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Main Reasons for Ending Sport Career and Revealing the Factors Influencing its Success with Acting Athletes

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A successful career in professional sport depends on many factors – a competent planning of the training process, well-coordinated work of the system “coach – athlete”, physiological and psychological predisposition of an athlete to the chosen sport and many others. A comprehensive, scientifically well-grounded search for talented young people able to bear heavy training load, and high rates of mastering sport is a characteristic feature of sport development at modern stage. Throughout their athletic career, from the beginning as children and up to its end at any stage, athletes have to encounter crises occurring during transition periods and overcome them. We investigated the process of transition of young athletes to adult professional sport. The article presents the results of the research made by the authors to reveal the main causes which lead to terminating a career in sport, as well as the main conditions and circumstances for successful career prospects.

Keywords: sport training, career, terminating sport career.

Introduction

Sport mastering is a long-term process. For successful mastering of athlete's skills it's necessary to follow the laws of their results age dynamics. Only in this case can one design a long-term programme and timely prepare an athlete for getting highest achievements (Volkov, 1983).

On finishing school every young athlete encounters the problem of further career prospects. For some, this transition passes smoothly and fairly quietly, while others face difficulties.

Despite the obvious importance of studying the sport career dynamics in modern scientific

and methodical literature such publications are very scarce.

Currently, the works of experts, describing both general rules of designing the training process and methodology of training in the chosen sport are the most frequent (Puni, 1973, Matveev, 1977, Platonov, 1983, Ashmarin, 1990, etc.). Several papers were devoted to the selection and prediction in sport Rodionov, 1973, Vorontsov, 1977, Motylyanskaya, 1979, Volkov, 1983, Filin, 1983, Siris et al., 1983, Bulgakova, 1986, Nikitushkin, 1994, Salmikov, 2002, Radchich et al, 2003,) and to the age peculiarities of sports training (Berzin, 1967, Tretyakov, Belov, 1988, Babushkin, 1987, Zotov, 1997, Filin, 1997, Daus,

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1998, Starovoitova, 2002). Among them one can single out the work by Professor N.B. Stambulova. Under her guidance, extensive research into active athletes sport careers has been carried out at the Department of Psychology at the Lesgafit State Academy of Physical Education since 1991.

In their paper, the author highlighted seven crisis-transitions in an elite sport career:

- 1) the crisis in the beginning of sportspecialization;
- 2) the crisis of transition to intensive training in the chosen sport;
- 3) the crisis of transition from mass sport to elite sport;
- 4) the crisis of transition from youth sport to adult sport;
- 5) the crisis of transition from the amateur sport of high achievements to professional sport;
- 6) the crisis of transition from the climax of the career to the end of the career;
- 7) crisis of giving up a career in sport and starting another career.

But at the same time, some aspects of transition in an athletic career haven't been studied, and, in particular, the transition of athletes from a junior age group to adult sport. In our opinion, this transition is one of the most important on the way to the top in sport.

Young people of 17 to 21 fall into junior age group. At this period, young men and women choose their future profession. After finishing school young people go to university. To make their choice independently and deliberately an adolescent has to manifest such qualities as:

- responsible attitude towards the choice of future profession;
- availability of advanced forms of self-improvement and ability to overcome the difficulties encountered;
- to consciously build real professional and life plans and implement them;

- to make independent and responsible decisions (Starovoitova, 2002).

Choice of a future profession is not fully conscious and, as a rule, athletes opt for universities and professions, which are not very popular and they have more chances to enter there. And understanding that the choice of profession, occupation, was wrong, usually comes after graduation or after unsuccessful attempts to work in this profession.

However, still unexplored process of transition from juvenile to adult sports groups, in our opinion, is the most important, the positive outcome of which leads to the heights of the highest achievements in sport.

According to the survey conducted by us earlier, we found a rather serious problem, which is early career ending among young athletes. And for all athletes who left sport sooner or later there are two options for continuing their careers either an athlete gets into the junior, youth, student or adult teams of the city, region, country, or he does not fall into any of the possible teams. Each of these two groups has their own reasons for finishing the athletic career.

