

# Athlete Girls Mental Health Status on the Basis of Experimental Psychological Research Method

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## ABSTRACT

**Background:** Nowadays, the topic of confrontation of personality is negative environmental factors are highly relevant. Violent social, economic changes in society postpone the imprint on the mental health of a person, especially girls, which directly affects the physical condition, causing stress, neurosis, depressive states, apathy, inadequate behaviour. **Methods:** This article gives concept of athlete girls' involved in handball (n=184) psycho-emotional state and its influence on health and activities. Describes review of methods assessing the psycho-emotional state of a person. Analysed methods, used in the laboratory of Tashkent Institute Postgraduate Medical Education. The article focuses on the use of scale personal anxiety Spilberger-Khanin and Lusher. **Results:** light anxiety-depressive disorders in 45.0%, moderate violations were detected in 40% and severe in 15%. When testing for age characteristics, 70% of girls were over 17 years old. 30% of cases accounted for age gradation up to 17 years, which is the most prosperous age. the most severe type of personality disorders occurred among girls engaged in trainings during one year, because the girls prepared for the competition, they were more neurotic. The most acceptable period of time according to our research is 2 years. Disorders of moderate severity is detected in athletes during sports for 3 years. **Conclusions:** A change in the psycho-emotional state is indeed in close relationship with the physical state of a person. Experimental psychological testing of girls after increased loads revealed mild anxiety and depressive disorders in 45%, moderate 40% and severe 15%.

**Keywords:** Athlete girls, psycho-emotional state, Spilberger-Khanin, Lusher, anxiety-depressive disorders.

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## INTRODUCTION

Reproductive health of girls and women is a national treasure of the Republic. During the years of independence, large-scale work has been carried out to improve field of women and children health, modern reproductive health centers are functioning. Programs for the prevention, screening and monitoring of women health are developed and implemented.<sup>[1]</sup> 2014 has been declared as “Year of a healthy child”, which confirms the state’s concern for the younger generation, its spiritual and physical health. Regular physical exercises and sports role in the development of a harmoniously developed healthy generation is important. Today in the Republic millions of children and teenagers play sports and most of them are also girls. The youth sport has undoubtedly attracted the attention of many researchers, since the study of the growing body's functional potential health, as well as the adaptation mechanisms development under the influence of systematic training and other influencing factors are

the pressing issues of modern sports is the athlete girls reproductive health.<sup>[2,3]</sup>

When playing sports, many factors act simultaneously on the female body, the main ones are increasing in intensity physical loads, as well as psychological loads, which in turn become stress factors that have a trigger in the development of adaptive physiological disorders.<sup>[4]</sup>

This article discusses the methods and systems used to assess the emotional state of a person. They help to determine the presence of a stressful state and to prevent diseases caused by stress. There are various methods and technical devices for recording and evaluating emotional stress. For rapid diagnosis of stress, a series of oral scales and questionnaires are used to determine levels of anxiety and depression. Among the specialized tests, first of all, we should highlight the tests of Lusher, Spielberg-Khanin.<sup>[5]</sup>

### Purpose of the study

To examine athlete girls mental health on the basis of psychological testing.

## MATERIALS & METHODS

The object of the test was 184 girls, who were experimentally-psychologically tested and included studies on the level of personal anxiety according to the method of Spielberg-Hanin and Lusher.<sup>[6]</sup>

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particularly relevant and cause controversy among specialists in the field of medicine and sports. One of

In contrast to objective methods of assessing the psycho-emotional state of a person, subjective methods are carried out with the help of specialized tests. First of all, it is necessary to single out the tests of Luscher, Spielberg-Khanin.<sup>[7]</sup> Typically, these tests are implemented as computer programs that automate the testing process. The applied testing technologies can be divided into two areas - explicit and implicit testing. In the first direction we involved the direct presentation of questions, drawings and other visual images to a person. In the second direction we used indirect presentation of the test information.<sup>[8]</sup> A typical example is the Luscher color test. It is based on the fact that the choice of color often reflects the subject's focus on a certain activity, mood, functional state and the most stable personality traits. The Spielberg-Khanin test is used for self-assessment of the level of anxiety and personal anxiety, consisting of 40 questions.<sup>[9]</sup> The advantage of the above scales is the simplicity and speed of research and processing of results. The disadvantages of these methods are obviousness of the question orientation, which often disrupts the response to the survey in the form of answers perceiving distortion in cases where a girls has a need to look in a positive way in the experimenter's eyes.

## RESULTS & DISCUSSION

During testing the personality characteristics of girls involved in sports, the psychological method using Spielberger-Khanin and Lusher tests used, light anxiety-depressive disorders in 45.0%, moderate violations were detected in 40% and severe in 15%. When testing for age characteristics, 70% of girls were over 17 years old. 30% of cases accounted for age gradation up to 17 years, which is the most prosperous age.

If we divide personality disorders according to the duration of sports, then the most severe type of personality disorders occurred among girls engaged in trainings during one year, because the girls prepared for the competition, they were more neurotic. The most acceptable period of time according to our research is 2 years. Disorders of moderate severity are detected in athletes during sports for 3 years.

In pre-competition periods, female athletes are more neurotic, anxious because of insecurity, fear, failure, and doubt in their abilities. And if you look to positives sides of t athletes, they are less irritable, balanced, disciplined.

## CONCLUSION

A change in the psycho-emotional state is indeed in close relationship with the physical state of a person. Experimental psychological testing of girls after

increased loads revealed mild anxiety and depressive disorders in 45%, moderate 40% and severe 15%.

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