

**130 - THE MAIN SYMPTOMS OF STRESS PRE-COMPETITIVE JUVENILE RUFFONI JUDO TEAM**ESP. SIMONE BERTO DA COSTA<sup>1,3</sup>DR. RICARDO RUFFONI<sup>2,3</sup>ESP. RAQUEL BALDNER DA SILVA DUTRA<sup>1,3</sup>

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**INTRODUCTION**

Today in an epoch which is characterized by great acceleration of events, the surge of modern life and the new life habits. Everything so dizzily quickly and we are all exposed to a surcharge of stimuli that stifles Europe and oppresses. Is the famous stress that, in one way or another, affects us all. But the stress in itself is not something bad, in fact it is an important response of the body to the maintenance of life. He leads us to do what is necessary and puts us in the best of our performance in moments in which we are required (COBRA, 2003).

The term stress is defined by Lipp (1996) as a reaction of the body, with physical components and/or psychological, caused by changes psychophysiological that occur when the person is facing a situation which, in one way or another, irritate, frighten, excite, confused or even make happy.

The great growth and highlighting the sports world in recent decades gave a favorable framework to the emergence of teams of training of children in various sports modalities.

Training is a stage of the utmost importance and indispensable to the proper performance of the athletes, because basically consists in practice daily or almost daily and repeated the same activity aimed at achieving a better performance in sports practiced, reaching-, therefore, better results. It is worth noting that the scope of a better performance and results, it is essential that has in addition to a good training, a good trim psychological.

The sports in particular the competitive – is synonymous with situations of comparative assessment. These situations are generating in athletes affective and somatic states complex and inherent to the particularities of each competition. (FABIANI, 2009).

Lima (1999) affirms that stress is one aspect for competition, and many athletes coexist reasonably well with this situation. Stefanello (2007) says that the competing sports, not always represents a source of stress for athlete. That same author even adds that studies have demonstrated that for some athletes to competing sports can represent a threat to their welfare physical, psychological and social Committee and, for others, can have a character defiant and motive.

**OBJECTIVE**

Identify the main symptoms of Stress Pre-competitive youth Judo Team Ruffoni.

**THEORETICAL ASSUMPTIONS****Juvenile period**

The juvenile period comprises the period of transition from childhood for youth (adolescence), which occurs approximately from 10 years of age. This period is characterized by several changes physical, physiological and psychological arising from the time of ripening (GALLAHUE, 2001).

Physical changes occur due to increased production hormonal in this period, which may cause a change of emotions, therefore, explaining the loss of control and imbalance psychological adolescent (KIMMEL & WEINER, 1998).

Erik Erikson apud. Gallahue & Ozmum (2005) affirms that in relation to engine this phase, the movement makes-if a tool which applies to many activities complex motor present in daily life, recreation and goals sports. The proficiency in the abilities, participation in a time and victories competitive sports organised, contribute and help many young people to acquire sense of identity. The failure and experience, on the contrary, contribute to a feeling of confusion of roles.

The adolescence is also marked by aspects competitive accompanying the adolescent when this has been involved in sports days, even when the sport has formative character sets out the young the process of competition, bringing in this way their levels of stress (GALLAHUE, 2001).

**Youth competition and their implications**

Sport can be considered a valuable instrument for the development of young people. As many things in life the sport itself does not have the "power" to promote benefits, are mental, physical or social. Such benefits will be possible if a sports practice is developed through an excellent quality professional and personal those guide and influence the young, especially parents and professional sport (MIRANDA, 2009).

Subject of many controversies, youth competition has been studied under different perspectives: biological, psychological (cognitive and emotional) and social Committee. All these aspects studied lead diversified opinions on any gains or losses of participation of the child and adolescent in any competitive process sportive. In accordance with DE ROSE (1999), the stress, between the various aspects psychological competition existing infant is, probably, one of the most striking and perhaps the main justification for criticism those fighting negative competition childish.

Roberts (1980), Malina (1986, 1988) and Passer (1986), they say that the child must compete when reach its state of readiness competitive, whatever happens from the balance of factors such as growth, development and the sexual maturation. Define a age, according to these authors, makes-is difficult due to individual differences. Within that same perspective, Weineck (1999) adds that the training for children and young consists of a systematic process and the long term; objectives, programs, and procedures differ from those adopted in a training of adults, because these are still-in growth, submitted to a series of amendments physical, psychological, social very significant.