Reasons for leaving youth sport, without "falling" into the adult teams:

- The opinion of the parents;
- Health of athletes;
- Overtraining;
- The desire to have a profession that is not related to sports;
- Lack of good athletic performance;
- Failure to find a new coach;
- Excessive training load at a young age;

Lack of motivation, lack of understanding in the team.

Reasons for leaving youth sport by athletes who joined the adult team are as follows:

- Lack of motivation;
- The problem of adapting to a new (adult) team;

- Lack of athletic performance;
- Excessive exercise;
- Psychological problems;
- Lack of material resources.

Great number of athletes who have left sport did not have any support to take up professional sports. But having examined another group of athletes, we found cases of early career ending among both successful athletes and those who failed to adapt in adult sport. All of the above was the basis for further, in-depth study of this problem.

Research methods and techniques. In order to reveal the main causes of early career ending by young athlete we conducted a survey. According to the general requirements (Zheleznyak, 2005) a questionnaire containing 36 questions, grouped into blocks “family”, “sports career”, “Coach”, “education” was developed. The study resulted in revealing the main reasons for retiring from sport. Two of them – desire to have a profession that is not related to sports and lack of motivation – occur in all age groups under study.

Further in our work, we pursued the goal of revealing the main causes of ending sport career and the factors influencing its success. The study involved 368 active and retired athletes aged 17 to 50. They were representatives of the teams in foot and ski orienteering, finswimming, swimming sports, biathlon, cross country skiing, track and field events, weightlifting, boxing, martial arts, rock climbing, team sports, etc., all – about 30 sports. The athletes who participated in the study were students from various universities of Russia, living in different regions of the country (towns of Krasnoyarsk Territory, Moscow, Omsk, Chelyabinsk, Voronezh, Vladivostok, Penza, and many more.). Among them there were 5 athletes, having title of Master of Sports, 19 – Masters of sports, international class, 114 Masters of Sports, 142 candidates for master of sports and 88 First class sportsmen. The athletes having the title

“International Master of Sports” and “Master of Sports” were part of the national and youth national teams of Russia.

To better understand this problem all participants of the survey were organized into groups according to the age when they gave up sports (group «A», «B», «C») and athletes active at the time of the survey (group «D», «E», «F», «G», «H»).

Athletes who gave up sports (194) were grouped into the following age groups: group «A» up to 18 years – the period of entering the university and adaptation to professional training. Group «B» – 18 – 21 years of age – the period of combining studies and sport activities. Group «C» – 22 – 25 years – the period of graduating from university and entering the chosen profession. In each age group the main reasons for ending the career were revealed.

Active athletes also were combined into the following age groups: «D» – up to 18 years of age; group «E» – 18 – 21, group «F» – 22 – 25, group «G» – 26 – 30 years, Group «H» – 31 – 40 years of age. The main purpose of research in this category was to reveal the reasons allowing to continue a career and the difficulties faced by active athletes.

In our study, nominal scales were mainly used (when their own questions are offered). To analyse these scales one-dimensional frequency distributions are applied (the structure of respondents’ answers to one question, and contingency tables – analysis of the structure of respondents’ answers to any question based on answers to another question).

The responses obtained were processed using the tools of data analysis and pivot tables using Microsoft Excel were built (Table 1).

