

## YOUTH SPORT: POSITIVE AND NEGATIVE IMPACT ON YOUNG ATHLETES

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### Introduction

The popularity of youth sports continues to rise, with an estimated 45 million child and adolescent participants in the US. Seventy-five percent of US families with school-aged children have at least one child who participates in organized sports. Unfortunately, the framework which provides guidelines, rules, and regulations for youth sports has been established with very little scientific evidence. Even basic commonsense parameters for sports safety are not implemented or followed. Vague descriptions of age of participants, hours and structure of practice, and rules for competition vary between sports. Less than 20 percent of the 2–4 million “little league” coaches and less than 8% of high school coaches have received formal training. Each year approximately 35% of young athletes quit participation in sport, and whether an athlete returns to participation at a later date is unknown. Sports attrition rates are the highest during the transitional years of adolescence, when outside influences have the most impact. By the time children are 15 years of age, 70%–80% are no longer engaged in sport. According to physical, psychological, and cognitive development, a child should be at least 6 years of age before participating in organized team sport, such as soccer and baseball. Further, an accurate assessment of each child’s individual sports readiness should be performed to assist in determining if a child is prepared to enroll and at which level of competition the child can successfully participate.

### Fundamentals of youth sports

- Fun
  - Decreases injury
  - Increases enthusiasm/eagerness
  - Prolongs involvement
- Focus

- Exercise
- Friendship
- Sportsmanship
- Skill development
- Fuel the basics
  - Keep it simple
  - Athlete-directed goals/motivation
  - Reward the effort rather than the outcome

This paper examines the positive and negative aspects of youth sports in the US. Controversial topics, such as early specialization, identification of elite players, influence of trained and untrained coaches, increasing injury rates, and moral issues of character and sportsmanship are discussed. It is clearly apparent upon investigation of the strengths and weaknesses of youth sports that resolutions promoting a better, safer, and healthier future for all US children lies in partnership of involved adults, from parents, who lay the foundation of moral principles, to politicians, who support legislation and funding for positive sports initiatives.

#### **Positive impact**

The perceived and objective benefits of participation in sports for children and adolescents are numerous and span multiple domains, including physical, physiological, and social development. First and foremost, participation in sports fosters vigorous physical activity and energy expenditure. In 1999, the Centers for Disease Control reported that only 50% of youth engaged in regular exercise, illustrating the need for school and community organizations to promote and facilitate physical activity. In a more recent study by Troiano et al, only 42% of elementary school children undertook the recommended and only 8% of adolescents met this goal ended daily amount of physical activity. In addition to influencing physical health and warding off the negative consequences of obesity, youth participation in sports can also impact other high-risk health-related behaviours for boys and girls. Promoting exercise in young females is crucial because the majority of girls do not undertake the recommended level of daily physical activity. Positive health benefits for physically active young girls include a reduced risk for developing breast cancer, osteoporosis, heart disease, and obesity in the future. Further, rates of teenage pregnancy, unprotected sexual intercourse, smoking, drug use, and suicide decrease with increasing physical activity and participation in sports. Girls who participate in sports are less likely to be depressed, more likely to reach higher academic goals, and more likely to demonstrate improved self-confidence and body image.



Psychological outcomes for community-based programs are successful if physical activity is combined with positive social constructs. When youth sports coaches were instructed in coach effectiveness training, an enhanced sporting experience was reported by most athletes. These coaches improved player satisfaction, motivation, self-esteem, compliance, and attrition rates through positive reinforcement and teaching.

#### Negative impact

There is an inherent risk of injury for athletes of all ages when participating in sport. During periods of increased growth velocity and closure of the growth plates in adolescence, young athletes are vulnerable to a variety of traumatic and overuse injuries. With increased youth participation in sports, an increase in sports-related injuries has been observed, with 2.6 million emergency room visits each year for those aged 5–24 years. Due to the rapid expansion of bones while growing and slowly elongating muscles, tension develops across the growth plates, the apophyses, and the joints. This increase in tensile forces can place the aforementioned structures at risk of injury. Depending on the stage of physical growth, children and adolescents often injure anatomic structures that are different from those injured in adults. Children's bones are weaker than their ligaments and tendons, therefore they are at an increased risk for fractures throughout the bone and growth plate.

