



## Psychological predictors of sport injuries among Kermanshah junior skate players

### Poster Presentation

Faezeh Teymouri \*

Department of sport science, Faculty of physical education and sport science, University of Allameh Tabatabaee, Tehran, Iran( faezhteymouri9@gmail.com )

### Abstract

**Introduction:** The mental aspects associated with experiencing sport injuries is evident across all levels of sport society. Focus on sports medicine psychology can help us to improve quality of life span between athletes. A few studies have examined the influence of psychological factors on the incidence of sports injuries among adolescents. Injury during childhood can cause a person stay away from the sports forever. The purpose of the current study was to find psychological factors that could lead to an increased injury risk among Kermanshah junior Skate players.

**Methods:** The statistical population consisted of Kermanshah junior skate players that 121 persons have included in the statistical population. In this study three questionnaires Coping Strategies, Anxiety and Perception of Success was used to assess the influence of psychological factors on increasing sports injuries. Demographic questionnaire was used to assess the incidence of injury during a period of 4 months. For data analysis 21th version of SPSS software was used in the significant range of  $P \leq 0/05$ .

**Results:** The results suggested psychological factors could explain 23% of injury occurrence. Other Psychological Predictors was not significantly associated with the injury risk among junior soccer players.

**Conclusion:** Furthermore, the analysis results suggested that the main factors are life event stress, somatic trait anxiety, mistrust and ineffective coping that could lead to an increased injury risk among junior skate players. These findings support Williams and Andersen's stress-injury model and are organized into an empirical model. According to the results of the study, recommendations are given to sport medicine teams and coaches concerning issues in sport injury prevention.

### Keywords

anxiety; perceived success; coping; injury

### Reference:

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