Results and discussion

The results of the studies show that some of the main reasons given by the respondents were:

Table 1. Main reasons for giving up a sports career mentioned by the athletes of different age groups (n = 194) %

Main reasons	Age group		
	A	B	C
Financial instability	1, 8	12, 3	18, 4
Non-related to sportprofession	14, 0	10, 7	14, 0
Injury	12, 3	5, 7	11, 4
Overload	3, 5	4, 1	0, 8
Lack of motivation	12, 3	16, 4	8, 8
no team	3, 5	3, 3	1, 8
change of or no coach	12, 3	7, 4	5, 3
parents opinion	1, 8	1, 6	0, 9
Lack of funding	5, 3	4, 1	6, 1
difficulties in combining sport and studies	15, 8	9, 8	2, 6
loss of interest in training	0	8, 2	6, 1
low popularity of the kind of sport	3, 5	1, 6	0, 9
showing no results	7, 0	8, 2	7, 0
domestic reasons	3, 5	4, 1	11, 4
age	3, 5	2, 5	4, 4

“financial instability”, “profession not related to sport, “ “lack of motivation, “ “unsuccessful change of the coach, “ “injuries”, “the difficulties in combining studies and sport “, “ domestic reasons “and” lack of funding. “

It should be noted that such points as «financial instability» and «lack of funding» have different semantic meaning as reported by the respondents therefore they were not united into one reason. According to the respondents «Lack of funding» means lack of funds to purchase expensive equipment or take part in the competition at their own expense. As to «financial instability» which is one of the reasons why athletes give up their careers means lack of possibility to be rewarded for their sports activities with e.g. bonuses for good performance in competitions or wages as payed to a coach or instructor of Sports School.

Recently, a strong opinion has been formed in our society that sport is not a hobby any

longer but a profession, i.e. income-generating activities. Unfortunately, young athletes failed to preserve values of previous generations. They no longer want to be patriotic they prefer to be rewarded for their efforts. Mercantile interests go to the fore. By the age of 20 athletes want to have a stable income, otherwise they give up. On the other hand, the athletes showing good results at junior tournaments join national teams and get financial support from sports federations or other sources. Those who failed to get such support usually give up taking up sport.

Young athletes need motivation and goals for taking up sports professionally. If they lose interest in sports, they replace with some other kind of activity or switch to other interests. V.F.Sopov believes that setting tasks for the forthcoming competitive activity should meet the athlete's preparedness to compete (Sopov, 2000). If not, failure in the competition will cause lack

Table 2. The main factors influencing good performance of active athletes of different age groups (n = 174), %

questions	options	D	E	F	G	H
Difficulties during the transition	Were	11, 8	25, 0	35, 5	26, 7	10, 0
	There were no	58, 8	59, 0	61, 3	73, 3	90, 0
	The transition is still going	29, 4	16, 0	3, 2	0	0
Physical exercise	Coped	58, 8	68, 0	74, 2	60, 0	100
	Failed	17, 6	17, 0	22, 6	33, 3	0
	Partially	23, 5	15, 0	3, 2	6, 7	0
Results in an adult sport	Dropped	0	16, 0	16, 1	13, 3	10, 0
	Stagnated	47, 1	21, 0	25, 8	20, 0	20, 0
	Increased	52, 9	63, 0	58, 1	66, 7	70, 0
Motivation	getting qualification of any class	64, 7	46, 0	38, 7	26, 7	30, 0
	Without certain goals	17, 6	27, 0	16, 1	26, 7	20, 0
	The highest achievements	17, 6	27, 0	45, 2	46, 7	50, 0

of self-confidence. If such situations reoccur sports activity gradually dies down and, finally, the athlete gives up their sport career.

According to V.R. Malkin, athletes, ceasing to exercise, are characterized by lack of motivation, volatility of interest in sport and as a consequence, a stronger passion for something else, because of unmet needs in achieving success in sport and the desire to achieve public recognition in other areas (Malkin, 2001).

The results of our studies confirm this opinion (in our survey respondents cited lack of motivation). The reasons mainly lay in showing poor performance and improperly designed training process, which gradually became “uninteresting” to the respondents. In this regard, the respondents see their future professional activities in the field not related to sports.

Sufficiently large number of respondents leave sport because of the “old” or “not healed” injuries. To the question “Have you coped with amount of training load during the period of transition into adult group?” 48.3 % of group “B” answered negatively. In group “A” 43.9 % answered negatively.

