

Abstract

Title : Analysis of the current mental state before and after the race in triathlon

Objectives: The aim of this study is to determine how the different current psychological state of athletes before and after the race in long distance triathlon in the dimensions of stress, depression, anger, vigor, fatigue and confusion, and what is the psychological state affects the subjective perception of performance obtained.

Methods: For the diagnosis of current mental state before and after the race in triathlon we will use standardized psychological questionnaire POMS (Profile of Mood States - Short Form). For evaluating the statistical significance of differences between the results achieved triathletes before and after the race in long distance triathlon we will use a non-parametric t - test for two dependent files.

Results: The results showed that the values for dimensions tiredness after the race, as expected, significantly increased. As expected, the values in the dimension of tension declined significantly. For other dimensions, the average values did not differ significantly. In the dimension of depression and anger average values decreased slightly. The values for the dimension of confusion slightly increased for the dimension of vitality slightly decreased. After making Spearman rank correlation coefficient, we found that the relationship between emotions before the race and after the race competitor satisfaction varies considerably.

Keywords: triathlon, mental health, emotion, endurance, analysis, POMS