In accordance with Gallahue (1989) the child should be exposed, stepwise the experiences that require major responsibilities and should be encouraged to participate these activities, provided that it is afforded the opportunity of being in events appropriate to their needs and interests, promoting the development of self-confidence and, consequently, increasing their levels of motivation and lowering the levels of stress competitive.

Passer (1982) affirms that the child by competitive unpleasant experiences may have its self-esteem shaken leading to consequences which may go from the escape of the activity until the total abandonment of the same. Second Scanlan & Passer

(1978), the threat to self-esteem is a crucial point of the competitive process youth and may cause a level of stress undesired and that influence negatively on the performance.

#### Stress and competition

Stress and its relationship with the sports competitive have been the target of many considerations and, increasingly, this factor is crucial to understand certain behaviors that can affect the performance of the athletes.

Second Dosil (2004), the moments of levels of anxiety and stress higher, under sportive, are the moments preceding the a competition. Variables such as: the importance of competition, proximity of the event, uncertainties, threats of failure, unknown situations, experiences frustrating and other personal factors, such as the influence of the family, parents, twisted, trier, may also trigger tables of anxiety and stress pre-competitive (DOSIL, 2004).

For Calvo (2007) the individual sports can be characterized as high demand mental, since, through the perception, the individual's subjective aspects such as performance, trade marks, records and medals are most valued.

In this context, the judo is a sport that provides individual result, may be practiced in several levels, since the recreational until the high yield. In view of the high income, its practice is characterized by a variety of techniques and blows with handling space-temporal with high level of complexity, motor coordination, strength, balance, frequency intense work muscle and mixed use of energy systems functional, depending on the time and intensity of each combat, each differentiated on the other. Summed Up to this, has-if the timetable of competitions, which is often formulated with various activities in the year, often with a short time interval between the competitions (CALVO, 2007).

In accordance with Lacerda (2008), the approximation of sports competitions may raise thoughts, feelings, behaviors and reactions in athletes psicofisiológicas participants that affect positively or negatively the income sportive each.

According to this same author, if participation in this event is interpreted as threatening, source of levying excessive or generating high level of expectation, feelings such as fear, anxiety or uncertainty may be triggered. High levels of stress may generate muscle fatigue committing a process of physical and technical preparation for competition.

From these assumptions, the preparation and monitoring psychological professional the area make it-be of fundamental importance in identifying and solving interurrences emotional, thus preventing, unwanted conduct in the period competitive in the interest of excellence performance (LACERDA, 2008).

### METHODOLOGY

The study was based on a search of descriptive type. According to Thomas and Nelson (2002), the descriptive research is a type of research concerned with the status and its value is based on analysis and description objective and complete.

The method which will be used in the study will be the survey normative, through the LSSPCI (List of Stress Symptoms Pre-Competitive youth). THE LSSPCI is a specific instrument for the determination of the frequency of occurrence of symptoms of stress pre-competitive athletes from 10 years of age, which compete in events level official municipal, regional, state, national and international level. The instrument is 31 stress symptoms, where the assessed must choose, among a scale from 1 to 5 (one to five), with which frequency determined symptom happens with him during the 24 hours preceding the competition. The questionnaire can be administered to athletes in age from 10 to 14 years, and perhaps the athletes upper age groups, including adults, because the language is duly appropriate to the same (ROSE, 1998).

The study sample was composed by 28 athletes, of both sexes, practicing Judo in youth category of judo team Ruffoni, between the age of 10 to 14 years.

The search was performed in 4 stages, all of them during classes judo happen in the nuclei of staffing Ruffoni, located in the club "Home of Fair" and the academy "Staffing 1". Was initially made a survey by teachers of the team in order to identify the students who thought in the age group chosen for the implementation of this study. Those that presented the profile desired (aged between 10 and 14 years) were called, a time, to respond to the questionnaire was applied by one of the teachers of the team.

The end of data collection analysis was made to determine the percentage and describe the fashion of the main levels of stress submitted. The statistical data shall be submitted in the following chapter.

### RESULTS AND DISCUSSIONS

In order to verify the main symptoms of stress pre-competitive team of the students of Judo, Ruffoni questionnaire was applied LSSPCI.