As participation in youth sports continues to rise, a direct impact on injury rates, medical costs, family burden, and time away from sport is observed. Accurate and comprehensive data on sporting injuries in the young athlete have been difficult to obtain because of inconsistent definitions of sports injury, under-reporting of injuries by parents and athletes, and lack of professional oversight in record-keeping. In addition to the physical consequences of injury, the psychosocial disturbances of mood swings, depression, and disconnection from the peer group are problematic and often require professional management. The National Center for Sports Safety reports that 3.5 million children aged 14 years and younger receive medical care for sports-related injuries each year, and of all the sports-related injuries that are cared for in the emergency room, two thirds involve injuries to children. It is estimated that two billion dollars are spent in the US health care system each year on the management of sports injuries.

#### Impact of youth sports

##### Positive

- Physical
  - Increased physical activity
  - Enhanced fitness
  - Lifelong physical, emotional, and

##### Negative

- Physical
  - Injuries
  - Untrained coaches
  - Inconsistent safety precautions

Positive

Negative

health benefits

o Decreased risk of obesity

o Lack of sports science influencing policy and practices

Conclusion

Sports and recreation should be a fundamental part of children's lives, despite troubling signs in the youth sports culture. Sport provides a medium for physical activity, developing friendships, and learning developmental skills across all domains. In the current environment of childhood obesity, fostering activity is vital to children's health and well-being. The multiple health benefits for children of all ages who participate in vigorous physical activity are well documented. Organized youth sports, when focused on fundamentals, facilitate physical activity while providing enjoyment for the young athlete. Fostering a positive youth sports experience is the accumulation of multiple factors, ie, matching the child's readiness with the demands of the sport, positive behavior from coaches and parents, realistic goal setting, and appropriate methods in place for injury reduction and management.

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## Stress Management in Sports

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### Introduction:

Stress Management techniques developed by expert sportspsychologist are ideal for coping with one field stress golfers generally experience extreme stress because of situational factors such as the prestige of an ongoing or coming tournaments . Stress can also result from the pressure of mounting expectations or about competitors winning performance. Sports psychology conditions to deal with challenging situationsand facilities prioritization of goals. The pressure or strain could be coursed by a number of factors like personal social political job related etc.stress is a psychological stress body stress Inpsychology, stress refers to a particular kind of state of human resulting from some interaction between him/her and the environment.

### Definition of stress management:

Stress management bodies' reactions to change that require a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrate, angry, nervous or anxious.

Stress management in simplest terms the opposite of relaxation. Both positive and negative aspects of life can be equally stress full. Stress comes from the external forces in our lives that push our buttons and provoke extreme emotions. Although we commonly think of stress coming from the frustration and low points in life, high points and achievements are stressful as well.

The Physical activities were important of present work .physical education is the ability to carry out daily task with alertness, without undue fatigue with ample energy to enjoy leisure time pursuit and to meet unforeseen emergencies (Clarke,1971)

A persons is considered fit for a particular degree of talks activities to accomplish with a reasonable degree of efficiency,without undue fatigue and with rapid recovery from the effects of exertion.

### Objectives of the study:

- The effect andenable the sports players to know themeaning of stress management.
- To enable them to know and understand physical fitness and benefits of stress management, players improve the performance and skill.
- Stress can be managed by thinking positive and handling the situations with ease by their own will and perseverance.
- At the time of sports tournament sports psychology of the players stays stressful, immense pressure is there.

Hence stress management study plays an important role. There are numerous stress management skill such as physical activities, play in games, meditation, skill trainings and camp other psychological skills, progressive muscles relaxation, yogaclass.Symptoms of stress can be emotional behavior, physical stress, muscles tension, headache, fatigue etc...

### Benefits of stress management:

1. Improve the concentration
2. Improve the performance
3. Enhancethe memory
4. Become happy and healthy
5. Increase the working efficiency and time saving.

### Easy stress Managements Tips:

- Always take time for yourself, atleast 30 minutes per day.
- Be awareofyour own stress meter know when to step back and cool down
- Concentrate on controlling your own situation

- Eat lots of fresh fruits and water , give your body the best for it to perform at its best
- Keep positive attitude your outlook will influence outcomes
- Outdoor activities by yourself or with friends and family , can be great way to relax.
- Play your favorite music rather than watching television.
- Sleep well, with aa firm mattress and supportive pillow.
- Understand things from the others p persons point of view.
- Verify the information from the source before exploding.

#### Conclusion:

Stress management in changing time in our life is feel good and healthy sports. Avoid negative things everyday thing positive ,involve any activity and training programmes,More time expand in your team, plan your time table, eat healthy think healthy.

Stress is the body's reaction to change that requires physical,mental,emotional adjustment or response.

Judge your own performance realistic don't set goals out of your own reach.

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