

The Mitigating Effects of Youth Basketball Participation on Intergenerational Stress

Ning Ze*

University of the Visayas, Colon St. Cebu City, Cebu, Philippines

**Corresponding Author.*

Abstract: Basketball, as a collective and competitive sports activity, has an important impact on the overall development of adolescents. This paper analyzes the mechanism of basketball's role in intergenerational stress alleviation among adolescents from the three aspects of basketball's social function, self-actualization function and psychological regulation function. Further, this paper discusses the practical application of basketball in education, community and family, and demonstrates the positive role of basketball in promoting the physical and mental health of adolescents, enhancing social harmony and enriching family life. Finally, the paper proposes strategies and suggestions for the application of basketball in different social units, with a view to providing reference for the further promotion and application of basketball.

Keywords: Basketball; Intergenerational Pressure Relief; Social Harmony; Educational Application; Community Development

1. Introduction

In contemporary society, basketball has transcended the realm of mere sports competition, and it plays an important role at multiple levels, including education, community and family. Basketball is not only a sports activity that can exercise the physical quality of young people, cultivate the spirit of teamwork and competition, but also an important way to promote social harmony, enhance community cohesion and enrich family life. The purpose of this paper is to explore the application of basketball in different social units and its positive effect on the intergenerational pressure relief of adolescents, with a view to providing theoretical support and practical guidance for

the promotion and application of basketball.

2. Literature Review

2.1 Concept and Characteristics of Intergenerational Stress

Intergenerational stress, as a psychosocial phenomenon, refers to the psychological burdens and tensions between different generations due to differences in values, lifestyles, expectations and role expectations. This kind of stress is not only reflected at the individual level, such as communication barriers between adolescents and their parents, but also at the broader social level, such as the conflict over traditional and modern values. The characteristics of intergenerational stress include its bidirectionality, i.e. not only the younger generation feels the pressure from their predecessors, but also the older generation may feel the challenges from the younger generation; its dynamism, with the development of the times and social changes, the manifestation and content of intergenerational stress are constantly evolving; and its complexity, the causes and influences of intergenerational stress are diverse and involve various aspects, such as economy, culture, education, and so on. Understanding the concept and characteristics of intergenerational stress is of great significance in exploring its alleviation mechanism.

2.2 Analysis of the Current Situation of Intergenerational Stress Among Adolescents

At present, the intergenerational pressure faced by adolescents shows a diversified trend. With the rapid development of society and the arrival of the information age, the difference in values between adolescents and their parents has become increasingly obvious. For example, adolescents are more inclined to pursue individualization and self-actualization, while their parents may pay more attention to

stability and traditional values. This difference causes adolescents to feel great pressure in their pursuit of self-identification and social role orientation. In addition, intensified competition in education, increased employment pressure, and the popularity of social media have, to a certain extent, exacerbated intergenerational stress among adolescents. Research shows that intergenerational pressure has a profound impact on adolescents' mental health, interpersonal relationships and social development, and has become a social problem that cannot be ignored.

2.3 Influence of Basketball on Adolescents' Mental Health

Basketball, as a collective and competitive sports activity, has a positive impact on adolescents' mental health. Participating in basketball can not only improve the physical quality of young people, but also bring many benefits on the psychological level. For example, teamwork in basketball can cultivate adolescents' social skills and team spirit, and enhance their sense of belonging and self-worth; the challenge and overcoming of difficulties in the competitive process can improve adolescents' stress resistance and problem-solving ability; the relaxation and pleasure after exercise can help relieve adolescents' psychological pressure and improve their emotional state. In addition, basketball can be used as a positive way of leisure to help adolescents temporarily free themselves from daily study pressure and life troubles, thus maintaining their psychological health.

2.4 Relevant Studies on Basketball and Intergenerational Stress Relief

In recent years, more and more studies have begun to focus on the role of basketball in relieving intergenerational stress among adolescents. Studies have shown that basketball, as a positive form of social participation, can effectively reduce the psychological burden of adolescents. Through participation in basketball, adolescents are able to communicate and interact with people of different generations in an informal setting, which helps break down generational barriers and promote mutual understanding and respect. At the same time, the spirit of teamwork and

fair play in basketball provides a platform for youth to learn and practice social norms, which helps them better adapt to different social roles and expectations during the socialization process. In addition, basketball can serve as a platform for releasing pressure and expressing oneself, helping adolescents find positive coping strategies when facing intergenerational pressure. Although existing studies have provided some useful insights, the specific roles and mechanisms of basketball on intergenerational stress relief in different cultural and social contexts still need to be further explored in depth.

3. Theoretical Framework

3.1 Social Support Theory

Social support theory suggests that support from social networks is a key factor in relieving stress and promoting psychological well-being when individuals face life stresses and challenges. This support can be emotional, such as providing love, care and understanding; or instrumental, such as providing help and resources. The presence of social support can enhance an individual's ability to cope and reduce the negative effects of stress. In the context of youth basketball, social support theory emphasizes the role of team members, coaches, parents, and the community in providing support. Teamwork and group activities in basketball provide youth with a network of social support that helps them gain emotional comfort and practical assistance in the face of intergenerational stress. In addition, social support can promote adolescents' social integration and sense of belonging, which is crucial to their socialization process and psychological well-being.

