

Child Stress and early Sports Specialization

Abstract

The regular physical activity and sports practice are essential for children's health. However, several studies have alerted about the risk that the competitive sport imposes to this population. The objective of the present study was to assess the stress level of organized sports practicing children in sport specialization process. 35 children involved in a specialized training program of Artistic Gymnastics and Indoor Soccer, answered the Child Stress Scale (Lipp & Lucarelli, 1998). 20% of the children showed stress. The majority of the stress cases (17,14%) was found in the indoor soccer practicing children. Parents' demands, demonstrated in the indoor soccer practicing children, can be one of the responsible factors for the difference in the children's stress level. Child stress and early sports specialization are two subjects that need further investigation.

Keywords: Child stress; early sports specialization; Sports Psychology.