

Eustress in athletes

Petru Derevenco

Academy of Medical Sciences, Cluj Department

Abstract

An important direction in stress topic concerns the distinctions between eustress, with positive outcomes, and distress with mostly adverse effects.

The definitions of the terms eustress and distress and their features are given. A detailed comparative analysis of these terms is covered in a table using several categories: generalities, causes, physiological mechanisms, psychological background, psychoneuroendocrine and somatic reactions, consequences for the health status, its links to athletic stress.

Eustress in athletes is interpreted according to the theory of posttraumatic growth with positive outcomes, opposite to the posttraumatic stress syndrome. This theory has been recently founded as a concept and application especially by Tedeschi and Calhoun.

Future directions comprise a more exact exploration of eustress, design of a questionnaire to evaluate eustress and distress in athletes and improvement of objective methods to measure the stress level.

Keywords: eustress, distress, features in athletes, posttraumatic growth.