

SITUATIONS OF STRESS PRE-COMPETITIVE OF YOUNG BRAZILIAN'S ATHLETES

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Abstract

*This study **aims** to identify the level stress pre-competitive for young athletes who participate in school sports competitions. By a descriptive research, the sample established for convenience, with a total of 207 participants (n:207) of both genders, aged between 14-18 years (average of 15.89 ± 0.78 years), 85 was boys (average of 15.87 ± 0.86 years) and 122 was girls (average of 15.90 ± 0.72 years) all from the City of Carapicuíba's – São Paulo, Brazil; the instrument used was the LSSCPI. The **results** shows no significant difference between genders, boys with 2.65 ± 1.21 of stress average and girls with 2.67 ± 1.34 . We **conclude** that the scale has shown good performance on its stability and reliability, and that the average stress is moderate in both genders.*

Keywords: *Stress pre-competitive; Young Athletes; Sport.*

Introduction

The sport can lead decisive factors for the emergence of stress, since as a result to internal and external conditions that involve one person, several factors coming from the environment in which the individual belongs, may represent potential incentives that causes estresse¹

De Rose Jr² says that the sport is a potential to cause stress if not appropriate and adapted to the needs and capabilities of practitioners. Santos et al.³ argue that the most experienced athletes tend to demonstrate lower levels of stress pre-competitive, due to their greater experience in sports competitions.

The pre-competition stress on practicing school men's volleyball, aged between 15 and 17 appeared in the responses of athletes were the ones that provide high levels of anxiety, these symptoms are viewed as the factors that may interfere with the sporting performance of each young atletas⁴.

Regardless of the outcome of the competitions, the stress should be a point of concern as to how it affects each individual is personalized, in other words, some athletes may experience higher stress compared to the others⁵. Moreover, as Myers⁶ explained the adaptive response of the body to stress has three stages: the first one experiences an alarm reaction by activating the sympathetic nervous system; in the second phase, the resistance of the body is ready to counter the challenge. Persisting stress the body's reserves become deplete and cause the third stage, exhaustion.

Weinberg and Gould⁷ describe the stress as a process containing four stages. First, the individual and placed a demand that can be physical or psychological, after the second stage is the perception regarding to the demand, which is different for each individual. Third step response occurs as demand lodged, and the last stage and the behavior of individual the stress caused by this process, so a continuous cycle especially when the answer is negative.

In addition, worth noting that the pre-competitive stress can cause consistent changes in the behavior of an athlete before competition, disfiguring his hours of sleep, and during sports practice, harm your desempenho⁸.

Therefore, this study aims to identify the level pre-competitive stress for young athletes who participate in school sports competitions.

Materials and Methods

Sample and Place of Research

This study reinforced a descriptive research⁹, and the sample established for convenience, with a total of 207 participants (n:207) of both genders, aged between 14-18 years (average of 15.89 ± 0.78 years, variation coefficient 4.90%); 85 was boys (average of 15.87 ± 0.86 years, variation coefficient 5.41%) and 122 was girls (average of 15.90 ± 0.72 years, variation coefficient 4.52%); all the sample attend the first, second and third year of high school in a Public School at Carapicuíba's City - São Paulo, Capital - Brazil. The school sample was linked on the assumption established by Pasquali¹⁰, stating that "are needed for sample 10 subjects for each item of the instrument; thus an instrument with 100 items would require 1000 subjects". The data collection procedure followed keep contact with the Director of the pertaining to school unit and the same was authorized data collection signing the commitment of the institution; then we, with the signing of the Consent Facility and Term of Consent by parents or guardians, since the participants were adolescents, thereby following all care research ethics it collecting data only meant to answer two instruments. The procedures for data collection followed the Newsletter to Research Subjects and signature of the Terms of Consent, by paying attention to research ethics set by the Declaration of Helsinki, 19649, Resolution no. 466, 2012.

Instrumentation and Statistical Treatment

With the goal of achieving the aim proposed identify the level of pre-competitive stress of young athletes who join sports champion chips, we used the LSSCPI - LIST OF SYMPTOMS OF "STRESS" PRE-COMPETITIVE YOUTH CHILDREN - developed and validated by De Rose Jr¹¹. This instrument also constitutes as a Likert scale of 5 points where the answers may vary: 1: Never/ 2: Rarely / 3: Sometimes / 4: Often and 5: Always. The applicability of the instrument provides that it be applied in the period from 24 hours before the sport competition, and can be administered to athletes aged 10-14 years, upper age range of athletes since the language is properly appropriate to them⁸.

