



Ascertaining the Peculiarities of Athletes' Adaptation Course to Post-Sports Life

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Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

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Accepted for Publication: July 26, 2024

Published: August 30, 2024

DOI: 10.17309/tmfv.2024.4.09

Abstract

Objectives. The purpose of the study was to identify the peculiarities of athletes' adaptation to post-sport life under modern conditions of reality.

Materials and methods. The study involved 36 athletes, Masters of Sports, aged 25 to 40 years, who had finished their professional sports careers in disciplines such as ballroom dancing, artistic gymnastics, football, swimming, and judo. The study used methods of analysis and generalization obtained from scientific-methodical literature and internet data, surveys, and psychodiagnostics: the "Differential Emotions Scale" by C. Izard, adapted by A. Leonova, the "Meaningful Life Orientations" method by D. A. Leontiev, an adapted version of the "Purpose-in-Life Test" (PIL) by James Crumbaugh and Leonard Maholick, as well as the "Zimbardo Time Perspective Inventory" (ZTPI) by Zimbardo, P. G., & Boyd, J. N. During the study results' analysis, the following methods were used: frequency analysis – identification of the frequency of each emotion category (absolute frequencies), and a calculation of percentage values (relative frequencies) for each category relative to the total number of participants. This was also applied to determine the number of athletes belonging to each category of future plans and to define the components of the time perspective; descriptive statistics – calculation of the mean value for each survey scale; these values were used to compare mean values between different scales and to analyze the variability of responses by calculating the standard deviation; percentage calculation.

Results. This study examined the post-sport adaptation of 36 athletes using psychodiagnostic methods, thereby uncovering a complex emotional landscape and a variety of future perspectives. The survey results showed that 43 % of the respondents had not yet decided what they wanted to become in their post-sports life, indicating significant stress, negative emotions, and physical and psychological problems that require attention and support. A significant portion (40 %) of respondents affirmed that they could envisage their future without sports, with 25 % choosing to become coaches and 15 % interested in sports-related professions. Only 17 % of respondents considered their future in other fields. The study also found that 42 % of athletes reported having a strongly negative attitude towards leaving professional sports, experiencing feelings such as despair, grief, anger, disgust, and confusion. Another 36 % of athletes characterized their emotional state as anxious-depressive, which also requires attention. Meanwhile, 22 % of respondents stated a positive emotional attitude towards ending their careers, demonstrating interest in new circumstances and their future, which helps them to transition effectively into new lives. The study results on life orientations revealed that athletes tended to be more focused on past achievements and current goals than on the future, which may complicate their adaptation to post-sports life. Nevertheless, 37 % of athletes are oriented towards a positive future and are willing to make efforts to achieve the necessary goals. Therefore, the findings clearly indicate the need for post-sports support and increased attention to the large proportion of former athletes (79 %), whose mental health depends on the timeliness and speed of measures taken by specialists.

Conclusions. The transition process for athletes after ending their professional careers to a life without sports is defined as individually nuanced, complex, and prolonged; it depends on past career success, is accompanied by stressful situations and negative emotions, and often requires a sudden conclusion to preserve the sense of being a champion.

Keywords: athletes, adaptation, post-sport life, professional career, psychodiagnostics.

Introduction

The adaptation of qualified athletes to life after the end of their sports careers has always been a pertinent issue. Its importance is further underscored by the fact that the process of adapting to a life without strict self-discipline, the customary constant physical and mental loads for athletes, stressful situations during competitions, and the experience of inspiration and pride in victory depends on many important factors: the athlete's age, the reason for ending their career, level of qualification, type of sport, etc. Arabadzhy (2009), has shown that a longer professional career is observed in track and field athletes, skiers, representatives of team sports, and wrestlers. Evans et al. (2012), Shynkaruk et al., (2022) note in their research that intense physical and mental loads are an integral part of an athlete's activity, which determine the success of their achievements, and a reduction or absence of such a rhythm of life after stopping daily sports activities, changes in the body's functioning conditions, lead to health hazards for the athlete.

