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## The Contribution Of Psychotherapeutic Means In Developing Of Adaptive Behaviours To Youth Sportsmen

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### Abstract

This study tries to highlight the contribution of the means psychotherapeutic in providing "guided recovery", the sport's trophotrope component of training and establishes the most effective relaxation techniques that can provide increased athletic performance by accelerating the effort's homeostasis restoration to the pre-effort level and even at a higher level by achieving "overcompensation". Longitudinal experimental research is applied to a group of 20 junior athletes, aged 12-15 years, and monitors the effectiveness of psychotherapeutic means represented by autosuggestion and breathing exercises (during effort) and Jacobson relaxation type, elements of Hath a Yoga, mental training and ideation techniques, autogenously Shultz relaxation (after effort) by evaluating the functional parameters (basal pulse, blood pressure before and after effort, Dorgo index recovery) in two stages before training and at the end of it. The experiment took place for nine months and showed significantly reduced results when it comes to basal heart rate (mean 4 beats /min) and systolic blood pressure (mean 0,8 mmHg) in favor of the experimental group. Furthermore, the same athletes had an average value of Dorgo index recovery higher than athletes who have not been tried any psychotherapeutic techniques. The evaluation of psychic level shows that the relaxation techniques raise the recovery potential of young sportsmen. In sports recoveries, the relaxation techniques are become prophylactic procedures that serve the purpose of neuro-vegetative homeostasis normalization and accelerating psychological relaxation after effort.

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### 1. Introduction

In sports training, a process managed and completed by successive optimal adaptations in somatic, functional,

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metabolic and psychological way, the recovery and the effort are interrelated to each other by feed-back mechanisms (Apostu, 2010). Recovery, the trophotrope component of the training, uses natural and artificial means from both the external environment and the internal one in an organized way (Crețu and Bratu, 2004). The effort aims to accelerate the restoration of homeostasis at a previous level of effort and to reach the superior threshold through "overcompensation". Obtaining today's great performance by increasing the high volume of demands and the intensity of effort makes a team of specialists in scientific and rational control of these requests necessary (Apostu, 2010).

In sports training, the psychological aspects are just as important as the somatic and physiological needs. One of the ways to optimize sports performance is directly related to the personal development of the performer and involves improving the mechanisms of control and self-regulation of mental and behavioral states (Bratu, 2011).

### *1.1. Purpose of study*

In the current development stage of sports training, the content and methodology of the restoration process is an ongoing concern for the team of specialists. In this context, this paper aims to highlight the role of psychotherapeutic means to accelerate the recovery of junior athlete body and to determine the most effective techniques in the light of personal practice.

Also, the psychotherapy means associated with the physical-kinetics and dietary means increase the yield recovery process, fact highlighted through improving somatic-functional parameters, by improving the wellbeing and by raising athletic performance.

### *1.2. Methods*

The longitudinal type experiment took place over a period of nine months, with 20 junior athletes, aged between 12 and 15 years. They were divided into two groups: experimental and control depending on the recovery means used. The subjects of the control group received only the specific means of recovery (active rest, stretching, massage, hot hydrotherapy, dietary resources) applied after each effort and weekly in the workout effort. Besides the specific recovery means, the subjects of the experimental group have benefited of the psychotherapeutic means performed during effort (autosuggestion and breathing exercises) and after effort (Jacobson relaxation type, elements of Hath Yoga, mental training and ideation techniques, autogenously Shultz relaxation) (Crețu and Bratu, 2004).

Administration of the psychotherapeutic means was performed according to the principles of progressivity and individualization (Bratu, 2011). At first, suggestion/autosuggestion were applied and then Jacobson relaxation type, ideation techniques (focusing on concentration and guided imaging) and finally, autogenously training. Hath a Yoga elements were applied personalized according to the muscle groups involved in the effort and the particularities of each athlete.

The evaluation of functional balance state was achieved by measuring the following physiological parameters: basal pulse (morning for three consecutive days, recording the average value), systolic blood pressure at rest and after exercise and recovery index Dorgo. The mental balance of the athletes was appreciated in the self-control journal monitoring their wellbeing state (on a scale of values from 0 to 100) and disposal training (on scale of values from 0 to 100). Also, the assessments of training and competition activity were permanently observed by the coach (Peterson and Renstrom, 1993; O'Sullivan and Schmitz, 1988).

The tests were performed in dynamics starting with an initial test (at restarting the activity after the sports holiday), an intermediate test (one month after the study began) through which on the one hand the recovery efficiency of the program has been verified, and on the other hand the correct choice of parameters tested, as well as a final test (at the end of the competitive season). The data obtained were analyzed statistically and reported to the data from the literature.

## **2. Results**

The results obtained from the studied parameters confirm the literature data, namely, the speeding cardiovascular

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