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**BOOK OF ABSTRACTS**

**Edited by:**  
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difference, which likely creates an effect connected to RAE often called the Constant Year Effect (CYE), may favor the oldest players in selection processes due to increased physical and mental maturity. The Danish Handball Federation (DHF) has implemented the IHF structure with fixed two-year age cohorts in Danish National Teams. Currently, DHF operates with three national teams, namely Y (under 19), U (under 21) and A (senior). The aims of this study were to examine whether or not there was a CYE on the Danish Handball national teams, and to examine the rate of success in DHF talent development. The sample from DHF's database included 244 players, born from 1980-91, whom all participated on at least one national team. The cohorts were divided into 8 birth quarters with quarters 1-4 and 5-8 representing the even and odd years, respectively. Chi Squared analysis was used to determine whether a significant CYE was seen in the selection of players on the Y, U and A national teams, when compared to the expected equal distribution of players across the 8 birth quarters. The number of players who participated on all three national teams and the number of players who participated on Y was used to calculate the rate of success, which refers to the percentage of players who succeeded in being selected for all three national teams. Statistical results were considered significant if  $P < 0.05$ . CYE was significant in the Y ( $P < 0.05$ ) with players born in the 1 and 2 birth quarters being overrepresented, and with players born in the 6, 7 and 8 birth quarters being underrepresented. CYE was also significant at U ( $P < 0.05$ ) with players born in the 1 birth quarters being overrepresented, and with players born in the 8 birth quarters being underrepresented. There was not a significant CYE at the A ( $P = 0.42$ ). The rate of success was 28%, which means that approximately every fourth player who debuts on Y also get their debut at U and A. This is a much higher success rate compared to previous results in Danish Soccer, which is only 3%. The constant year effect was significant in the youth Danish national teams, that is, the selection of players for the youth national team's favors relatively older players rather than younger players. The effect was not significant on the senior national team indicating that the biased selection of players is not repeated at this level. The relatively high success rate of players progressing through all three national teams indicate that DHF has a successful talent development program. Taking steps towards minimizing the CYE in youth national teams would likely increase this success rate.

### **SPORT INJURY PERCEPTIONS AND COPING STRATEGIES: A STUDY WITH MALE YOUTH SOCCER PLAYERS OF BELGIAN ELITE TEAMS**

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**Sport injury perceptions and coping strategies: A study with male youth soccer players of Belgian elite teams**  
**Introduction** The purpose of the present investigation was to test the impact of injury perceptions and cognitions on the ways in which athletes cope with the stress of an injury. **Methods** Participants included 72 youth soccer players of a national or international level between 10 and 21 years of age. The team physician approached injured players. Participation was voluntary. They completed the Illness Perception Questionnaire Revised for Sports (van Wilgen, Kaptein & Brink, 2010) and a multidimensional coping inventory (COPE, Carver, Scheier & Weintraub, 1989). **Results** Our results show that a perceived sense of control can be a predictor for adaptive coping mechanisms in injured athletes. The perception of personal and treatment control was associated with active coping, thereby motivating injured players to actively work their way out of their injury. Focus on and venting of emotions as a coping mechanism was mostly predicted by the absence of injury coherence. Injury coherence is the comprehension of every facet of the injury by the injured player. The score on the scale 'emotional representation of the disease' was the best predictor of denial. This means that a strong emotional representation of the disease (e.g. when I think about my injury I get depressed) will lead to more denial as a coping strategy. **Discussion** Injury perceptions and cognitions are related to behavioral responses to the injury. It seems warranted that clinicians are aware of athletes' views about their injuries and communicate about the impact on their coping behavior, in order to increase the chance of an efficient recovery. Our findings support the use of cognitive restructuring interventions for enhancing rehabilitation outcomes. **References** Carver, C., Scheier, M., & Weintraub, J.K. (1989). Assessing coping strategies: theoretically based approach. *Journal of Personality and Social Psychology*, 56, 267-283. Van Wilgen, P., Kaptein, A., & Brink, M.S. (2010). Illness Perceptions and mood states are associated with injury-related outcomes in athletes. *Disability and Rehabilitation*, 32, 1576-1585.

### **VARIATION OF BURNOUT AND SELF-ESTEEM IN ACCORDANCE WITH SPORTS EXPERIENCE**

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**Introduction** Sports participation contributes to psychological well-being. However, inappropriate constraint from coaches as well as intense physical demands and high psychological pressures can provoke negative consequences for the athletes (Reinboth & Duda, 2005). The aim of this study is to analyse the influence of experience (years training with the same coach and participation in national competition) on self-esteem and burnout in university athletes. **Methods** Participants were 2,413 Mexican university athletes (57.1% men, 39.4% female), aged ranged from 18 to 28 years ( $M = 21.26$ ;  $SD = 1.99$ ) that were engaged in 9 individual sports and 7 team sports. Average time spent with the same coach was 3 years ( $SD = 1.32$ ). Participants fulfilled the Questionnaire Burnout Athlete (Raedeke & Smith, 2001) and the Self-Description Questionnaire (Marsh et al., 1994). **Results** Self-esteem was altered by number of participations in national university ( $F(6, 2200) = 4.40$ ,  $p < .001$ ). Athletes competing for the first time obtained higher scores than those who had been competing for more years ( $p < .01$ ). Moreover, university athletes having spent less than one year with the same coach reached higher self-esteem than those spending one to two years ( $p < .001$ ) and three to four years ( $p < .05$ ). Significant differences were found in burnout by years competing in national events ( $F(4, 1588) = 4.35$ ,  $p < .05$ ), athletes competing for less than five years showing lower levels of burnout than those participating for more than 15 years ( $p < .05$ ). **Discussion** Our findings showed that athletes with less sports experience and years training with the same coach had the best profile in terms of both self-esteem and burnout. These results are in contradiction with previous research (Kristiansen & Roberts, 2009). In our sample, results suggested that the longer athletes spent with the same coach, the more their psychological well-being was negatively affected. Thus, further research should focus on motivational climate and coaches' behaviour during practices and competitions. **References** Kristiansen, E., & Roberts, G.C. (2009). Young elite athletes and social support: coping with competitive and organizational stress in Olympic competition. *Scand J Med Sci Spor*, 20, 686-695. Marsh, H.W., Richards, G.E., Johnson, S., Roche, L. & Tremayne, P. (1994). Physical self-description questionnaire: Psychometric properties and a multitrait-multimethod analysis of relations to existing instruments. *J Sport Exercise Psy*, 16, 270-305. Raedeke, T., & Smith, A. (2001). Development and preliminary validation of an athlete burnout measure. *J Sport Exercise Psy*, 23, 281-306. Reinboth, M., & Duda, J.L. (2005). Perceived motivational climate, need satisfaction and indices of well-being in team sports: A longitudinal perspective. *Psychology of Sport and Exercise*, 7, 269-268. **Contact** Corresponding author: Abril Cantú-Berrueto. Email: psico.acb@gmail.com