The adaptation of qualified athletes to life after the end of a sports career has always been a relevant issue. Its importance is further mediated by the fact that the process of adaptation to life without strict self-discipline, the usual constant physical and mental stress, stressful situations during competitions, experiencing feelings of inspiration and pride in victory, depends on many important factors: the athlete's age, the reason for ceasing activity, the level of qualification, the type of sport, etc. Thus, as Arabadzhy (2009) proved, a longer professional career is observed in athletes, skiers, representatives of team sports, and wrestlers. Evans et al. (2012), and Shynkaruk et al. (2022) in their studies note that heavy physical and mental loads are an integral part of an athlete's activity, on which the success of his achievements depends, and a reduction or absence of such a rhythm of life after the end of daily sports activities, changing the conditions of the body's functioning, lead to dangerous health phenomena in the athlete's body.

Unfortunately, both athletes and coaches during active sports activities do not always realize the importance of the aforementioned problem and do not think about ways to solve it. The reasons for this are usually associated with the constant busyness of athletes due to intensive training and competition schedules, a hidden hope to stay active for a long time, that "this cannot happen to me", and the desire of the coach not to remind unnecessarily about the inevitability of ending a sports career in order for the athlete to stay in sports as long as possible. This is identified by researchers Voronova et al. (2020), Shynkaruk, Skalozub, Davydov et al. (2023) in their studies.

As Brooke Howard-Smith (2017) notes, with the approach of the final stage of the sports career, it is necessary to remember that this is the last opportunity when athletes and coaches still have the chance to take certain steps, forecast and eliminate various unwanted crisis situations, and prepare for them in advance. This is important considering that the timeliness of the athlete's problem-solving at this stage largely determines his overall satisfaction with the entire sports career in general and the success of his further career beyond active sports activity.

An integral part of the onset of post-sport life without active sports involvement is its stressful nature. The entire way of life to which an athlete has become accustomed over

many years changes, and typically, starting from physical and functional to psychological components of this process, the athlete's body is not ready for such maladaptive changes. Konevskikh et al. (2013), and Marchenko (2022) determine the criteria for maladaptive changes to be a combination of various disturbances in the psycho-emotional, somatic, and social components of the athlete's life, indicating the need for a comprehensive combination of scientific knowledge in physiology, medicine, psychology, and sociology when studying post-sport adaptation issues.

As for the consequences, few athletes manage to cope with the change in many of the usual rules of their past activities without significant loss. Another factor negatively affecting an athlete's adaptation after the end of their career, as identified by Bouchetal et al. (2006), is the particularly traumatic reaction of athletes to this process, who typically enter sports at a young age, since it is known that the path to professional sports career beginnings is significantly shifted to the early years of an individual's life. Consequently, a sports career is perceived as something infinite, constant, and fundamental in an athlete's life.

If the transition process arises suddenly, unplanned, and not gradually, and at the same time, the surroundings (coaches, parents, friends) do not see any particular problems in it and do not consider it necessary to materially or psychologically assist the athlete, such a transition will be stressful, very painful, and significantly harmful. During this period, as noted by Fricker (2013), the reaction of not only the immediate environment is important, but also the influence of the social and cultural norms existing in the athlete's native country, which the athlete absorbed during growth and upbringing, as the basis of their personal morality.

Clark (2009) points out that during this acute transition period, the most common issues related to losses of mental stability are a sharp decrease in self-esteem, increased anxiety, and the emergence of depressive states, which in turn leads to a disruption in the sense of identity and stress. At the same time, during relevant surveys, athletes who are saying goodbye to active sports note their own confusion, loss of self-confidence, severe depression, as they do not understand what will happen to them next and where their life path will turn.

The purpose of the study was to identify the peculiarities of athletes' adaptation to post-sport life under modern conditions of reality.

Materials and Methods

Participants

The study involved 36 athletes, masters of sports, aged 25 to 40 years, who had finished their professional sports careers in disciplines such as ballroom dancing, artistic gymnastics, football, swimming, and judo.

Study Organization

The study used methods of analysis and generalization of scientific-methodical literature and internet data, surveys, and psychodiagnostics.