The frequency of each response was described in percentage figures in Table 1.

Table 1. Frequency of complaints of symptoms of "stress" pre-competitive in a group of youth judo athletes (n = 28).

Symptoms	Answers / Frequency				
	Never	Few Times	Sometimes	Many Times	Always
	%	%	%	%	%
1 My heart beats faster than the normal	17,9	25,0	39,3	14,3	3,6
2 Perspire enough	75,0	17,9	3,6	3,6	0,0
3 I'm jarred	28,6	17,9	25,0	10,7	17,9
4 I am concerned with criticism of persons	64,3	17,9	10,7	7,1	0,0
5 I feel a great desire to go to the bathroom	75,0	7,1	7,1	3,6	7,1
6 I am concerned with my adversaries	14,3	10,7	14,3	0,0	60,7
7 I drink lots of water	60,7	10,7	10,7	3,6	14,3
8 I bite (eat) the fingernail	64,3	7,1	7,1	3,6	17,9
9 I get excited	7,1	7,1	17,9	21,4	46,4
10 I am distressed	32,1	17,9	25,0	7,1	17,9
11 I am afraid to compete evil	46,4	3,6	28,6	10,7	10,7
12 I take long to sleep	46,4	28,6	10,7	3,6	10,7
13 I have my doubts about my ability to compete	64,3	14,3	0,0	3,6	17,9
14 I dream with the competition	60,7	10,7	14,3	7,1	7,1
15 I am nervous	3,6	28,6	25,0	7,1	35,7
16 I am concerned with the result of competition	39,3	3,6	21,4	17,9	17,9
17 My mouth is drought	75,0	7,1	0,0	10,7	7,1
18 I feel very tiring the end of training	57,1	14,3	14,3	3,6	10,7
19 The presence of my fathers in the competition concerns me	60,7	14,3	10,7	3,6	10,7
20 I talk a lot about the competition	42,9	10,7	14,3	3,6	28,6
21 I am afraid of losing	50,0	10,7	14,3	10,7	14,3
22 I am impatient	67,9	7,1	10,7	0,0	14,3
23 I do not think about anything other than be in competition	50,0	17,9	7,1	10,7	14,3
24 I don't see the hour of compete	21,4	7,1	14,3	10,7	46,4
25 I am thrilled	28,6	32,1	21,4	3,6	14,3
26 I am anxious	3,6	14,3	21,4	17,9	42,9
27 On the day of competition i wake up earlier than normal	64,3	10,7	10,7	0,0	14,3
28 I am afraid to disappoint people	42,9	3,6	21,4	7,1	25,0
29 I feel more responsible	25,0	7,1	21,4	14,3	32,1
30 I feel that people are demanding a lot from me	67,9	14,3	10,7	0,0	7,1
31 I am afraid to make mistakes in competition	25,0	10,7	17,9	25,0	21,4

The answers that repeated (Vogue) are described in Table 2.

Table 2. Frequency of complaints of symptoms of "stress" pre-competitive in a group of youth judo athletes (n = 28).

Symptoms	Fashion the replies of the Questionnaire LSSPCI
1 My heart beats faster than the normal	Sometimes
2 Perspire enough	Never
3 I'm jarred	Never
4 I am concerned with criticism of persons	Never
5 I feel a great desire to go to the bathroom	Never
6 I am concerned with my adversaries	Always
7 I drink lots of water	Never
8 I bite (eat) the fingernail	Never
9 I get excited	Always
10 I am distressed	Never
11 I am afraid to compete evil	Never
12 I take long to sleep	Never
13 I have my doubts about my ability to compete	Never
14 I dream with the competition	Never
15 I am nervous	Always
16 I am concerned with the result of competition	Never
17 My mouth is drought	Never
18 I feel very tiring the end of training	Never
19 The presence of my fathers in the competition concerns me	Never
20 I talk a lot about the competition	Never
21 I am afraid of losing	Never
22 I am impatient	Never
23 I do not think about anything other than be in competition	Never
24 I don't see the hour of compete	Always
25 I am thrilled	Few Times
26 I am anxious	Always
27 On the day of competition I wake up earlier than normal	Never
28 I am afraid to disappoint people	Never
29 I feel more responsible	Always
30 I feel that people are demanding a lot from me	Never
31 I am afraid to make mistakes in competition	Never / Many Times *

\* In symptom 31 was not observed a fashion. Both the response "never", "many times" were mentioned by 25% of subjects.

