

The women's cycling and its psychophysical characteristics.

Generally, the sport trains the necessary will and commitment to achieve any kind of objectives, whether cultural, athletic or moral. Cycling is undoubtedly a crucial experience in bringing up the personality in its cognitive components, emotional and social, considering the unavoidable comparison of a teenager with the normative regime of the sporting discipline that is preparing to cultivate.

The sportsman, during the selection and the sportive practice, highlights a series of expectations and investment linked to the way he is, expectations that will be involved in his personal relationship with sports, particularly at two levels connected together: the technical level - in the achievement of performances related to his psychophysically endowment and a personal level - as a chance to live sports situation as a time of completion and satisfaction.

The psychology will become an allied of medicine in promoting sport as a healthy and positive life habit because it considers the sports, in addition to the anti – sedentary life, the possibility to cultivate a healthy competitiveness, a self-esteem culture and efficiency expectations (this meaning the expectancy of being able to implement all it needs to obtain certain result (Bandura) - the training to deal with stress through continuous contact with the management of the competition.

Nevertheless sport can be appropriately channeling the traits of type T personality (from thrilling), characterized by the tendency to the challenge and the taste of risk. By psychological point of view, the public always goes crazy for great road cycling, living the idea of race, journey and moving thanks to a mechanical mean that transforms human effort in speed.

Its simple movement, the aggression that downloads directly on the pedals confesses the importance of certain fundamental values: the desire, fatigue, tenacity and constancy. The cycling is a hard but noble sport that fortunately is also available to women's: but how are reflected in the life of a young athlete who practices this discipline, the psychophysical characteristics that are required by this sport?

Can a woman with her physic, with her psychological balance to practice with satisfaction and capacity this discipline? Absolutely Yes: often the woman has a great desire to overcome obstacles both physical and social with self-sacrifice, tenacity, cultivating inside the strength to continue to pursue the path that it will always lead to a greater social emancipation and to economic and moral independence.

The athlete that scale impassable roads, cold or hot resistant, that bear the long months of summer and winter, that grinds kilometers on kilometers without surrender, is the woman who has learned over the years to acknowledge her body, her needs, her features which basically are different to the men's cycling. For example the presence of the menstrual cycle: we know that , generally, the menstruation is characterized by a sequence of physiological changes related to hormonal process, there are indeed involved the increases of estrogen hormones, the generation of oestradiol hormone, the stimulation of folliculine, luteinizzante hormone and the increase of progesterone production.

During the menstrual cycle might be involved a series of events ranging from menstrual pain (dysmenorrhea) abdominal pain or cramping, headache, transitional sadness (dysphoria), intestinal problems, irritability and breast pain: every woman suffers subjectively the presence of the menstrual cycle and is not uncommon to meet women that don't suffer any of these symptoms. These psychophysical symptoms can diminish also thanks to the help of the sport's psychology: a relaxation technique that help women to learn how to recognize the phenomenon areas of muscle tension (abdomen, head, nape, stomach) and to relax the body and find benefit during those days (both in competitions and trainings).

The technique of Wizard view, that is to imagine painful parts of the body and produce an image of freshness and lightness to counteract the painful contracted part, can help the athletes who are suffering in particular by abdominal pain and intestinal cramps. Imagining the head fresh and lightly contributes to diminish the grip of the headache, while focusing on positive feelings that derive from the beauty of nature or other sources of pleasure and well-being helps to overcome moments of sadness.

Dott.ssa Marina Gerin Birsa
Psicologa dello Sport
email: gerinbirsa@tiscali.it .

www.psymedisport.com