The survey of 36 athletes was aimed at determining the athletes' vision of their future, plans after the end of their professional careers. The main questions identified were:

establishing athletes' opinions on the period of active sports involvement, their sports specialization and qualifications, the most significant success in their professional careers, and the presence of plans for life after ending their career as an active athlete.

Psychodiagnostics Included

The "Differential Emotions Scale" by Izard (2000), adapted by A. Leonova – determined the degree of the subject's leading emotional attitude to the current situation, characteristic of him in various life situations, in our case, to the situation of ending a sports career and further adaptation to a new life. The participant chose a certain one of the 10 basic emotions, presented by three different concepts, which imply the illumination of various shades of emotional experiences. This is achieved by the athlete's assessment of the strength of the corresponding experience in a particular situation of professional formation during sports activities. Materials and methods.

The "Meaningful Life Orientations" method by D. A. Leontiev, an adapted version of the "Purpose-in-Life Test" (PIL) by James Crumbaugh and Leonard Maholick (Leontiev, 2011), was used to determine the main goal in an athlete's life, which can be fixed by them in three temporal dimensions: the future (goals), the present (process), the past (outcome), or in all three aforementioned components of the athlete's life. In this particular study, the focus was on the period after the end of the sports career. The Meaningful Life Orientations method consists of twenty pairs of opposite statements reflecting the factors of meaningfulness in an athlete's personal life. There are five subscales that characterize three specific life meaning orientations (goals in life, life richness, and self-fulfillment satisfaction) and two aspects of locus of control (self-locus of control and life-locus of control). The method treats life as meaningful in the presence of goals and the satisfaction achieved in their accomplishment, confidence in one's own ability to set goals, choose tasks from those available, and achieve results. During the diagnostics process, the definition of the situation gives each individual the opportunity to make a certain choice in the present in the form of an act, action, or inaction. The basis of such a choice is a formed notion about the meaning of life or its absence.

The theoretical concept underlying the "Zimbardo Time Perspective Inventory" (ZTPI) by Zimbardo and Boyd (1999) provides a means to integrate motivational, emotional, cognitive, and social processes in an individual's life space. This methodology allows for the assessment of individual differences in time profiles and specific time orientations through a selection from five scales, offering a comprehensive outline of time perspective due to its reliable psychometric properties (clear factorial structure, high levels of reliability, validity, and the ability to assess different dimensions of time perspective). The self-realization of athletes after the end of their sports career involves the activation of an individual's readiness for self-development of their own potential, and the realization of their talents and possibilities. Such activation requires examining the main components of perspective: two aspects of the attitude towards the past—a negative past (seen as unpleasant, causing aversion), a positive past (past experiences are seen pleasantly, through 'rose-colored glasses', accompanied by nostalgia), hedonistic present—

filled with pleasures valued above all, enjoyment of the current moment, without consideration for future actions, deeds, behavior. In relation to the future, only one aspect is highlighted—future orientation, which is characterized by the presence of goals, plans aimed at the future, and behavior directed towards their realization.

Statistical Analysis

During the analysis of the study results, the following methods were used:

Frequency analysis:

Identification of the frequency of each emotion category (absolute frequencies).

Calculation of percentage values (relative frequencies) for each category relative to the total number of participants.

The formula for calculating the percentage frequency (P) of each index:

$P = (\text{Number of athletes in the category} / n) \times 100$, where n – is the total number of participants (in this case, 36).

For example, for the index of positive emotions (IPE): $IPE = (8/36) \times 100 = 22\%$.

This was also applied to determine the number of athletes belonging to each category of future plans and to define the components of the time perspective.

Descriptive statistics: calculation of the mean value for each survey scale.

These values were used to compare mean values between different scales and to analyze the variability of responses by calculating the standard deviation.

Percentage calculation: the percentage of athletes for each category was determined relative to the total number of respondents.

Results

To determine the peculiarities of the adaptation process of athletes to post-sport life under modern conditions, 36 athletes were surveyed and studied using psychodiagnostic methods. The survey results regarding the athletes' plans for the future after ending their active careers indicate that 43 % of them have not yet decided what they want to become in their post-sport life. This group represents the contingent for whom the transition period may be accompanied by stress, negative emotions, physical and psychological problems, and who requires significant attention and support (Fig. 1).