The athletes who gave up sport before they were 18 mentioned difficulties in combining academic studies and sports as the main reason for finishing their sport career. For the athletes of group «B» this reason is already not the main one.

One of the reasons for ending sport career in youth category is a poor performance. Poor performance in competitions is also a good indicator of lack of progress. After that, the athlete suffers from nervous and mental fatigue caused not only by competition itself but feeling of failure, particularly if it affected the team result. Such feelings can disable athletes, deprive them of self-confidence and even lead to the decision to quit sports.

Another reason for retiring from the sport is a “failure” in changing a coach. The problem is about passing under the guidance of senior team coach. Young athletes face indifference of the coach to their training, a low level of professionalism, which consists in the unwillingness of the coach to take into account the personal characteristics of the “newcomer”. Let us note that lack of clear criteria governing the transition from juvenile to

adult sports does not contribute to adaptation to a new collective.

Change of marital status is also one of the reasons for ending sport career. Starting a family is certainly a significant reason for this, especially if there is a shortage of time for training, coupled with the lack of material resources. Female athletes after giving birth to a child find themselves in a much more complicated situation. For them it is extremely difficult to return to sport due to a number of reasons.

A.P.Zotov when speaking about the transition from youth to the adult sport, considers time period from 15 to 20 years of age as the most painful time period. In his opinion, many budding athletes at this period start showing poor performance, and conversely, those with a seemingly average abilities, may surprise everyone, including themselves (Zotov, 1997).

According to the results of our study lack or poor sport performance is a very big reason for ending sport career. It should be stressed that percentage of those who terminated their career in all three groups – in adolescence (18 years), in the Junior category (18 to 21 years of age) and in period of transition to adult professional sport (from 22 to 25 years) is approximately equal and amounts to 7, 0 – 8, 2 %.

Both active athletes, and those who ended their sports careers were asked about their period of transition from junior to adult sports and responses were as follows: 51, 2 % of the athletes of group «A» thought that transition period hadn't been over, but 29, 3 % of the athletes of the same group had encountered difficulties during that period though they were only 18 years old. In group «B», this index rises to 54, 4 %. This is the period of adaptation of young athletes in the adult team and to new bigger training load. Percentage of athletes whose career wasn't affected by any difficulties increased up to 60 in group «C». Athletes in this group showed high sporting

achievement up to 25 years of age but still quit sport for any reason. Among active athletes these indices are much smaller, and in their opinion they didn't have any problems with transition to professional sports. However, 25 % (group «E»), 35, 5 % (group «F»), 26, 7 % (group «G») of athletes encountered some difficulties with the transition, although still continue to “stay afloat” and go on with their training.

We assumed that a successful sporting career depends on the age when athletes started taking up sport and achieved their first success. According to the results of our study correlation between these two parameters was as follows: with athletes of group «A», who started their sports at the age of 8 to 12 first achievements were recorded almost immediately, at the age of 9 – 12 this opinion share 43, 9 % of respondents, 19, 5 % of the athletes think that their first success came at the age of 13 – 16, less than 10 % of the athletes of that same group began taking up sports at the age of 4 – 7, with success coming at once at the age of 5 – 8.

In group «B» 37, 9 % (start at 8 – 12, success at 9 – 12 years) and 24, 1 % (start at 8 – 12 years, success at 13 – 16).

In group “C” among athletes who ended their career at the age of 22 – 25 the following was revealed. Only 1, 5 % of the athletes began their training at a very early age (start at 4 – 7 first success at 5 – 8). 20 % of the athletes started sporting activities in elementary and secondary school (start at 8 – 12 first success at 9 – 12). The majority in this group which makes 38, 5 % are the children who began taking up sports at 8 – 12, but success came only some time later at 13 – 16.