## RESULTS AND DISCUSSIONS

Through the study was possible to realize that 60.7% of students (table 1) were concerned themselves with their opponents before the competitions.

The expectation in knowing the adversaries can be singled out as a variable causing stress, because both the subjective objective situations as may be directly related to the competing (ROSE JUNIOR, 1996).

The study also demonstrated that 46.4% of students (table 1) always feel infatuated participate in the competition, and not see the hour to compete.

A study carried out with women athletes volleyball athletes demonstrated that many feel excited with the proximity of competition (FILHO AND ZABALLA, 2009). Another study, with athletes male volleyball, identified that "to drink much water" and "be excited" were the second symptoms of "stress" more cited with 50% of the indications in the questionnaire (BARBIN, 2003).

Note-if a provision of young athletes wish that competition will happen soon, because the organism is a reaction of defense that happens when an event or stimulations stressful, presenting a tendency to avoid or eliminate anything that might threaten their normal operation (WEINBERG & GOULD, 2001).

The statement "I am anxious" was answered by 42.9% of students who participated in the search. Anxiety is an expression of the personality of an individual. For Weinberg & Gould (2001), the anxiety experienced by athlete - or better, its intensity, depends on their personality in relation to how various situations, as well as its trim psychological. A high level of anxiety cause nervousness, concern and agitation of the body, which in some way is not controlled may impair the performance of athletes. This may explain the symptoms "I get nervous" and "my heart beats faster than the normal", which according to the students, are also factors that are developing very frequency before the competitions.

It was found also in this study the students feel more responsible in participating in competitions. The statement "I fell more responsible", was a common opinion also on a research with athletes volleyball, because the "I am afraid to make mistakes in competition" another factor that was also cited by athletes, shows a further concern and perhaps due to her they feel more responsible (BARBIN, 2003). This liability environment which is attributed to children in the categories of bases confirms the study by De Rose Jr. (1996) on stress symptoms related to the time of practice, where it is reported that the greater the experience of athlete lower frequency these symptoms. These results may also generate the withdrawal in sports, because studies show that the emphasis on the result of competition is a factor that creates the abandonment of the practice, as well as in highlight the collection of technical and stress that is caused by competition.

Other symptoms that have also been reported by the students, but with a lower incidence (as shown in table 1) should also be treated with importance. Despite not having been considered as primary symptoms, were also underlined in studies of other authors, which shows its relevance as regards the symptoms triggered in students before a competition. A study by Son and Zaballa (2003) with volleyball athletes at the age of 11 to 13 years, also obtained low results for the symptoms "Perspire enough", "I feel a great desire to go to the bathroom", "I bite (eat) the fingernail", "I take long to sleep", "My mouth is drought".

## FINAL CONSIDERATIONS

In accordance with the literature and analyzing the results obtained (considering the limitations of the study) may-if it considers that the symptoms of stress pre-competitive that appear with greater frequency in youth category are those which provide a high level of anxiety in the moments preceding the event, and this anxiety may be the result of a recovery that the environment and the people involved provide, directly or indirectly, in the sense that the child wishing test its skills and abilities, which is characteristic of this age, needs a self-affirmation, and this recovery by more indirect that is very present in the model of competing actual childish.

The judo presents many factors involved poses the particularity of sport and combating-thus, it is important to know each athlete, profile individual and compare the stress of judo athlete in different moments of competition and if possible with evaluations at other times. All athletes demonstrated to be a symptom before competing characterized by an emotional imbalance causing vibes such as anxiety, concern and fear arising from that can come happen in the fight.

Jones & Hardy (1990) cited by Rose Jr (1997), speaks to us that sport competitive, it is not simply the product of physiological and biomechanical factors, but also psychological aspects and which has a fundamental role in their performance. Hence the importance of work the psychological of athletes for these know react in different situations during the fight, because else, the athlete may have technical conditioning, among other things that lead to success, but with the emergence of any

unforeseen, this is to lose the emotional balance and consequently lose the fight.

The results of this research offer scientific support in the proposal to investigate the stress of judo athlete youth categories, although the mechanisms that are hidden on the effects of these variables still need to be studied, because there are still few studies of the states of stress in athletes judo.