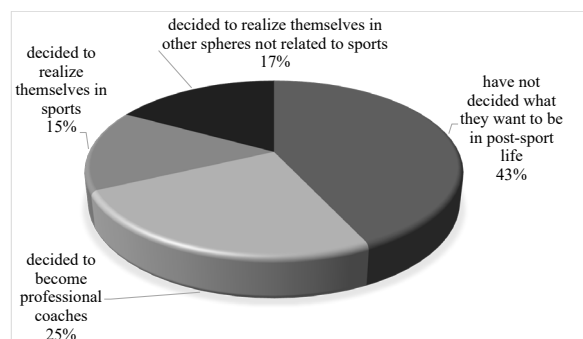


Fig. 1. Results of the survey conducted to study the future plans of athletes after the end of their active careers (n = 36)

A significant portion (40 %) of the respondents still cannot envision their future without sports, hence 25 % of them have decided to choose a coaching profession within their sport; 15 % expressed interest in professions that are somehow related to sports. Only 17 % see their future in other areas not related to sports.

An important aspect in the process of gradually transitioning to activities without active involvement in a particular sport is its emotional component, as there is no athlete who would gladly and without negative feelings leave the activity to which they have devoted their life, predominantly from early childhood. Therefore, one of the important issues addressed in this study was to determine the level of the leading emotional attitude of the participants towards the situation of ending their sports career and further adaptation to a new life using the "Differential Emotions Scale" by C. Izard, adapted by A. Leonova, which indicates the following identified features (Table 1).

Table 1. Results of the study using the "Differential Emotions Scale" by C. Izard, adapted by A. Leonova (n = 36)

Emotional Indicator Before the End of Sports Career	Number of Athlete	
	Abs.	%
Index of Positive Emotions (IPE)	8	22
Index of Acute Negative Emotions (IANE)	15	42
Index of Anxious-Depressive Emotions (IADE)	13	36
Total	36	100

The largest group of athletes emerged whose attitude towards the necessity to leave professional sports activities was sharply negative – 42 %. The range of emotions they reported experiencing includes despair, sorrow, anger, disgust, and confusion.

Additionally, the attitude towards the situation by 36 % of respondents can be considered negative, with their emotions characterized as anxious-depressive. Such negative experiences often feature vivid individual manifestations that accompany the subjective attitude towards the current situation.

The highlighted results of the study clearly indicate the need for post-sport support and heightened attention to a large portion of former athletes (79 %), whose mental health depends on the timeliness and speed of measures taken by specialists.

However, it is necessary to note the 22 % of respondents whose, apparently, optimistic character and attitude towards life lead to a positive emotional attitude towards the end of their sports career. The characteristic coloring of the emotions of such subjects is an interest in new circumstances and a curiosity about their future, which will undoubtedly facilitate an effective entry into a new life for them, quick search, and assimilation of a new type of activity.

The survey results regarding the respondents' vision of their place in post-sport life logically led to addressing the next task, namely, which goals prevail in the lives of the athletes we surveyed in the past, how they perceive the priorities of their current life, and how, in their understanding, the outcomes of the past, present, and future correlate (Table 2).

The study of such life meaning orientations revealed low scores (23.72), indicating an awareness of the goals and tasks

Table 2. Survey results using the "Life Meaning Orientations" method by D. A. Leontiev (n = 36)

Scale	Average Score, Points
Goals in Life	23.72
Life Process	30.61
Effectiveness	20.25
Self Locus of Control	23.44
Life Locus of Control	31.67

facing the participants. However, in this awareness, past events and current goals are prioritized, with a lack of necessary concern for the future day and planning necessary measures for it. These results, in our opinion, suggest that even after the end of their professional career, the lives of athletes continue to be dominated by habits and skills formed depending on the specifics of sports life: a focus on achieved victories, the belief in the need to increase training loads to improve performance, and faith in the decisive word and help of a coach.

