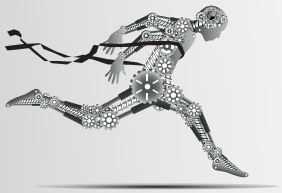

2. | BÖLÜM

FUTBOLDA DAR ALAN OYUNLARI VE ZİHİNSEL YORGUNLUK [1]

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GİRİŞ

Zihinsel ve fiziksel yorgunluk olarak sınıflandırılabilen yorgunluk, aşırı zihinsel veya fiziksel faaliyetler veya hastalıktan kaynaklanan zihinsel ve/veya fiziksel etkinliklerin yetenek ve verimliliğinin azalması durumu veya fenomeni olarak tanımlanır. Yorgunluğa genellikle, yorgunluk hissi olarak adlandırılan tuhaf bir rahatsızlık hissi, dinlenme arzusu ve motivasyon azalması eşlik eder. Yorgunluğa genellikle tuhaf bir rahatsızlık hissi, dinlenme arzusu ve yorgunluk hissi olarak adlandırılan motivasyon düşüşü eşlik eder (Kitani, 2011). Son zamanlarda, fonksiyonel manyetik rezonans görüntüleme (fMRI), pozitron emisyon tomografisi ve manyetoensefalografiyi (MEG) kullanan davranışsal, elektrofizyolojik ve nöro-görüntüleme çalışmaları, insan hastalıkları ve sendromları ile ilişkili yorgunluğun yanı sıra insan fiziksel yorgunluğunun altında yatan bazı nöral mekanizmaları açıklığa kavuşturmuştur (Tanaka ve Watanabe, 2012). Yorgunluk, fiziksel ve zihinsel aktivelerin sonucu bitkinlik, bıkkınlık veya enerji eksikliği olarak tanımlanmaktadır (Bruce vd., 2010; Chaudhuri ve Behan, 2000; Guo vd., 2015).

YORGUNLUK

Yorgunluk araştırmalarında, klasik "kardiyovasküler-felaket" modeli, yorgunluğu esas olarak kardiyovasküler sistemin egzersiz sırasında oksijen ihtiyacını karşılayamaması, laktat birikimi ve sonuç olarak istemli bir kas kasılması oluşturamama ile

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