In group «D» (active athletes) who started at 8 – 12 years, for 83, 3 % of athletes first success didn't come at once but at the age of 13 – 16. In group of athletes «E» (age group 18 – 21) who started playing sports at 8 – 12 for 68, 8 % of them first success also did not come immediately

but at the age of 13 – 16. And among those who started taking up sports at the age of 4 – 7 84, 6 % were “successful” almost immediately – at 5 – 8 years of age. These athletes were mainly from the families where parents themselves used to be engaged in sports. group «F» consisted of the athletes who started at the age of 12. In this group 83, 3 % of the athletes had first achievements at the age of 9 – 12. For 61, 5 % of the athletes of the same group with the same beginning first achievements came later at the age of 13 – 16. In group «G» the results were practically the same – 60 %.

According to the results of the survey, we found that the athletes who never took part in the international competitions quit sport more often. After all, the more sweeping and impressive the victories at major junior tournaments were, the more likely that the athlete of young age would continue their athletic career. The athletes were asked about their participation in international competitions and tournaments at a young age.

Only 7, 3 % of the athletes of group «A» participated in international competitions. We can assume that 92, 7 % of respondents, not having achieved good results at a young age didn't see any sense in going on with further training. For athletes of group «B», figures are 12, 1 % and 87, 9 % respectively. Of the athletes of group «C» who finished their career at the age of 22 – 25 26, 1 % participated in international competitions. Among active athletes of the group «E» this figure is only 17, 6 %. We assume that those 18 – year – old athletes will move successfully into the adult sport if they overcome numerous problems described above. And of the remaining 82, 4 % of the athletes, the majority will quit sport. On this issue, we can conclude that a successful performance at a younger age motivate young athletes to further pursue their careers.

Also respondents participating in the survey determined their level of athletic performance

during the transition period (18 – 21 years). 34, 1 % of the athletes of group «A» believe that their results decreased, while 24, 4 % of the athletes said they remained stable or increased.

29, 3 % of the athletes of group «B» reported that their achievements significantly decreased. 34, 5 % of the athletes didn't see any progress, but they didn't show their best results either. In group «C» only 20 % of the athletes showed a decrease in athletic performance. 29, 2 % of the athletes had the same results. 49, 2 % of the athletes noticed some progress in the results. No wonder, because these athletes quit the sport only at 22 – 25 years of age, and we assume that up to 20 years of age they were motivated to continue their sporting career by their successful performance at the competition of different rank.

For acting athletes of different age groups, these figures are much lower, and it is not surprising: after all, these athletes can still cope with many difficulties. Only with 16 % (group «E»), 16, 1 % (group «F»), 13, 3 % (group «G»), 10 % (group «H») of the athletes the results dropped. Most athletes in all age groups from 52, 9 % (group «D») to 66, 7 % (group «H»), noted an increase in their sporting achievements.

Many athletes change their sporting activity doing another kind of sport. For them it is one of the ways out to continue their sporting career and, possibly, to find new opportunities and diversity. According to the results of our survey, we found that transition from ski racing to biathlon and ski-orienting, from field and track events and weightlifting to powerlifting, or skeleton as well as many other options are quite possible. 17, 1 % of the athletes who had ended playing sports by 18 (group «A») made transition to another sport, but failed to adapt to it and, therefore quit. With decrease in achievement at the age of 20, 28, 6 % of the athletes made transition from one to another sport, and 64, 3 % of the athletes with the same results would not even contemplate such a

transition. 90 % of the athletes who noticed the progress in their results at junior age did not consider options for transition to another sport. The highest rate of transition from one sport to another of 31 % showed athletes in group «B». In so doing, 35, 3 % of the athletes who changed the sport discipline did not show good results in the first discipline either, but managed to make transition and gave passion in favour of something new. 25 % of the athletes did the same, but their athletic performance in the original sport discipline remained the same. But they found transition from one sport to another successful. 27, 7 % of the athletes in group «C» made transition to another sport and 18, 5 % of the athletes considered it as an option but did not make transition. 30, 8 % of the athletes who made transition had modest achievement in the first sport discipline. 38, 5 % of the athletes of this group had average and unstable results in their discipline, they considered transition to another sport as an option, but didn't make the transition. 31, 6 % of the athletes made the transition as they didn't expect any progress in their initial discipline. We can assume that this is the number of potential professional athletes who could have adapted to and established themselves in elite sport, but who ended a career for some reasons, including lack of better performance and an unprofessionally designed training programme.