This is confirmed by the results obtained by participants when studying the degree of interest in their present life, its emotional and meaningful saturation. The obtained average score, namely 30.61, gives reason to perceive the present period of their life as interesting and emotionally rich but not quite satisfying their expectations. Given the above and typically high level of aspirations that inexorably pushed the athlete to constantly strive for the best results in the past, the obtained indicator is understandable. This is also confirmed by the score aimed at determining self-realization satisfaction – 20.25 points, which gives us a reason to point out the participants' dissatisfaction with their past life, confusion in the present from no longer having to think about achievements and improving results as they usually did, but still harboring hope that the application of existing skills and abilities will be useful to them in the future.

The presence of such hope is also indicated by the score reflecting the level of self-locus of control – 23.44 points. This quality is a crucial component of success in any sport as it ensures the ability to constantly monitor one's own state, behavior, and actions. Undoubtedly, this ability in athletes, which can be considered an indicator of professional mastery, is not innate but is developed and reinforced based on the specific training and competitive characteristics of sports activities. Depending on their personal psychological traits, athletes, influenced by years of sports practice, may differently attribute the causes of significant events, situations, and moments in their activities, either externally (external locus of control) or internally (internal locus of control).

Thus, just as in their sporting life, having been accustomed to being accountable for themselves and their results, athletes who have ended their careers in professional sports will clearly understand the necessity to manage all aspects of their own lives. Such statements are substantiated given the score obtained during the study for the locus of control over one's own life (31.76 points).

Although this indicator may decrease in cases of the athlete experiencing stress, anger at their own failures, fatalism, the impossibility of freedom of choice, uncertainty about the future, which, as already mentioned, are acute characteristics of the transition period from the professional life of an athlete to life outside sports.

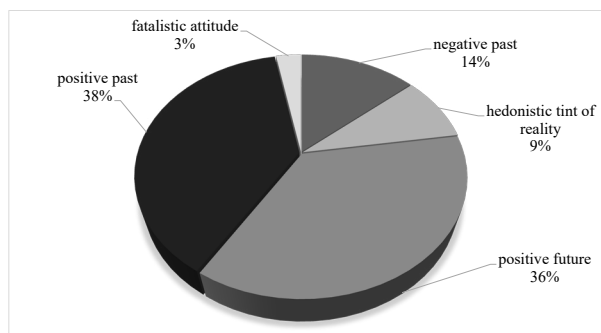


Fig. 2. Distribution of respondents' thoughts based on the survey results using the "Zimbardo Time Perspective Inventory" by P. Zimbardo, (n = 36)

The determination of the components of time perspective revealed the following characteristics, presented in Figure 2.

14 % of the respondents negatively assess their past life in sports, which can be explained by some very unpleasant events in their professional life that have left a mark in their consciousness and become an internal personal anxiety symptom (defeats, low rankings in competitions, frequent injuries, not being included in the main team lineup, etc.).

39 % of the athletes participating in the study express a pleasant, sentimental attitude towards the past, with a hint of nostalgia.

9 % of the participants note a hedonistically colored, significant importance for their life here and now, where the tension, elevation during the optimal state of combat readiness and after victory, feelings of glory, superiority over others, and being a winner become an integral part of their experience without which they cannot imagine their future life.

37 % of the surveyed in the research process are oriented towards a positive future and are ready to make efforts to achieve necessary goals, which will be facilitated by the combative character developed in sports, competitive spirit, and competitive aggression.

3 % of the respondents are characterized by a fatalistic attitude towards what is happening to them today, hence they feel lost, helpless, and believe that nothing depends on them because their fate is controlled by some other forces, on which the future events of their life depend.

Discussion

The main hypothesis of the study is that the adaptation of qualified athletes to life after the end of their sports career is a complex and stressful process that requires comprehensive support to ensure a successful transition.

The results of the survey conducted among 36 athletes, who faced the necessity of addressing the issue of parting with sports, indicate that 43 % of them have not yet decided what they want to become in their post-sports life. 40 % of respondents do not see their future without sports, of which 25 % chose the profession of a coach, and 15 % are interested in professions related to sports. 17 % of athletes see their future in other fields. The largest group was former athletes who had a strongly negative attitude towards the necessity of leaving professional sports – 42 %. Another 37 % of respondents showed anxious-depressive emotions. Arabadzhy (2011) indicates that the crisis associated with the end of a sports

career is most acute when it arises suddenly, the athlete is unprepared for it, and there is a lack of multifaceted support.