Future studies should explore this complex relation between stress and the characteristics of judo athletes and the various mechanisms amending these states. Lastly, suggests-perform this study with a larger quantity of judo athletes, making a comparison between competitions amateur and competitions federation, comparing these variables of stress.

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#### THE MAIN SYMPTOMS OF STRESS PRE-COMPETITIVE JUVENILE RUFFONI JUDO TEAM

##### ABSTRACT:

Today we live in a time that by the agitation of modern life and new lifestyle, everything happens so quickly we are all exposed to an overload of stimuli. It is known that stress in one form or another affects us all. The great growth and appreciation of the sports world in recent decades have provided an increase in appearance of training teams of children in several sports. The sport - especially the competitive - is synonymous of benchmark situations. Lima (1999) affirms that stress is an inherent aspect of the competition. Stefanello (2007) points that for some athletes; the sports competition can represent a strong threat to their physical well being, psychological and social. The aim of this study was to identify the main symptoms of Stress Pré-Competitive juvenile Ruffoni Judo of Team. The study was based on a survey of the descriptive type. For the identification of stress symptoms was used a questionnaire called LSSPCI (List of Symptoms of Stress Pre-Competitive Children and Youth). The results showed that 60.7% of students always concern themselves with their opponents before competitions and 46.4% of students always feel excited to participate in the competition, and they cannot wait to compete. Other symptoms also cited, but with a lower incidence, should also be treated with importance. According to the literature and the results obtained, we can consider that the symptoms of

pre-competition stress that appear most frequently in the juvenile category are those that provide a high level of anxiety in the moments before the event, and this anxiety can be the result of a charging that the environment and the people involved provide, directly or indirectly. Future research should explore this complex relationship between stress and characteristics of judo practitioners and the various mechanisms that alter these conditions.

**KEY WORDS:** stress pré-compétitif, juvenile, judo.

### LES PRINCIPAUX SYMPTÔMES DE STRESS PRÉ-COMPÉTITIF ÉQUIPE JUVÉNILE DE JUDO RUFFONI

#### RESUME:

Aujourd'hui, nous vivons à une époque que par l'agitation de la vie moderne et nouveau style de vie, tout se passe si vite et de façon spectaculaire, nous sommes tous exposés à une surcharge de stimuli. Il est connu que le stress sous une forme ou une autre, nous touche tous. La croissance et l'appréciation, du monde du sport ces dernières décennies ont fourni une augmentation de l'émergence d'équipes de formation des enfants dans plusieurs sports. Le sport - en particulier la concurrence - est synonyme de l'analyse comparative des situations. Lima (1999) affirme que le stress est un aspect inhérent de la compétition. Stefanello (2007) note que pour certains athlètes à des compétitions sportives peuvent représenter une menace forte à leur bien-être physique, psychologique et social. Le but de cette étude était d'identifier les principaux symptômes de la pré-contrainte concurrentielle mineurs Ruffoni Judo Team. L'étude a été basée sur une enquête de type descriptif. Pour l'identification des symptômes de stress a été utilisé un questionnaire appelé LSSPCI (Liste des symptômes de stress pré-compétitif Enfance et Jeunesse). Les résultats montrent que 60,7% des étudiants toujours se préoccupent de leurs adversaires avant les compétitions et 46,4% des étudiants se sentent toujours heureux de participer à la compétition, et ne pas attendre à la concurrence. D'autres symptômes également cité, mais avec une incidence plus faible doivent également être traités avec importance. Selon la littérature et les résultats obtenus, on peut considérer que les symptômes du stress pré-compétitif qui apparaissent le plus souvent dans la catégorie juvénile sont ceux qui offrent un haut niveau d'anxiété dans les moments qui précèdent l'événement, et Cette anxiété peut être le résultat d'une accusation que l'environnement et de fournir les personnes impliquées, directement ou indirectement. Les futures recherches devraient explorer cette relation complexe entre le stress et les caractéristiques du judo et les divers mécanismes qui modifient ces états.

