



# Mental Preparation and Gender in Young Athletes

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# Introduction

- Young athletes = adolescence
- Adolescence = a period of several different transformations between girls and boys (physical, identity, social, relational and psychological )
- These changes come to be articulated with the practice of the high level competitive sport,
- These transformations change the motivations and perceptions of young athletes,
- Competition = a process of individual/ team performance's evaluation
- Performance = Several requirements (physical, technical and mental)



# Introduction

- Coach = same evaluation between girls and boys  
.....????
  - = more problems for the girls to accept adolescence's changes
  - = more psychological problems
- Mental preparation of young athletes :
  - 1- Find a psychological balance
  - 2- Help teenager to exceed the changes of this period and to concentrate on his performance
- Mental preparation : different between girls and boys??



# Method

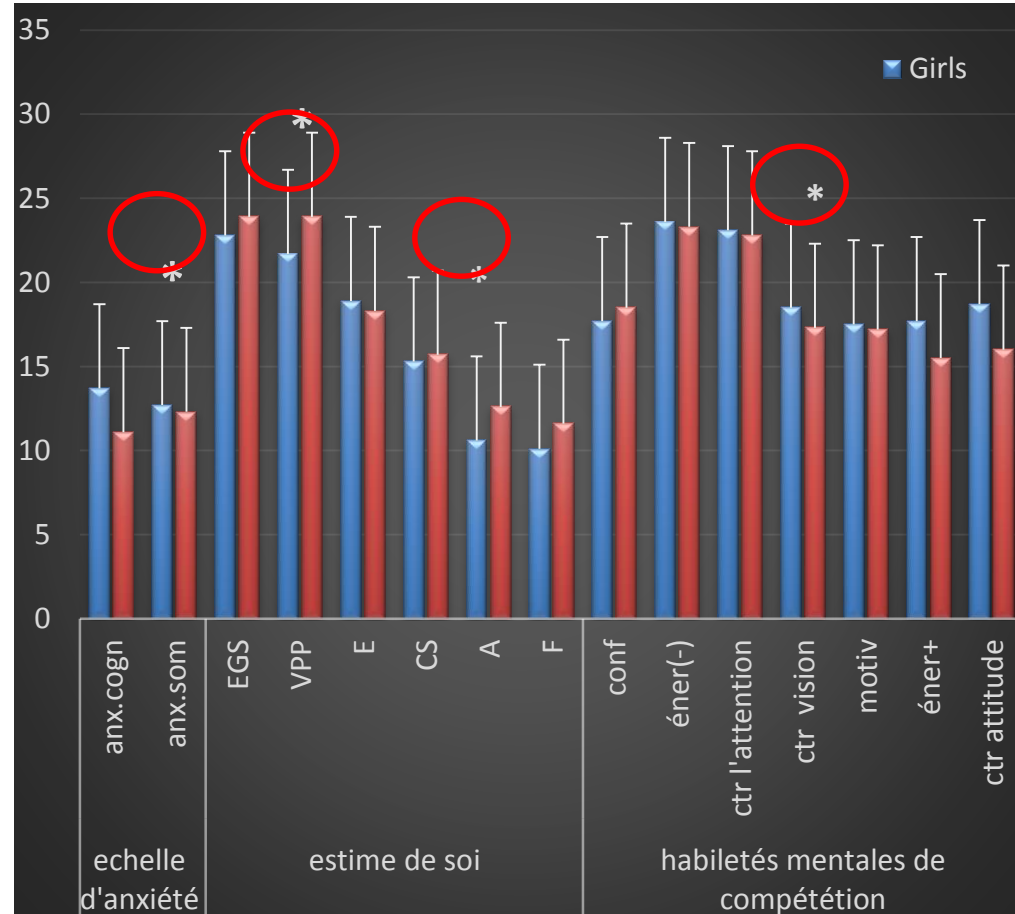
- 2 mental program / 2 sport : judo / swimming
- Judo : 10 girls / 10 boys
- Swimming : 6 girls / 6 boys
- NLP program : Neuro Linguistic Programmation