Herzog's (1994) research emphasizes the traumatic and complex nature of premature forced career termination, highlighting the need for special organizations to support the transition process from active sports to post-sports life. This need is explained by the presence of psychological disorders in athletes, mental health issues (depression, grief, loss of identity, low self-esteem, communication issues, thoughts of losing the future and control over it, uncertainty in professional self-determination, emotional disorders, deviant behavior, and the formation of various dependencies). This is confirmed by the studies of Evans et al. (2012), and Guo, J. (2009).

One of the most acute characteristics of the post-sports transition is the forced end of a long career due to a hard-to-recover injury or refusal of choice rather than a conscious decision. Bouchetal et al. (2006), Guo (2009), Herzog (1994) note that identity issues, accompanied by a sharp decline in self-esteem and the appearance of uncertainty, arise when the injury is severe enough to lead to an exit from sports.

Lavallee et al. (2024) identified three key factors significant for conscious adaptation management. The first factor includes the reasons for stopping sports and the degree of possible control over this process, as a conscious decision greatly facilitates the transition. The second factor emphasizes the importance of multifaceted support for the athlete, ensuring the involvement of various resources to successfully overcome the challenges of the transition process, such as social, material, and psychological support (Shynkaruk, Skalozub, Yuhno et al. 2023). The third key factor points to the importance of considering identity issues, as an athlete often sacrifices many aspects of everyday life for high achievements, and after a sudden end, they may feel that all sacrifices were in vain.

The conducted survey indicates that the significance of the transition period is emphasized by all athletes. Beunen and Malina (1988) define that the specifics of this period vary: for mid-level athletes, its duration can be 6–12 months, while for elite athletes, it can be significantly longer. The success of adaptation depends on the level of achievements: the higher the sports achievements, the more difficult the social adaptation. Arabadzhy (2011) notes that highly qualified athletes often prefer a sharp end to their careers, aiming to remain undefeated champions. However, both elite athletes and lower-level athletes fully experience despair and psychological stress, requiring special attention from coaches, teammates, parents, and friends.

The presented results emphasize the importance of comprehensive support for athletes during the transition to post-sports life. It is crucial to consider both psychological and social aspects of this process to ensure a successful and smooth transition. This is confirmed by studies of Fricker (2013), Clark (2009), and others, highlighting the importance of support from family, friends, and society.

The practical application of the research results includes the development of support programs that help athletes cope with stress and adapt to new life. For example, a five-step career planning strategy can be used for gradual transition, considering personal circumstances and the needs of each athlete. This can reduce stress levels and ensure a smooth transition to new activities. The "IOC Athletes' Career Programme," adopted by the national Olympic committees of 35 countries, including Ukraine, is an example of a successful initiative that helps athletes in this process.

Further research should focus on improving existing support programs and developing new methods of adaptation, especially for athletes who have ended their careers due to injuries or other unexpected circumstances. It is also important to study the impact of various factors, such as cultural and social norms, on the adaptation process to ensure an individual approach for each athlete.

Conclusions

The transition process for athletes after ending their professional career to a life without sports is individually nuanced but universally challenging, prolonged, and accompanied by stressful situations and negative emotions for all athletes. The process of social adaptation significantly depends on the level of success in their past professional career: the higher the sports achievements, the more difficult the social adaptation.

Highly qualified athletes who have achieved high sports results prefer to end their sports career abruptly, believing that it allows them to leave sports as undefeated champions.

Acknowledgements

The research was carried out within the framework of the plan of Scientific and Research Activities of the National University of Ukraine of Physical Education and Sports for 2021-2025, following the theme of the Department of Psychology and Pedagogy 2.9 "Mobilization of personal resource of subjects of sports activity by means of psychological-pedagogical support" (state registration number 0121U108308).

Conflict of interests

The authors state that there is no conflict of interests.

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Особливості перебігу адаптації спортсменів до постспортивного життя

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Авторський вклад: А – дизайн дослідження; В – збір даних; С – статаналіз; D – підготовка рукопису; E – збір коштів

Реферат. Стаття: 7 с., 2 табл., 2 рис., 24 джерела.