3.2 Self-Efficacy Theory

The self-efficacy theory was developed by psychologist Albert Bandura, which emphasizes an individual's confidence in his or her ability to accomplish specific tasks. Self-efficacy is a key predictor of an individual's behavior and motivation, and it influences an individual's choices, level of effort, and persistence in the face of challenges. In the context of basketball, self-efficacy theory states that by participating in basketball practices and games, youth can enhance their skills and abilities, thereby increasing their

sense of self-efficacy. This enhancement is not limited to basketball skills, but also extends to other areas of life, helping adolescents face life's challenges, including intergenerational pressures, with greater confidence. Enhanced self-efficacy helps adolescents develop positive coping strategies and improve problem-solving skills, leading to better psychological coping with intergenerational stress.

3.3 Stress Coping Theory

Stress coping theory explores how individuals face and deal with stressful situations. According to this theory, coping strategies can be categorized into problem-oriented coping and emotion-oriented coping. Problem-oriented coping involves directly addressing the stressor, whereas emotion-oriented coping focuses on mitigating stress-induced emotional responses. In the context of youth basketball, stress coping theory provides a framework for understanding how basketball serves as a coping mechanism to help youth deal with intergenerational stress. Basketball provides an outlet to release stress by allowing youth to regulate emotions through physical activity. At the same time, the challenges and competition in basketball can also motivate youth to develop problem-solving skills and learn how to adopt effective coping strategies in the face of difficulties. In addition, teamwork and social interaction in basketball can help adolescents develop social support networks, which are an important component of emotionally oriented coping. Through these mechanisms, basketball helps adolescents cope better with intergenerational stress, both psychologically and behaviorally.

4. Mechanisms of Basketball's Action on Intergenerational Stress Relief in Adolescents

4.1 The Social Function of Basketball

Basketball as a team competition activity, its social function is mainly reflected in the promotion of mutual communication and cooperation among team members. In basketball, players need to coordinate offensive and defensive strategies through constant communication, which includes not only verbal communication but also non-verbal signals and tacit understanding. Through basketball, youth can learn how to build trust and respect with

others, and develop teamwork and collaboration. In addition, basketball can help adolescents expand their social circle and make friends from different backgrounds, which not only enriches their social life, but also helps to improve their social skills and sense of teamwork.

4.2 Self-Actualization Function of Basketball

Basketball provides a platform for young people to show themselves, challenge themselves and realize their self-worth. In basketball, every successful shot, exquisite pass or key defense can enhance players' self-confidence and self-efficacy. The competitive nature of basketball inspires young people's desire to win and self-transcendence, making them more resilient in the face of difficulties and challenges. In addition, basketball can help adolescents set goals and achieve them through constant training and competition, thus realizing self-growth and psychological maturity in the process.

4.3 Basketball's Psychological Adjustment Function

Basketball's psychological regulation of youth is mainly manifested in relieving pressure, improving emotions and promoting mental health. Basketball, as a positive way of leisure, can help young people temporarily forget the troubles in their lives and focus on the sport itself, thus achieving the purpose of physical and mental relaxation. The endorphins and other chemicals released by the body during exercise can produce a sense of pleasure and help relieve anxiety and depression. In addition, the teamwork and competitive experience of basketball can also teach youth how to deal with failure and frustration positively, and develop their ability to resist stress and adapt to adversity. Through basketball, adolescents can learn to manage their emotions and improve their mental health so that they can better face the various challenges in life.

5. Practical Application of Basketball in Youth Intergenerational Stress Relief

5.1 Application of Basketball in Education

Basketball, as a highly popular sport, has a wide and far-reaching application in the field of education. It is not only a sport to exercise and enhance physical fitness, but also an important

way to cultivate teamwork spirit, competitive awareness and sports literacy among young people. In the school physical education program, the collective and confrontational characteristics of basketball can effectively promote the development of students' physical and mental health. By participating in basketball training and competitions, students can learn the importance of teamwork and experience a sense of collective honor, while cultivating the will of perseverance and the spirit of challenge in competition. In addition, basketball can teach students how to face challenges and difficulties, and how to rationally arrange time and resources, which are important for the overall development of students .

5.2 Application of Basketball in the Community

The application of basketball in the community has a significant effect on promoting national fitness and community cohesion. The development of community basketball not only improves the physical quality of residents, but also enriches the amateur cultural life of community residents and improves the level of community cultural construction. Community basketball events and activities provide a platform for residents to communicate and interact with each other, which helps to enhance the understanding and friendship between neighbors and build a harmonious community environment. At the same time, the development of community basketball can also stimulate the enthusiasm of residents to participate, promote the sharing of resources within the community, and improve the utilization rate of community sports facilities. In addition, the promotion of community basketball also helps to cultivate residents' teamwork ability and sense of collective honor, which has a positive impact on improving the overall cohesion and centripetal force of the community.

5.3 Application of Basketball in Families

Basketball can also play an important role in the family, and become a way of interaction and communication among family members. Parents and children participating in basketball together can not only enhance the emotional ties between family members, but also teach children important values such as teamwork

and fair play. Through family basketball games or simple shooting exercises, children can learn basketball skills in a relaxed and enjoyable atmosphere, while developing an interest in and love of sports activities. In addition, basketball can be used as a positive form of leisure to help family members release stress, soothe their emotions, and improve the quality of family life. Promoting basketball in the family can make the basketball culture deeply rooted in people's hearts and support the construction of healthy and harmonious family relationships .

6. Conclusion

Basketball, as a sport with a deep social foundation and wide public participation, should not be ignored in promoting the healthy growth of youth, enhancing community cohesion and enriching family life. By promoting basketball in different social units such as education, community and family, not only can it effectively relieve the intergenerational pressure of young people, but also make a positive contribution to the construction of a harmonious society and the improvement of national health. In the future, we should further increase the investment and support for basketball and innovate the way of promoting basketball so that it can become an important force to promote social progress and improve people's quality of life.

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