

GENDER DIFFERENCES IN FEMALE PSYCHOPATHOLOGY IN SPORT

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Abstract

It is important that today, to concretize psychological studies of sport, giving a greater role to women. Once upon a time, male model can obscure the biggest sports figure of woman. But this care should be taken in the treatment of specific sports psychology, especially in relation of the woman in sport. Despite the increasingly presence of women in sport, especially in those usually practiced by male, such as boxing, football, rugby, there are still insufficient studies and literature on differences between men and women. The importance attributed to masculine mediation in evaluating successes or failures from the athletes in competitive settings remains significant, because coaches and trainers are mostly men. Male champions are then more often viewed by women as ideals models. Psychological problems and mental distress are not infrequent. The most frequent are eating disorders, obsessive control, and exploitation of physical efficiency and performance, namely, the desire to maintain a child body. Even height or muscle development, which are important characteristics in sports such as basket, can lead to an excessive preoccupation with body image and problems of acceptance of individual physical image. Personal identity is constructed and evolves from early infancy in the relationship with the body and its representation. If this ratio presentation is developed in a harmonious way, otherwise show dystonic symptoms and disequilibrium. The identity is thus rooted not only in the mind, but also in body. The image individually and then sent back by the gaze of others, social, determine, in mutual interaction, accept and be accepted, self-esteem and sense of personal effectiveness.

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