

Consequences of violence



Violence

Violence leads to serious repercussions on the physical, psychological and social development of young people who experience it in their daily lives or in their sport. Here are some of the ways the possible consequences are demonstrated.

Consequences of violence:

Sports consequences

- Decrease in sports performance.
- Abandonment of a sport.
- Trouble trusting people involved in sports.
- Change sports.
- Absence from training sessions.
- Lack of concentration.
- Compulsive training.

Physical and psychological consequences

- Increase in the number of injuries.
- Nutritional problems.
- Sleep disorders.
- Dependence (alcohol, drugs, gambling).
- Various physical symptoms (headache, weight fluctuation, gastro-intestinal problems, etc.).
- Self-harm.
- Psychological problems (anxiety, depression, etc.).
- Lower self-esteem.
- Poor self-image.

Social consequences

- Social development problems.
- Suicide.
- Tendency to spend less time with family members, friends, etc.
- Trouble developing social relationships.
- Reduced academic performance.
- Behavioural disturbances.
- School absenteeism.
- Trouble trusting others.

Short, but also long-term, consequences:

13%

of active athletes and 20% of retired athletes who are experiencing or have experienced violence in their sports environment reported having suicidal thoughts

35%

of active athletes and 33% of retired athletes who are experiencing or have experienced violence in their sports environment reported having developed mental health issues

16%

of active athletes and 22% of retired athletes who are experiencing or have experienced violence in their sports environment reported having developed an eating disorder