

# Psychological issues football players face when retired



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What are the mental issues when a football player retire with head trauma against a player that still play the game

We can all agree that football is one of the most dangerous sports to play considering what can happen there are several guidelines (). Despite the tragedy, football players face in the NFL we are still trying to raise a question upon whether aggression should be used more in football because it is a physical sport. Although we refused to pay attention to this problem because the entertainment of the sport we should highly consider thinking about the consequences of head trauma and the long-term effects depression, sleep pattern, and reaction to medicine.

### Depression

According to(Didehbani, Cullum, Mansinghani, Conover, and Hart (2007) 1. 6 to 3. 8 million sports and recreational concussions occur each year. This can happen in any sport at any time if you not careful but that's not what you think about when you playing the sport you love for example when I play football I really do not think about the what if I just play the game and ball out. Although when it comes to playing football athletes do not know what is at stakes longtime into your career. 3 to 4 percent of athletes were more likely to experience a lifetime history of depression. (Guskiewicz et al., 2007) and colleagues (year) further found that retired professional football players with a reported history of three or more concussion were three times more likely to suffer from depression after retirement compared with retired NFL player without a history of concussion. 6-9 percent decline in mental health post-retirement and these effects are mitigated by being married, having a

high social support, being physically active and working part-time post-retirement.

### Sports Medicine After Concussion

This study raises the issue of the role of sports and exercise medicine in the border context of public health the study findings showed that men who undertook six month endurance training and program of walking, jogging, or stationary cycling were able to completely recover the aerobic fitness they had last in the previous so years the study focused on 5 healthy men who at the age of 20 originally took part in the landings. Dallas study, and then participated in the 30 year follow up study researchers found that 20 days of bed rest at the age of 20 had a far more profoundly negative impact on cardiovascular than did 30 years aging(Mccrory, 2001). The researchers concluded that physical activity accounted for as much as 40 percent of decline aerobic fitness (). Athletes that suffer repeated concussions will suffer a gradual cognitive decline similar to the so called “ punch drunk” syndrome or chronic traumatic encephalopathy seen in boxers. In some cases the brain injuries are more severe than the typical sport injury(Mccrory, 2001). Concussive injuries or long term symptoms are not wholly unexpected. In other cases, professional athletes suffer repeated concussions and do not get banned compared to a recreational athlete professionals get away with way more(Mccrory, 2001). Generally concussive injuries suffered in sports such as football involve lower acceleration-deceleration forces than are experienced in motor vehicle accidents. Within 24 hours you can spot a concussion injury.

## Football Players Sleep Pattern

In adolescence total sleep time decrease and going to bed late can cause symptoms. Chronic sleep disturbances decrease physical and psychological functioning more daytime sleepiness and symptoms of insomnia are common among adolescents (20% and 25%). Alcohol, cannabis, hypnotics are the drugs that reduce sleep during daytime (Brand, Beck, Gerber, Hatzinger, Trachsler, 2001) Psychological activity reduces you having problems. So research shows that exercise produces a small even statistically significant increase in sleep duration but trigger no substantial effect for sleep latency or nighttime wakefulness. According to the article they say physicians and sleep experts alike regard exercise as an effective means of regard exercise as effective means of reducing sleep problems (Brand, Beck, Gerber, Hatzinger, Trachsler, 2001) founders says the 3 tradition that 3 rationals had been advanced. According to first sleep serves energy conservation, body restoration and thermoregulatory functions (Brand, Beck, Gerber, Hatzinger, Trachsler, 2001). Additionally, acute exercise seems to stabilize the circadian system and to reduce the daytime sleepiness and functioning with sleep loss. According to the second exercise is associated with reduced symptoms of depression and anxiety and lowered levels of stress (Brand, Beck, Gerber, Hatzinger, Trachsler, 2001) These findings mirror the wealth and studied the point of exercising on psychological functioning. Last one leads to the board range of physiological change. There are findings associated exercising and sleep might be a mental affair. In contrast lack of exercise has increased severity of sleep disordered breathing. When you have low fitness it shows poor sleep quality. Say if your fitness was

associated would improved sleep. They came up with 3 hypothesis were formulated one there is some evidence of adult and adolescent studies show that acute bouts of exercise promote sleep. Therefore we expect flavorful sleep pattern that tends to give two restoring sleep leads to satisfying daily performances when you have high concentration and low tiredness during the day three (Brand, Beck, Gerber, Hatzinger, Trachsler, 2001). Increased physical activity during weekends such as playing competitive football games leads to regular sleep or wake schedules for weekdays and weekends.

### Return to play

Recently, legislation has been amended in several states requiring that a licensed medical professional assess any adolescent athlete who has a suspected concussion prior to making any decisions regarding return to play. Most of the state have a requirement for people that have these type of injuries. Over the last 10 years a campaign that go by CDC encouraged people like coaches, parents, sports organization even medical professionals to be aware of concussions. According to Adolescents are more vulnerable to the effects of a concussion and have a longer recovery period, with a greater potential for more serious sequelae, when compared to adults (Williams & Wilkins, 2013) You have to go threw individualized cared and most see a nurse practitioner are the ones to decide should you return to play or not. The CDC estimates 1. 7 million children and adults sustain a concussion each year with one-quarter of those injuries being related to participation in organized sports (Williams & Wilkins, 2013).

In recent years, an estimated 500, 000 preadolescents and adolescents were diagnosed with a concussion after visiting a hospital ED due to head injury, and approximately one-half were sport-related.

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An estimated 300, 000 head injuries, the majority of which are concussions, occur annually among high school athletes (Williams & Wilkins, 2013). So what is a concussion it have two meanings one is a concussion is a direct blow to the body particularly the head, face, or neck that transmits enough force to cause the brain to move rapidly back and forth inside the skull Second one is this blow can result in functional changes in the brain, manifested as neurologic impairment that has a rapid onset and resolves spontaneously, typically over a period of 7 to 10 days (Williams & Wilkins, 2013). How to manage this problem is to take it one day at a time the goal is try to remain symptoms free and try to increase your activity step by step. Cognitive rest involves refraining from using all media devices, including cell phones, computers, video games, and TVs as well as being absent from school or utilizing modified lesson plans (Williams & Wilkins, 2013). Affected individuals may also need to avoid group conversations, outings, and playing or listening to music (Williams & Wilkins, 2013). Physical rest requires that the individual avoid exercise, recreational sports, organized sports, practices, and games (Williams & Wilkins, 2013). To sum it up nurse practitioners to this to insure are safety in the future when it comes down to concussions.

## References

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