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 6. Sport-specific dropout - leave one sport for another
 7. Sport-general dropout - withdrawals from sports completely
 8. Studies find high rates of sport-specific dropout - Gould, Klint and Weiss
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 Research into why people engage in sport and physical recreation has received relatively little attention in both recreation planning and sport psychology. Although there has been a steady flow of North American literature related to participation motivation in competitive youth sport settings, such

evidence is of limited value in explaining adult involvement in sport and recreation in Britain.
 Participation in community sports centres: Motives and ...
 It generally takes some time for the body to calm down after the stress response has been triggered. Prolonged or repeated arousal of the stress response, a characteristic of modern life, can have harmful physical and psychological consequences, including heart disease, diabetes, anxiety, and depression.
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 Psychological Strategies: pain and anxiety management (goal setting, imagery and relaxation)
 Reaction to Rehabilitation: psychologically athletes will have issues with program adherence and motivation (motivation hardiness)
 Physical: decreased swelling, increased ROM, strength, balance, and mobility
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 Participation Motivation and Student's Physical Activity among Sport Students in Three Countries. ... use scientific discoveries of general psychological motivation and, on the other, combine them with the specifics of the sport, the training process and the competition. ...
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 Motivations for participation in physical activity across the lifespan
 It is widely acknowledged that participating in regular physical activity (PA) is highly beneficial for both physical health and psychological wellbeing (Centers for Disease Control and
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 If, as

some authorities have emphasized, only 5-10% of the participants experience excessive stress, this would involve a huge number of children and adolescents. Instead of finding athletic competition enjoyable and challenging, these young athletes undoubtedly endure anxiety and discomfort,...Are Youth Sports Too Stressful? | Psychology Today Such results could reflect changes in the participation motives, at a social level, that took place in the past decade. Women may be more achievement-motivated today than men, at least when participation motives for leisure center physical activities are contrasted between the two sexes. Participation Motives in Leisure Center Physical Activities participation in leisure activities and the psychological benefits is a common topic for research. The relationship between mental health and psychological well-being is often hard to describe since most people have different suggestions about the definition. The psychological benefits of participation in leisure ... studies on children's' participation in sport can result from the fact that physical activity, sport and game occupy a considerable part of the children's' lives. In accordance with this knowledge, the purpose of this Participation Motivation for Extra curricular Activities ... Males perceived higher levels of pressure from their father than from their mother, whereas females perceived similar levels of pressure from both their father and mother. For both females and males, perceived parental support was positively associated with enjoyment of tennis participation and self-esteem. Young athletes' perceptions of parental support and pressure For example, if you are hungry, you are motivated to look for food to reduce your hunger drive. There are 2 types of drives: 1) Primary drives - these are related to our biological needs, e.g. hunger, thirst, etc. 2) Secondary drives - these are related to our prior experience and learning, e.g. achievement. Motivation in psychology - The Psychology Notes Headquarters In the book, he suggests that humor's primary psychological role is as an emotional response or buffer to relieve physical stress. Moreover, laughter has been shown to stimulate a physiological effect that decreases stress hormones such as serum cortisol, dopac and epinephrine. How laughing leads to learning Motivation is defined as the process that initiates, guides, and maintains goal-oriented behaviors. Motivation is what causes you to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge. Psychological Stress Participation Motives Children

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