

Conference "Be Active – engage in recreational team sports!"
 Liepāja, Latvia, September 8 and 9, 2015
 www.AGONproject.eu



**Psychological Factors Affecting
 13 to 15 Year Old Adolescents'
 Participation in Sports Activities**

Dr. psych. Jānis Grants

Co-funded by the Erasmus+ Programme of the European Union

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Developmental Milestones

Benefits of Physical Activity/Sports

Motivating and Inhibiting Factors Regarding Adolescents' Participation in Sports

Latvian program to Promote Physical Activity and Team Sports in 13 to 15 Year Old Adolescents

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Developmental Milestones

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Major Developmental Tasks of Early to Mid Adolescents

- Physical
- Cognitive
- Emotional
- Social
- Behavioural

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**Developmental Tasks
 Physical Bodily Changes**

- Physical Maturation
- Sexual Maturation
- Body Image Concerns/ Acceptance

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**Developmental Tasks
 Cognitive**

- Abstract Thinking
- Rational Thinking
- Improved Problems Solving
- Changing Interests
- Difficulties With Compromise

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Developmental Tasks Emotional

- Anxiety, Depression
- Self Confidence, Self Esteem
- Insecurity, Oversensitivity
- Moodiness, Emotional Stability

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Developmental Tasks Social

- Peer Relationships
- Friendships
- Conforming to Peers
- Independence From Family
- Disagreements
- Social Skills Development

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Developmental Tasks Behavioural

- Acting Out
- Engaging in Risky Behaviors
- Consequences of Behaviors

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Benefits of Physical Activity and Sports

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Benefits of Physical Activity and Sports

- Reduces the Risk of Disease
- Promotes a Longer Life With Better Quality of Life
- Weight Control
- Strengthens Muscles and Bones
- Boosts Energy
- Promotes Better Sleep
- Improves Mental Health and Mood

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Benefits of Physical Activity and Sports

- Better Mental Focus, Better Vigilance
- Better Academic Performance
- Increased Confidence in One's Physical Abilities
- Raises Self Esteem
- Develops a Sense of Responsibility
- Lowers Risks for Drug Addiction and Delinquency

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Motivating and Inhibiting Factors Regarding Adolescents Sports Participation

Motivating Factors

- Sports Need to be Fun
- "What's In It For Me"
- Being Accepted, a Sense of Belonging
- Social Competence/Self Improvement
- Gaining Recognition

Motivating and Inhibiting Factors Regarding Adolescents Sports Participation

Inhibiting Factors

- Being Overweight, Obese
- Body Image and Low Self Esteem
- Lack of Role Models
- Lack of Family Support
- Don't Like Sports/Are Bad in Sports
- Not Competitive
- Lacking in Social Skills
- Anxiety, Depression, Eating Disorders

Food For Thought

Affect of Sports Participation as an Adolescent on Future Sports Participation as an Adult

- Sports Participation by Girls
- The Importance of Supervision and Coaching

Latvian Program Promoting Team Sports For At Risk Teenagers

- Obese,
- Overweight
- School Drop Outs
- Unemployed
- Teenagers

Motivating the Unmotivated

A Psychological Perspective

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