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Sport Psychology: Linking theory to practice

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measures. These results suggest the possibility that a family environment structure may be comparable in some ways to a competitive sport, especially, a feeling of fear. These findings suggest there is a risk that competitive environment develops tendencies towards AC.

Keywords: college athletes, competitive environment, adult children of dysfunctional family

Coach-athlete relationship: Gender differences at professional and amateur competition level

Cristina Sanz-Fernández (Universidad del País Vasco (UPV/EHU))

Coach-athlete relationship is a social bond that impacts positively in the athlete's sport performance (Lafrenière, Jowett, Vallerand, Donahue, & Lorimer, 2008; Jowett, 2007). It has been described as characterised by three elements: Closeness, Commitment, and Complementarity (Jowett & Ntoumanis, 2004). Athlete's gender is a variable that could be hypothesized to make a difference in the way this relationship shapes, especially in the Closeness dimension, and in relation with the competition level. However, no empirical study has been conducted hitherto to examine this issue. The aim of the study was to examine gender differences in the three dimensions of coach-athlete relationship taking into account two possible level of competition (professional vs. amateur). The sample was made of 133 Spanish athletes practising a wide range of sports (48.12% women; years ranging from 16 to 59; 52 professionals and 81 amateurs). Multivariate Kruskal-Wallis tests were conducted for the three relational dimensions. Results showed an interaction effect between gender and competition level in the Closeness dimension, but no differences were found for the other two dimensions. Professional sportswomen are closer with their coaches than professional sportsmen and amateurs in general. These gender and competition level differences point out to interesting suggestions for training plans.

Keywords: coach-athlete relationship, CART-Q, closeness, gender differences, competition level

Ratings psychological in hockey

Cristina Reche García (UCAM), Verónica Tutte Vallarino (UCU)

There are few relationships between burnout, resilience and optimism studies in sportive context. It becomes even more difficult to find literature to flesh out these concepts in team sports. The aim of this study was to describe the prevalence and relationship between the symptoms of burnout, resilience and optimism in women hockey players. And its relationship with variables such as age and dedication of sports. Study participants were 130 (age 13 to 19; $M = 18.5$, $SD = 4.3$). Spanish version of Resilience Scale (Ruíz, De la Vega, Poveda, Rosado y Serpa, 2012), Inventario de Burnout en deportistas revisado (IBD-R; Garcés, De Francisco y Arce, 2012), and Life Orientation test (LOT-R; Scheier, Carver y Bridges, 1994) were administrated. The results show that 4.6% of the athletes score burnout and a 50% shows symptoms, the 8.5% high resilience, and a 66.2% optimism in the moderate and high level. The age of the athletes seems to be an indicator of vulnerability to the possibility of suffering from burnout, as it presents statistically significant differences in two of the three subscales, being the younger players that have higher risk. More experienced athletes are those that appear as more likely to suffer burnout symptoms, to be less optimistic and to have a lower acceptance of oneself and life, pointing to a lesser resilience. Sports dedication appear as a risk factor to suffer sports burnout and maturity as a protection against sports burnout factor. Finally, we found that who have burnout symptoms have a lower resilience and optimism. These results show psychological indicators that can be evaluated by a sports psychologist for early detection and intervention in athletes of different levels and dedication, contributing sports resources, coping strategies, provide an adequate handling of adversity, as well as the ability to transform unfavorable situations in challenges.