- Mental and psychological evaluation

# Results: Judo

- Difference between girls/ boys:
  - 1-self estimation
  - 2- mental imagery
  - 3- somatic anxiety
- Boys accept more physical changes = more self confidence/ self estimation
- Girls : have a problem when their physical appearance = more anxiety
- Girls = appreciate more mental training

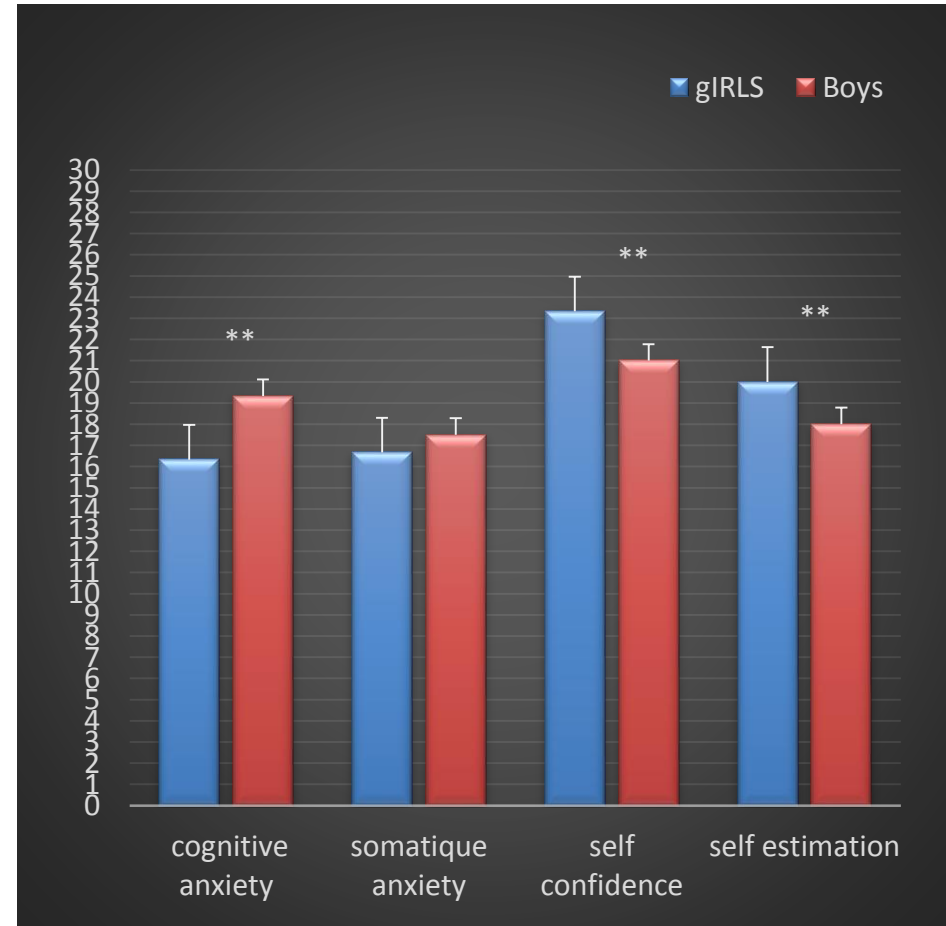


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# Results: Swimming

- Girls have more problems than the boys : physical changes = bad performance
- Boys : problem with parental authority/ need respect
- Mental training different between girls and boys : different problems
- Boys accept more physical changes = more self confidence/ self estimation
- Girls : have a problem when their physical appearance = more anxiety



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# Discussion

- Girls : more anxiety than the boys = Krane et Williams (1994)
- Boys have more physical estimation than girls = Sonstroem et al, (1992) /Guérin et al (2001)
- Girls approve mental prepration more than the boys,
- Mental training should be different between girl and boys