Метою дослідження було визначення особливостей адаптації спортсменів до життя після завершення спортивної кар'єри в умовах сучасної реальності.

Матеріали та методи. У дослідженні взяли участь 36 спортсменів, майстрів спорту, віком від 25 до 40 років, які завершили свою професійну спортивну кар'єру в таких дисциплінах, як бальні танці, художня гімнастика, футбол, плавання та дзюдо.

У дослідженні використовувалися методи аналізу та узагальнення науково-методичної літератури та даних мережі Інтернет, опитування та психодіагностика: шкала диференціальних емоцій К. Изарда в адаптації А. Леонової, методика «Смисложиттєві орієнтації» Д. Леонтьєва, адаптована версія тесту «Цілі в житті» (PIL) Дж. Крамба та Л. Махоліка, «Інвентаризація часової перспективи Зімбардо» (ZTPI) П. Зімбардо, та Бойда, Дж. Н. Дослідженню підлягали: частотний аналіз – визначення частоти кожної категорії емоцій (абсолютні частоти), розрахунок процентних значень (відносні частоти) для кожної категорії стосовно загальної кількості учасників – застосовували для визначення кількості спортсменів, що належать до кожної категорії майбутніх планів; для визначення компонентів часової перспективи; описова статистика: розрахунок середнього значення для кожної шкали опитувальника, для порівняння середніх значень між різними шкалами, для аналізу варіативності відповідей шляхом розрахунку стандартного відхилення; розрахунок відсотків.

Результати. Досліджено адаптацію до постспортивного життя 36 спортсменів за допомогою психодіагностичних методів, виявляючи складний емоційний ландшафт та різноманітні перспективи майбутнього. Результати опитування показали, що 43 % респондентів ще не визначилися, ким хочуть стати в своєму постспортивному житті, що вказує на значний стрес, негативні емоції та фізичні і психологічні проблеми, які потребують уваги та підтримки. 40 % респондентів не бачать свого майбутнього без спорту, 25 % обирають стати тренерами, 15 % цікавляться професіями, пов'язаними зі спортом. Лише 17 % бачать своє майбутнє в інших галузях. 42 % спортсменів мають сильно негативне ставлення до завершення професійної спортивної кар'єри, відчують відчай, горе, гнів, огиду та збентеження. 36 % спортсменів характеризують свої емоції як тривожно-депресивні, що потребує уваги з боку фахівців. 22 % респондентів мають позитивне емоційне ставлення до завершення кар'єри, виявляють інтерес до нових обставин і свого майбутнього, що допомагає їм ефективно переходити до нового життя. Результати дослідження життєвих орієнтацій показали, що спортсмени більше орієнтовані на минулі досягнення та поточні цілі, ніж на майбутнє, що може ускладнити їхню адаптацію до постспортивного життя. Проте 37 % спортсменів орієнтовані на позитивне майбутнє та готові докладати зусиль для досягнення необхідних цілей. Отримані дані вказують на необхідність підтримки після закінчення спортивної кар'єри та підвищеної уваги до великої частини колишніх спортсменів (79 %), психічне здоров'я яких залежить від своєчасності та швидкості заходів, що вживаються фахівцями.

Висновки. Процес переходу спортсменів після завершення професійної кар'єри до життя без спорту є індивідуально забарвленим, складним та тривалим; він залежить від успішності попередньої кар'єри, супроводжується стресовими ситуаціями та негативними емоціями, і часто вимагає раптового завершення для збереження відчуття перемоги.

Ключові слова: спортсмени, адаптація, постспортивне життя, професійна кар'єра, психодіагностика.

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Cite this article as: Voronova, V., Shynkaruk, O., Kovalchuk, V., & Marchenko, G. (2024). Ascertaining the Peculiarities of Athletes' Adaptation Course to Post-Sports Life. *Physical Education Theory and Methodology*, 24(4), 579-585. <https://doi.org/10.17309/tmfv.2024.4.09>

Received: 29.06.2024. Accepted: 26.07.2024. Published: 30.08.2024

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