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Maintaining the mental health of karate athletes

Abstract:

The training of karate athletes includes motor, technical, tactical and mental preparation. In addition to the sports area, karate athletes are also burdened with problems of the private sphere. Therefore, the personal life of karate athletes permeates their sports life and vice versa, which translates into their daily functioning. Karate athletes cope with this to a greater or lesser extent, or they are unable to bear such a burden. Therefore, the purpose of this presentation is to present interventions for maintaining the mental health of karate athletes. Interventions by a sports psychologist for a karate competitor in crisis in terms of mental training such as relaxation, visualization, emotion control, maintaining confidence and mental resilience; as well as providing psychological assistance will be presented. In addition, the validity of undertaking psychotherapy for a karate competitor in a particular stream will be presented, depending on the nature of the problem. And there are also cases where a sports psychiatrist needs to introduce medication for a karate competitor. The ongoing care of a sports psychologist and ad hoc interventions by a psychotherapist and sports psychiatrist were found to be important in maintaining the mental health of karate athletes. Maintaining a karate competitor's mental health while functioning in the world's top professional karate and sports business relies on close cooperation with a sports psychologist, psychotherapist and sports psychiatrist as permanent members of his training staff.

Biography

Pawel Adam Piepiora, is Habilitated doctor in the field of medical sciences and health sciences in the discipline of physical culture sciences, sports psychologist, pedagogue, chartered teacher, education manager, neurotherapist. Associate Professor at the Wroclaw University of Health and Sport Sciences (Poland). Master class karate trainer (holder of the 8 dan degree), world-class referee in karate shotokan and international class in

sports karate, multiple medalist of the World and Polish Championships in karate shotokan and the Polish Academic Championships in Olympic karate, tutor of medalists of the World, European and Polish Championships in karate shotokan, representative of the Funakoshi Shotokan Karate Association in Poland, organizer of national and international karate sports events as well as scientific conferences, training courses and seminars for karate players and trainers. Co-organizer of the 12th World Championship of Shotokan Karate FSKA in 2010. Honored with the Bronze Cross of Merit, the Golden Badge "Merit for Lower Silesia", the Bronze Badge "Merit for Sport", the Badge "Merit for Sport in Lower Silesia", the Big Gold Honorary Badge of the Lower Silesian Folk Sports Association, Honorary Membership of the KS Funakoshi Shotokan Karate. Author or co-author of over 140 scientific publications, author of the "Karate Compendium", participant in numerous scientific conferences in Poland and abroad, completed research internships in the Czech Republic and Turkey.