Training load amount suggested by the coach plays a very important part in the training process (Matveyev, 1991). With each age period, this amount gradually increases. For example, in track and field events, in hurdling in particular, hurdles become higher, a shot, in shot put – heavier, young athletes are allowed to marathon distances, etc. Properly dosed amount of prescribed load for a particular athlete, taking into account each individual athlete's fitness level, by all means, leads to better performance outcome in the chosen sport. Only 29, 3 % of the

athletes in group «A» believe that have coped with increased load suggested by the coach. The rest 43, 9 % think that they haven't. These figures change within the next age groups and are, respectively, in group «B» – 44, 8 % and 48, 3 %, while in group «C» 60 % and 27, 7 %.

From 17 to 22, 6 % of acting athletes in all groups can not cope with loads due to health issues leading to serious injuries. These athletes, in our opinion, will end their career prematurely, and their main reasons will be lack of results in an adult sport and injuries.

Training process requires setting both long-term and short-term athletic goals (Sivitsky, 2006). Motivation is the main component of the driving force for doing professional sport. As well as functional load, motivation at different stages is distributed according to age interests. At the early stages for children such things as all-round development, getting involved into sport activities, introduction to healthy living and socializing with peers are most important. In the process of training, youth coaches should motivate each individual child setting various goals. For example, getting sports rank, improvement of their own results, a healthy competition within the team, and of course, winning competitions of different ranks etc. Athletic goals may be short-term (rapidly attainable), and long-term (intended to be achieved over years or gradually).

We have observed a correlation between motivation and actual training load amount. The results were as follows. 58, 5 % of the athletes of group «A» aim at getting a rank (Candidate for Master of Sport, Master of Sport, Master of Sport (International Class), less often Merited Master of Sport), whereas 31, 7 % of athletes do not pursue any aim at all, believing that their training process "must remain as it is". Mere 9, 8 % of the young athletes aim at showing elite sport performance. Interestingly enough that among those who failed to cope with the training load during transition

period, one half believe their motivation to be aimed at attaining a certain rank, while the second half train without pursuing any particular goal. None of the respondents in this group of athletes strive for major sporting achievements (European champion, world champion, Olympic champion). Those 75 % of athletes who have coped with the suggested amount of load are motivated in attaining any rank. Only 18, 2 % of all athletes who reported an increase in athletic performance at the age of 20 would like to achieve elite sport performance.

With athletes from group «B» this figure increases to 25 %, although, of the three main reasons, achieving best possible results in international competitions was mentioned only by 6, 9 % of the athletes. There are less athletes in this group (56, 9 %) whose ambitions don't go beyond meeting the ranking standard when compared to the group "A", whereas the amount of athletes without any particular aim increased to 36, 2 %.

Among those respondents who ended their athletic career at the age of 22 – 25 (group «C»), the strongest motivation for 49, 2 % of them was meeting any ranking standard and 27, 7 % didn't set themselves any explicit goals. So far 21, 5 % of the athletes are interested in achieving elite performance level. In this group, 55, 6 % of the athletes said they did not cope with suggested training load and considered attaining a certain rank their main achievement. Another interesting fact is that 23, 1 % of the athletes reported decrease in athletic performance during transition period to adult sports but still their main goal is to achieve best results in major international competitions.

The indices showing motivation for acting athletes have been distributed as follows. In total 17, 6 % of the young athletes in group «D» aim to put in remarkable performance in sport. The largest index of athletes training without any

motivation was with the athletes in group «E» and accounted for 27 %. In our opinion, in the future these athletes will quit sport due to lack of motivation. 64, 7 % of athletes in group «D» considered attaining a certain rank their main goal to achieve in sport which was the highest percentage among all groups («D», «E», «F», «G»). In other groups, this figure declines with age (26, 7 % in group «G»). Interestingly, the highest percentage (42, 9 %) of athletes aiming at winning medals was observed among acting athletes in group "F" who reported decrease in performance during the period of transition into adult sport due to increased training load. In group «D» this figure is 33, 3 %. With increase in the best stable results 42, 9 % of athletes in group «F» aim at attaining any rank.

