RELATIONSHIPS BETWEEN SPORTS INJURIES AND STRESS IN FEMALE FOOTBALL AND INDOOR FOOTBALL

ABSTRACT

The aim of this study is to determine the differences in stress levels between injured and uninjured women soccer and indoor football players. The sample consisted of 102 federated players, aged between 12 and 37 years, of which 55.88% had been injured at least once during the season, and 44.12% had not suffered any injuries. Stress was assessed using the Spanish version DASS-21 and to register injuries a protocol based on the definition and injury record system used by FIFA was used. The results indicate, unlike previous researches, that uninjured players showed higher levels of stress than injured players; In addition, within the group of injured players, those with moderate injuries showed higher stress levels than those with mild injuries, those with serious injuries showed higher stress levels than those with moderate injuries and those with very serious injuries reported stress levels higher than those who had serious injuries. It is concluded that soccer players and indoor football players show lower levels of stress when they are injured than when they are injures and that players who suffered serious injuries obtained higher levels of stress than players with minor injuries.

KEY WORDS

sport injuries, stress, female football.