

A photograph of a baseball player in a white pinstriped uniform sliding into a base. The player is wearing a red helmet and is in a dynamic, low-to-the-ground position. The background is a blurred green field. The text is overlaid on the right side of the image.

Concepts of Athletic Training

**FIFTH
EDITION**

***Ronald P. Pfeiffer
Brent C. Mangus***

Chapter 5

The Psychology of Injury

Personality Variables



Marko Risovic/Webphotographer/Alamy Images

Personality is defined as “stable, enduring qualities of the individual.”

Characteristics that are related to sports injuries include:

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-
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Psychosocial Variables and Injury

- Psychosocial variables develop through interaction between individual and a changing social environment.
- Life events _____
- A strong relationship exists between negative events and increased injury risk.
- Athletes with _____ of coping skills are less likely to get injured.

Competitive Stress and Adolescents

As more children participate in sports, there are more concerns regarding the psychological impact of competition.

- Intensity of competition has increased.
- Pressure to win is a concern.
- Young athletes _____
- _____
- Coaches and parents must take care to avoid forcing children beyond their ability to cope.

Psychology of Injury

Injury is a psychological _____ for athletes.

According to Weiss & Troxel:

- _____ – The athlete adapts to activity restriction.
- _____ – The athlete appraises short- and long-term significance of the injury.
- _____ – The athlete experiences emotional responses.
- _____ – The athlete copes with long-term consequences.

Psychology of the Injured Athlete

Recommendations involve:

1.

2.

3.

4.

5.

Eating Disorders

Majority of sports have narrow parameters for appropriate body type for athletic success.

- Specific sports require specific body types.
- _____ focuses on physical appearance, especially for females.
- Emphasis on the ideal body has negative effects on the _____.

Types of Eating Disorders

_____ – self-starvation
motivated by obsession with thinness and
overwhelming fear of fat

Bulimia nervosa – _____

Eating Disorders (cont.)

- Female athletes are more likely to practice _____ (_____) dietary habits than males.
- Rosen et al. found that _____% of athletes practiced some form of pathogenic eating behavior.
- Little is known about pathogenic eating disorders in male athletes, for example, “making weight” in wrestling.

Eating Disorders (cont.)

Sport Specificity and Eating Disorders

- There is a higher incidence of eating disorders in _____.
- In a gymnastics study (n=215), over 60% reported disordered eating behaviors.

Eating Disorders (cont.)

Eating disorders are becoming concerns in sports such as field hockey, softball, volleyball, track, and tennis.

Associated physical problems include

Depression and anxiety often affect people with eating disorders.

Prevention

Prevention efforts include:

Placing less emphasis on weight.

-
-
-

Coaches and parents need to be alert for early warning signs.

Treatment

- Ranges from _____ and _____ to hospitalization.
- May include psychological counseling as eating disorders can be symptoms of severe _____ such as depression.

_____ of all cases do not respond to therapy.