As testing of the reliability and validity of the scale process used to calculate the Cronbach *Alpha's*. The application of this testing was bound to investigate the individual items of instruments, namely, the issues were seen separately if each item was deleted and hence possible correct answers in questions were conducted to raise scores of the constructs. This is a generalized coefficient of reliability that is more versatile than other methods and this coefficient is a feature that can be used with items that have multiple measures of values, such as writing test and the attitude scales to score as strongly agree, I agree, etc. In addition, the Alpha is probably the best coefficient to estimate the reliability in the most commonly used standardized test⁷.

Besides the reliability, we computing scores of the list pre-competitive stress, the mean, standard deviation, and the median of the students were determined using the following criteria: 1 Separated by age; 2 Separated by gender; we chose to apply for the Man Whitney test ($p=0.05$) .

Data were organized and analyzed in the light of the SPSS software - DATA EDITOR, version 17.0 for Windows.

Results and Discussion

Testing the reliability of the instrument, the result of Alpha was 0.89, so the instrument still having a good performance, independent of the place or the social level.

The average stress of the group was 2.66 (± 1.34), score total of 82.51; the boys average was 2.65 (± 1.21) with a score of 82.36 while the girls have an average of 2.67 (± 1.34) with a score of 82.83 (see Table 1).

Table 1: Number of subjects, Age, Average, median and Score of Stress pre-competitive

	N	Age	Average (\pm)	Mediam	Score
Boys	85	15.87 \pm 0.86	2.65 (± 1.21)	2	82.36
Girls	122	15.90 \pm 0.72	2.67 (± 1.34)	2	82.83
Total	207	15.89 \pm 0.78	2.66 (± 1.34)	2	82.51

Looking for some differences between genders the results of median appoints that there is no difference between genders.

Comparing the results of the stress pre-competitive of boys and girls, we find no significant difference ($p=0.642$), but, we must be attentive to the care in the work leading up to competition, not only with girls but also with the whole group. Therefore, in both genders the result of stress pre-competitive interspersed near the middle, that is, young athletes who participate in sports activities, have a reasonable emotional control.

The results of the scores become from the sum of all the results of the questions, thus the minimum value that can result is 31 and the maximum value could be 155 points of the total score. Observing the values of this study they are about very similar, as well as the total value of all young athletes

In this case, the boys participates constantly of sports competition, leading us to think that who have more experience in sports competition controlling theirs level of stress.

Researching with 216 athletes, of both sexes. The study showed that the attitudes of parents and coaches, and competitive

environment, were major generators of stress, interfering with the performance of the same¹².

Table 2: Results separately by age-Average, median and Score of Stress pre-competitive

Age (years)	N	Average (\pm)	Median	Score
14-15	68	2.70 (\pm 1.34)	2	78.41
16	95	2.62 (\pm 1.35)	2	82.03
17-18	44	2.63 (\pm 1.29)	2	80.86

Observing the results of the Table 02 we can see that the highest average is from the subjects of 14 to 15 years old, so as in another research's the younger athletes has a higher level of stress pre competitive^{1,8,13, 14}. In other study with girls who plays soccer a different result was found, proving that older players have a higher level of stress¹⁵.

And finally, to confirm if there is a difference between ages, we test the average difference between ages, considering a comparison between 14 and 15 years old with 16 years, the difference was significant ($p=0.026$); comparing between the ages of 14 to 15 years and 17 to 18 the difference was not significant ($p=0.122$), and finally comparing the subjects of 16 years with 17 to 18, the difference was not also significant ($p = 0.705$).

Among the factors identified as most stressful are some that do not directly relate to the sport itself, but can be considered indirect sources of stress such as conflicts with teammates, coach and family, pressure from other people to win, sleeping badly at night previous game.¹⁶

Conclusion

We conclude that the scale has shown good performance on its stability and reliability, and that the average stress is moderate in both genders, with no significant difference.

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