



SPANISH JOURNAL OF INNOVATION AND INTEGRITY

ISSN 2792-8268

Journal accepts research papers, case studies, survey papers, academic project works, scholarly articles, academic articles, original or extended versions of previously published papers in conferences, scholarly journals, and basic advances in research articles, review articles with top-level work from all areas.

Stress and Depressive Conditions that Occur in the Process of Preparing for Sports Competitions

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Abstract: *This article provides a general understanding of stressful situations, stress and depression that may occur during preparation for sports competitions. Depressive states that occur before major competitions.*

Keywords: *Sport, Physical education, Stress, Depression, Competition.*

The founder of the theory of stress is Hans Selye. Various negative factors: cold, heat, exposure to X-rays, adrenaline, insulin injections, purely physical traumatic effects, pain, etc. - usually cause the same reaction of the body, which Selye called "general adaptation syndrome". This gave rise to the theory that the stress process is felt.

R. Lazarus was the first to try to distinguish physiological and psychological understanding of stress. Developing the theory of stress, he put forward a concept according to which a distinction is made between physiological stress associated with a real stimulus and mental (emotional) stress, in which a person (based on individual knowledge and experience) evaluates the upcoming situation . threatening, difficult.

Another researcher, Dr. Harold Wolff, found the answer to the puzzle of why only one in a hundred prisoners of war held in German camps during World War II died before being freed. Detained in Japanese camps, 33 people died before liberation out of 100. Taking into account that the food and duration of the camps were the same, Wolf found that the level of emotional stress in the Japanese military camps was much higher than that of the Germans. This caused such a difference in mortality.

Modern views are distinguished by the conditional separation of physiological stress and mental stress. physiological stress always has mental elements and vice versa. Thus, Marishchuk considers any stress to be physiological because. is accompanied by various physiological reactions and is always emotional because it is accompanied by corresponding emotional experiences.

Stress reactions can be:

- physiological
 - emotional
 - behavior
1. Physiological stress reactions such as breathing, heart rate and sleep disturbances. Depending on individual characteristics, headaches, gastrointestinal disorders, etc.
 2. Usually emotional stress reactions are of two types: sthenic (anger, anger) or asthenic (fear, sadness, upset).

3. Among behavioral reactions, two extreme poles of behavior can also be distinguished: the flight reaction or the fight reaction.

Eustress - stress helps to mobilize the body, feel an increase in strength, and work at a higher level

Distress is a stress that has a destructive force on our body

We can see that stress processes are manifested in three stages.

Stage 1. Signal reaction. As a result of the initial encounter with a stressor, changes occur in the body. A person is in a state of tension and vigilance. The body's resistance decreases, and if the stress factor is strong enough (severe burns, extremely high temperature), death can occur.

Stage 2. Resistance stage. If the stress persists and you are able to adapt to it, the body's reserves are mobilized. The symptoms of the anxiety reaction almost disappear. Activity increases, resistance is higher than usual. Feels good physically and mentally. Many diseases such as gastritis, colitis, ulcers, migraines, allergies and others will pass.

Stage 3. Fatigue stage. As a result of long-term interaction with a stressor to which the body is already accustomed, the energy spent on adaptation dries up. The symptoms of the anxiety reaction appear again, but they cannot be changed anymore. A person loses the ability to resist stress.

The stages of overcoming stress are divided into the following.

Stress is an unusual physiological and psychological reaction of the body under the influence of acute, extreme factors. 3 Symptoms of Stress Anxiety Fear Tension Confusion Depression Weakness Panic Psychological Changes Pallor or Flushing Increased Heart Rate Shaking Sweating Dry Mouth Difficulty Breathing Dilated Pupils Stomach Spasm Physiological Changes.

Physiological (impact of physical stress, illness) Psychological (impact of spiritual and psychological overload) Emotional (threat situations) Information (information overload) Stages of development of stress Anxiety stage Stability stage Fatigue stage.

"Rabbit stress" insomnia, passivity, fear, withdrawal from activity, "lion stress", increased activity, mobilization of forces, courage and determination, increased activity efficiency.

Ways to deal with stress include taking a few deep breaths exercising not taking the situation too seriously participating in helping others Try to reframe the situation and accept it as not extreme.

Taking into account all these processes, we will be able to see the emergence of pre-competition stress situations and ways to overcome them. Before major sports competitions, strong pressure, i.e., psychological stress, manifests itself in the form of emotional disturbances in athletes.

In many cases, the manifestation of stress can be traced back to youth. For example, athletes of young age show a high level of stress during big competitions. The more age characteristics grow, the slower the body's response to stress. Sports training is full of stressful situations. We will be able to see stressful situations during normal communication, training processes, extreme situations and many other sports activities.

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