbau von aggressivem und depressivem Stress durch verschiedene Sportaktivitäten (German Edition)

Jasper Schaeffer

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Studienarbeit aus dem Jahr 2007 im Fachbereich Psychologie - Beratung, Therapie, Note: 1,0, Universität Potsdam (Institut für Psychologie), Veranstaltung: Stress und Stressbewältigung, 62 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Ist es sinnvoll, bei jedweder Art von Stress einheitlich Sport zu verschreiben, in der Hoffnung, dass der Patient sich schon die richtige Betätigung aussucht? Oder könnte man, ausgehend von der Art des Stress, nicht von vornherein Kategorien von sportlichen Aktivitäten eingrenzen, die den mentalen und physiologischen Beanspruchungen des Organismus eher entsprechen? Yoga ist bekannt für seine entspannende Wirkung. Aber ist es sinnvoll, dort zu versuchen, ein hochgradig aggressives Potential abzubauen? Die hormonelle Regulation bei verschiedenen Belastungen gibt auch noch eine andere Lösung, welche im Folgenden geklärt werden soll.

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