

THE EFFECT OF FOOTBALL ON STRESS RELIEF IN ADOLESCENTS

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Abstract. This study investigates football's impact on stress reduction among adolescent professional athletes. It explores the potential of regular football training and cognitive assessment in adapting to competitive stress, and the influence of game frequency on anxiety and stress levels. Surveys and interviews aim to understand the football experience's effect on students' overall well-being. Findings suggest that football can decrease stress and anxiety, thereby enhancing mental health and self-confidence. The research underscores the significance of integrating sports into daily life for emotional improvement and stress management.

Introduction The research delves into soccer's role in stress management for adolescent professional athletes, considering both its mental health benefits and potential risks like performance pressure and burnout. It examines how soccer may affect stress levels and the importance of using sport as a tool for mental health maintenance and improvement.

Literature Review Studies indicate that football can improve mental health and social confidence, with regular play reducing stress and anxiety. However, negative effects such as anxiety, fear of failure, and decreased confidence have also been documented. The role of cognitive appraisal in adapting to competitive stress is highlighted, suggesting that coaches can support young athletes through cognitive strategies and a supportive team environment.

Aims The paper aims to understand how soccer influences stress management among adolescent athletes, with a focus on the frequency of play and cognitive appraisal's role in adapting to competitive stress. The goal is to contribute to strategies for improving mental health and managing adolescent anxiety.

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This condensed version fits within two pages, maintaining the essence and key findings of the original research while adhering to the requested length. If further adjustments are needed, please provide specific instructions.

Impact of Football on Adolescent Athletes' Stress: A Summary

Methods: A survey of 47 teenage professional footballers was conducted to assess football's impact on stress reduction. The online survey allowed for rapid data collection and ease of participation. However, the study's focus on professional athletes limits its generalizability. Future research should consider a broader sample and additional data verification methods.

Results: The study found that football significantly reduces stress levels among adolescent athletes. A majority have played for over seven years, indicating a strong commitment to the sport. Over half of the participants prioritize football highly in their lives, and it contributes to their

happiness and contentment. While 40.4% occasionally experience stress, 34% often feel stressed due to intense competition. Notably, 53.2% view football as an effective stress management tool, and playing the sport boosts confidence and equips them to handle daily stressors.

Conclusion: The research aims to understand football's role in managing stress and developing mental resilience in young athletes. It explores the relationship between football's physical and emotional demands and stress modulation. The study suggests that football can be a valuable tool for enhancing mental well-being and resilience, but acknowledges limitations such as potential data inaccuracy and a small sample size. Further studies are needed to explore the long-term effects of football on mental health and to identify optimal stress management strategies in sports. Overall, football shows promise as a means to support the psychological development of adolescent athletes.

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