

FUTBOLCU VE RUH SAĞLIĞI

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Başarı ve Galibiyet

Futbol oyunu; başarı ve başarısızlık, galibiyet ya da yenilgi gibi insan ruhundaki bu alana ait duyguları en dipte ve en tepede hissettirmektedir. Bu hislerin sınırları zorlayarak hissedilmesi bir tarafta yoğun acı ve üzüntü diğer tarafta ise coşku ve haz duygusuna yol açmaktadır. Erken yaşlarda bu duygulara aracılık eden bir nesne olarak futbolun keşfedilmesi, bir çocuğun iç dünyası ve dış dünya arasında görev yapan bir oyuncuğa sahip olması gibidir. Futbol ile kurulan bu ilişkide, erken yaşta futbolun tüm ayrıntılarını bilen, hayal dünyasında önemli bir yerin kaplanmasına müsaade eden bir çocukluk başlamış olur. Futbola yatkınlığı ve yeteneği olan çocuklar profesyonellik yoluna girdiklerinde, erken yaşta beklenenin üzerinde bir stres ile başa kalmış olacaklardır. Böylelikle, bu çocuklar için uçlarda duyguların yaşanacağı bir yolculuk başlamıştır.

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