

# Are Some Youth Sports Too Intense?

The motivation of parents who want their children to be engaged in physical activity is quite obvious, especially taking into consideration the alarming number of children who have obesity problems.

However, youth sports have their drawbacks as well. One of the most common ones is violence and tons of injuries. To specify, more and more youth sports are reported as becoming too extreme.

The situation is more or less clear when it comes to physical exhaustion and injuries. It is obvious how a child can get an injury during an aggressive game. However, we also need to talk more about emotional exhaustion as well, especially taking into consideration constant pressure which children and teenagers feel from their parents, coaches, and teammates (League Network). The most common attitude in youth sports is to win at all costs, which is not always achievable. However, an average teenager will be very stressed about this fact, which may have a negative impact on their psychological well-being later on.

Another vital aspect to mention regarding the issue in question is that the main reason why children visit emergency rooms nowadays is sport-related injuries. Some of them may even have lasting effects on the bodies of youth athletes, preventing them from having a professional career in sports.

The problem often lies in the desire of parents and coaches to see children train intensively in a chosen sport. Therefore, they encourage to do more and to perform better. However, it may soon become not enough no matter how high the results are. If a person wants to get better at something, the best way to do it is to start early. That is the reason why we see so many young children train so intensively nowadays. In other words, what we see these days is the professionalization of youth sports. As a result, most children are over-trained, especially for sports.

One of the biggest risks is that children who are repeatedly told to do better and train harder also become more aggressive, especially when they are unable to demonstrate desired results. Speaking about the psychological risks of youth sports, they are as follows: being demoralized or bullied by coaches; experiencing unhealthy performance pressure, self-esteem being tied to performance; having delusions that doing great in sports will necessarily provide a college scholarship, as well as having an inappropriate feeling of superiority (Psychology Today).

Taking everything into consideration, the desire to be engaged in youth sports should always come from the children themselves—not their parents. In addition, one needs to be careful, as youth sports have both negative and positive effects on the emotional and physical well-being of a person. Therefore, a child needs to monitor how they feel both during the game and after training in order to get the best out of youth sports and stay away from the majority of common problems youth athletes typically deal with.

### **Works Cited**

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