Conclusions

1. Thus, according to the results of our study, we revealed that quite a number of athletes who left sport in group A had never been put up on the lists of regional, local or national teams to participate in international tournaments, which significantly reduces motivation for further going in for sport. On the contrary, participation in international competitions encourages athletes to get the highest results in sport. This tendency is observed in all groups of acting athletes including group "C".

2. It should be noted that the athletes who had finished their career in sport by 22, demonstrated a gradual degradation of athletic performance. Apparently, favorable conditions for the training process were created for athletes in group "C" and obvious progress of personal athletic achievement is evidence in favour of this conclusion. As for the transition to another kind of sport for young athletes to continue their athletic career, we can note the following. These athletes have no prospects, because there is no system that allows to make such a transition.

Less than 20 % of the athletes have decided to change the chosen kind of sport, but failed to adapt to it, and, not having achieved good results quit it. About 40 % of the athletes considered such a transition as an option, but for various reasons they did not make it.

3. When studying the correlation between the age of starting sport and success in it, we concluded that the optimal period to start sport in many disciplines will be age of 8 – 12 (though there are some exceptions, such as callisthenics or figure skating, etc). But successful performance in tournaments in the first few years of training does not guarantee that sporting career will be successful for a long time. At the same time, the results of our studies have shown that success which come to athletes aged 13 – 16 can contribute to their long and successful career in elite sport after overcoming numerous difficulties (group “C”, “F”, “G”).

4. During the transition period from junior to adult sports the role of a new coach is extremely important. Athletes need trustful and frank relationship in the system “coach – athlete”, as well as help from the coach in the process of adapting to new conditions, team and significantly increased training load. Only under these basic

conditions one can achieve stable growth in sport results.

5. Coaches working with children should take the problems of long-term motivation more seriously. During the years of adolescence athletes experience considerable lack of it. A total of 14, 9 % of the athletes who ended their career prematurely, set themselves a goal of achieving the highest results in sport. For acting athletes this figure isn't high – 32, 8 %. Level of motivation is also influenced by the stability and interest for the chosen field of activity.

Thus, we can talk about serious violations in the training process of athletes in this country. Especially it concerns the lack of a clear, coherent, scientifically based system of transition of young athletes to the adult sport. Although, of course, this statement is true only for the respondents of the study, but given the variety of sports, the geographical coverage of areas, where the study was conducted, and other factors, we can assume that such a pessimistic situation is typical of most sports and there is an urgent need to revise and optimize modern aspects of training athletes in this country!

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Основные причины завершения спортивной карьеры

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Успешная карьера спортсменов в профессиональном спорте зависит от многочисленных факторов – грамотного построения тренировочного процесса, доверительно-слаженной работы системы «тренер – спортсмен», физиологической и психологической предрасположенности спортсмена в выбранном виде спорта и многих других. Характерной особенностью современного периода развития спорта является всеохватывающий, научно-обоснованный, заинтересованный поиск талантливой молодежи, которой «по плечу» большие спортивные нагрузки и высокие темпы спортивного совершенствования. На протяжении всей спортивной карьеры, от начала в детском возрасте до ее завершения на любом из этапов, спортсмены вынуждены сталкиваться с «кризисами-переходами» и преодолевать их. Нами исследован процесс перехода юных спортсменов во взрослый профессиональный спорт. В статье представлены результаты собственных исследований авторов по выявлению основных причин завершения спортивной карьеры в различных видах спорта, а также представлены основные условия и обстоятельства успешного продолжения занятий спортом.

Ключевые слова: спортивная тренировка, карьера, завершение занятий спортом.