**MOTS-CLÉS:** stress pré-compétitif, juvenile, judo.

### LOS PRINCIPALES SÍNTOMAS DE ESTRÉS PRE-COMPETITIVO DEL EQUIPO JUVENIL DE JUDO RUFFONI

#### RESUMEN:

Vivimos actualmente en un período que, debido a la agitación de la vida moderna y a los nuevos hábitos de vida, todo pasa tan rápido que todos estamos expuestos a una sobrecarga de estímulos. Se sabe que el estrés, de una forma u otra, nos afecta a todos. El gran crecimiento y la valorización del mundo del deporte en las últimas décadas han proporcionado un aumento en la aparición de los equipos de formación de niños en varios deportes. El deporte - especialmente el competitivo - es sinónimo de situaciones de evaluación comparativas. Lima (1999) afirma que el estrés es un aspecto inherente a la competición. Stefanello (2007) señala que para algunos atletas de competición deportiva puede representar una fuerte amenaza a su bienestar físico, psicológico y social. El objetivo de este análisis fue identificar los principales síntomas de estrés pre-compétitivo de menores en el Equipo Ruffoni de Judo. El análisis se basó en una pesquisa de tipo descriptivo. Para la identificación de los síntomas del estrés se utilizó un cuestionario denominado LSSPCI (Lista de síntomas de estrés pre-compétitivo de la Infancia y la Juventud). Los resultados mostraron que 60,7% de los estudiantes siempre se preocupan con sus oponentes antes de las competiciones y que 46,4% de los estudiantes siempre se quedan fascinados por participar de las competiciones, y se sienten ansiosos para competir. Otros síntomas también citados, pero con una menor incidencia también deben ser tratados con importancia. De acuerdo con la literatura y los resultados obtenidos, podemos considerar que los síntomas de estrés pre-compétitivo que aparecen con mayor frecuencia en la categoría juvenil son los que proporcionan un alto nivel de ansiedad en los momentos anteriores al evento, y esta ansiedad puede ser el resultado de una cobranza que el ambiente y las personas involucradas proporcionan, directa o indirectamente. Las investigaciones futuras deben explorar esta compleja relación entre el estrés y las características de los judocas y los diversos mecanismos que alteran estos estados.

**PALABRAS CLAVE:** estrés pre-compétitivo, juvenil, judo.

### OS PRINCIPAIS SINTOMAS DE ESTRESSE PRE-COMPETITIVO INFANTO-JUVENIL DA EQUIPE RUFFONI DE

#### JUDO

#### RESUMO:

Vivemos hoje numa época que, pela agitação da vida moderna e os novos hábitos de vida, tudo acontece de forma vertiginosamente rápida e todos nós somos expostos a uma sobrecarga de estímulos. É o conhecido estresse que, de uma forma ou outra, atinge a todos nós. O grande crescimento e a valorização do esporte mundial nas últimas décadas proporcionaram um aumento no surgimento de equipes de treinamento de crianças em diversas modalidades esportivas. O esporte - em especial o competitivo - é sinônimo de situações de avaliação comparativa. Lima (1999) afirma que o estresse é um aspecto inerente à competição. Stefanello (2007) aponta que para alguns atletas a competição esportiva pode representar uma forte ameaça ao seu bem estar físico, psicológico e social. O objetivo do presente estudo foi identificar os principais sintomas de Stress Pré-compétitivo infanto-juvenil da Equipe Ruffoni de Judô. O estudo se baseou em uma pesquisa do tipo descritiva. Para a identificação dos sintomas de estresse foi utilizado um questionário chamado LSSPCI (Lista de Sintomas de Stress Pré-Competitivo Infanto-Juvenil). Os resultados mostraram que 60,7% dos alunos sempre apresentam uma preocupação com os seus adversários antes das competições e 46,4% dos alunos sempre se sentem empolgados em participar da competição, e não vêem a hora de competir. Outros sintomas também citados, porém com uma menor incidência, também devem ser tratados com importância. De acordo com a literatura pesquisada e os resultados obtidos, pode-se considerar que os sintomas de estresse pré-compétitivo que aparecem com maior frequência na categoria infanto-juvenil são os que proporcionam um nível de ansiedade elevado nos momentos que antecedem o evento, e essa ansiedade pode ser resultado de uma cobrança que o ambiente e as pessoas envolvidas proporcionam, direta ou indiretamente. Futuras pesquisas devem explorar esta complexa relação entre o estresse e as características dos judocas e os vários mecanismos que alteram esses estados.

**PALAVRAS-CHAVE:** estresse pré-compétitivo, infanto-juvenil, judô.