

STUDENT-ATHLETES' MOOD STATES: DEVELOPMENTAL PROFILES, ANTECEDENTS, AND CONSEQUENCES

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Abstract. The aim of the study is to obtain information about the mental health of young Finnish athletes of high school age in terms of mood state profiles. Six different profiles were described. The overall mood score of women was higher than of men. The energy index was the highest for the men in individual sports and the lowest one was for the men in team sports. For the women in individual sports, it was lower than for men in individual sports. For the women in team sports it was higher than for men in team sports. The energy index was higher for women in individual sports than for women in team sports.

Keywords: adolescent-athletes; dual career; mood states, self-esteem, resilience, burnout.

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СОСТОЯНИЯ НАСТРОЕНИЯ СТУДЕНТОВ- СПОРТСМЕНОВ: ПРОФИЛИ РАЗВИТИЯ, ПРЕДПОСЫЛКИ И ПОСЛЕДСТВИЯ

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Аннотация. Цель исследования заключается в получении информации о психическом здоровье молодых финских спортсменов старшего школьного возраста с точки зрения профилей состояний настроения. Было описано шесть разных профилей. Общий показатель настроения был выше у женщин, чем у мужчин. Энергетический индекс был самым высоким у мужчин в индивидуальных видах спорта и самым низким у мужчин в командных видах спорта. У женщин в индивидуальных видах спорта он был ниже, чем у мужчин в индивидуальных видах спорта, и выше в командных видах спорта, чем у мужчин. Он был выше у женщин в индивидуальных видах спорта, чем у женщин в командных видах спорта.

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Ключевые слова: подростки-спортсмены, двойная карьера, состояния настроения, самооценка, устойчивость, эмоциональное выгорание.

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Introduction: Daily workloads of adolescent student-athletes can be extremely high because of their investment in both school and sport. Literature indicates that adolescents are especially vulnerable for mood disturbances and disorders, and thereby mental health problems, due to their psychological, physiological, and social transitions associated with this developmental stage (Paus, Keshavan, & Giedd, 2008). To prevent young people from becoming exhausted during the dual career understanding is needed both on the factors that foster mental well-being, as well as on the factors that increase the risk of mental health problems. In the present study, the focus is on mood states that, by definition, can vary within minutes to days (Berger & Motl, 2000), are less specific, less likely to be emerged by a particular event or stimulus (Schinnerer, 2007) and varies more in intensity in contrast to emotions (Berger & Motl, 2000). The aim of the present study is to provide information of the mental health of young Finnish high school-aged athletes in terms of the developmental profiles of mood states and the antecedents as well as the consequences of different profiles.

Research Questions and Hypothesis: Study 1. What kind of mood state profiles do student-athletes show? How typical are different profiles among student-athletes? How are gender, type of sport and level of performance in sport and in school associated with these profiles? We hypothesized that successful student-athletes show more positive mood state-profile than non-successful student-athletes (Terry, 1995). Females (Abbas, Khan, & Luqman, 2020) and individual athletes (Reynoso-Sánchez et al., 2021) show more negative mood state profile than males and team sport athletes. Study 2. Do high self-esteem and resilience predict mood state profiles and changes in those across time? If so, to what extent? Is there gender difference? We hypothesized that both high self-esteem and resilience predict positive mood state profiles (Brown & Mankowski, 1993; Li et al., 2020). Study 3. What are the short- and long-term consequences of negative mood states on sleep quality and burnout symptoms? Is there gender difference? We hypothesized that negative mood state can cause sleep difficulties (Brandt, Bevilacqua, & Andrade, 2017). Evidence that burnout could be a consequence of negative mood state is not clear. However, there appears to be a strong relationship between burnout and depressive symptoms (Hakanen, Schaufeli, & Ahola, 2008). Therefore, it can be assumed that negative mood state could expose one to burnout.

Methods: The data were gathered via online survey. At the baseline (T1), adolescent participants were first year, male and female, student-athletes (aged 15–16) enrolled in six upper secondary sport schools across

Finland (n=391) (Ryba et al., 2016). The present dissertation is based on relevant data collected at four timeframes in the Longitudinal Finnish Dual Career project: (a) at the beginning of the first grade of upper secondary school (T1); (b) Spring term of the second grade (T2); (c) Fall term of the third grade (T3) (Ryba et al., 2016); and (d) Fall 2021 when the participants are aged 21–22 (T4). The following measurements are used in the current dissertation: The Profile of Mood States 37-item questionnaire (POMS-SF) (Curran et al. 1995), The shortened Rosenberg Self-Esteem Scale (RSES) (Rosenberg, 1965), The Brief Resilience Scale (Smith et al. 2008), The Sport Burnout Inventory – Dual Career Form (SpBI-DC; Ryba, Aunola, & Selänne, 2015; Sorkkila, Ryba, Aunola, Selänne, & Salmela-Aro, 2017), The School Burnout Inventory (SBI; Salmela-Aro & Näätänen, 2005; Salmela-Aro, Kiuru, Nurmi, & Leskinen, 2009) and sleep by asking if an athlete have had sleep difficulties and if they answered “yes”, then the next question was how these difficulties occur.

Results. Six different profiles were found, but they were like each other. In all, vigor was either higher or lower than other dimensions (tension, anger, confusion, depression and fatigue). The profiles were not related to gender, sport, or level in school and sports. The total mood score was higher in females than in males. For the energy index, a combined effect of gender and sport was found. The energy index was highest in men of individual sports and lowest in men of team sports. Females in individual sports, it was lower than males in individual sports and higher in team sports than in males. It was higher in females of individual sports than in females of team sports.

Conclusions. According to our hypothesis, females had higher total mood score than men. According to previous studies, females are also more prone to negative moods, so the result is in line with previous results. Student-athlete females are likely to take more stress and pressure out of school and sports than men. Especially in terms of education, females feel more pressure to succeed and do well than men. This can cause mood symptoms and other negative consequences for their own well-being. The energy index was clearly highest in males of individual species. The energy index describes more acute fatigue. Males of individual sports thus experienced acute fatigue the most. In contrast, males in team sports experienced the least fatigue. Females in team sports also experienced less fatigue compared to females in individual sports. The atmosphere in team sports can often be more relaxed and the responsibility of succeeding is shared among more individuals, resulting in less pressure.

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