

Title: The Effects from Mindfulness Training on Norwegian Junior Elite Athletes in Sport

Author(s): Moen, F., Abrahamsen, F., & Furrer, P.

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Secondary Theme(s): Burnout, stress, dual career performance

Aims: This study investigates the effects from a 12-week mindfulness intervention on perceived stress, perceived performance in school and sports, and athlete burnout among junior elite athletes in sports.

Method: In the present investigation 50 Norwegian junior athletes from two different schools for elite sports participated in an experiment with a pre-test, post-test control group design. Twenty three of them were in the experiment group whereas 27 were in the control group. The athletes were from different sports such as cross country skiing, biathlon, shooting and track and field.

Results and Practical Implications: As hypothesized, they found significant effects from the mindfulness intervention on athlete burnout. This finding is promising for the use of mindfulness as a tool to help elite youth athletes avoid experiencing burnout. There were no significant effects found on perceived stress, perceived performance in school and sports. These are highly elite junior athletes that might be mindful from the outset, with well-established stress coping skills. Thus, the groups have already been through a selection process in order to be students of a top sport schools. A final reason why no other hypotheses were supported might be due to the environment the athletes take part in. In elite sport schools there are many highly competent trainers that might help athletes

monitor their total stress load. Thus, the athletes could receive help in order to balance their daily lives and cope with different situations that might arise.

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<https://www.researchgate.net/publication/317117745> The Effects from Mindfulness Training on Norwegian Junior elite Athletes in Sport