CHAPTER-II

REVIEW OF LITERATURE

The research scholar had made sincere efforts to locate and collect the literature relevant to the study. The related literatures collected from different source have been presented as an abstract from in this chapter. Research scientists have made sincere efforts to find and literature and the work. The B.A. in the different source that is provided as an abstraction is located in this section. The research scientist and sincere efforts to locate and made it relevant to the study of literature. The related literatures from different sources have been submitted to the abstract in this section. Researchers have already been sincere efforts have been made and literature and of the work. The B.A. different source, too, there is a abstraction.

Self-concept

The self-construction" controls. Other, see. Self-construction (disambiguation) Is Not to be confused with the image or Self-awareness Self-consciousness Self-esteem in your own perception, of self-concept, Jill, confidence and social self-test. "Self-concept (also known as self-construction, the self-identity, or the "Self-test) is a collection as a self-beliefs are the containing elements academic performance gender roles sexuality, such as identity and of the general, and the self-concept and can be incorporated into the response: "Who am I said a self-concept, which self-schemas, and the past, the present and the future is ours.

Self-concept, it is possible to distinguish between between the awareness will determine the extent to which expression self-knowledge, which is currently in force, and attitudes provisions of its own and the concept of its own, is different from the self-concept, cognitive or descriptive elements (e.g. , the "Self-test I am the fast running’ ), the self-esteem evaluative metering and opinionated (for example. "I feel well” in fast running).

Self-concept, self-control schemes, and the inward, and the social self-form, for a whole. Between them, the past, the present and the future, and in the future in order to ensure that products are what must be the new listener (or may be ) that what is the that may be that the
products should be, how to be afraid, or what. You may have to products such as certain types of behavior.

In Collect the products, which are already or in the future of our products ourselves with that must be present. The operating principle of temporary self-assessment, arguing that this trend of people in order to maintain positive self-assessment to themselves and their own negative positive more attention. In addition, people tend to notice the last self-less favorable (e.g., "I'm better than you") allows that the self test, and in the future (e.g., more positive. "I am not better, than I am").

History

Carl Rogers Abraham Maslow The first concept on the psychologists in their own self-concept. In accordance with the Rogers, and everybody will endeavor to reach the own "ideal". Rogers also assumed that the psychological health created the roles of men and others, and instead of expectations themselves. The other, the people neurotic, on its own concepts do not match, the experience, and its own experience - I am afraid to accept as valid, because this allows them to protect themselves, does not distort or check.

self-categorization theory John Turner Its concept developed States, at least two "level" means the personal identity and the social. Other words, a self-assessment of its own self-contained and how other people will notice. Self-concept, fast to the personal and social identity. Children and adolescents the social identity of its own self-concept elementary school, among the others. Age 5, that the lords have a significant impact on the children's self-concept, and behavior affect study results.

Self-concept, the internal model self-assessments of the schemes with features such as personality, skills, and the profession skills, which are the hobbies, physical characteristics, etc., from the self-schemas and the class, the ideas that a certain size (e.g.: Someone that they think they Geek will be allocated to the "system" feature is their own). The collection is normally self-self-schema concept. So for example, the "lazy" I am the self-assessment to contribute to the self-concept. In accordance with the statements of such a "I'm tired", but it is not a part of the self-concept, tired, as this is a temporary one, and therefore become the self-employed person.
The person is self-concept has changed, the time should be re-evaluated the stability than ever, this extreme case, it can cause identity crises. Carl Rogers Abraham Maslow This was the first the psychologists and the self-concept. The Rogers, everyone shall endeavor to the "ideal self-employed person". A man sound mind and hypothesized, Rogers also actively participate in the roles set up expectations by others, and more. The other, the people neurotic "self-concept, which is not the same as the experience ... are afraid of the own experience, to distort them, or to protect themselves or the others.

The self-categorization theory developed States John Turner, the self-concept consists of at least two "level" is the personal identity and the social. Other words, the self-assessment of their own perceptions and others. Self-concept is also the place of personal and social identity. Children and adolescents will be the basis of the evaluation of social identity of its own self-concept of school. Age, and the other is to have a significant impact on the children's self-concept, behavior, and the success.

The internal model self-assessments in order to define the man self-schemas. With features such as personality, skills, and abilities, occupation, hobbies and physical features, etc., must be tested, and the systems, which the man's thoughts a given dimension (e.g."If anyone thinks that the related " geek Geek-like" properties). All the different systems self-concept. For example, the following statement: "I'm not lazy" self-assessment, it contributes to the self-concept. Such statements that "I'm tired", but it is not to be that someone self-concept, because, if the transition state and, therefore, cannot be the own demo I will. Another man in the own conceptual reassessment, occurs, that extreme cases identity crises.

**Academic self-concept**

Academic The concept is an indication that the personal conviction, that the scientific research indicates that, the ability and capabilities in that age. The parents, educators and 3-5 years of age. The for kids up to age 10, or 11 the judge scientific capabilities, than the competition. The social comparison, self-employment. In accordance with its own estimate of the cognitive assessment of the ability to the most relevant mathematics. In accordance with its own estimate of the expected to be the bad other areas, such as the argument.
Some researchers suggest that the scientific self-concept, parents and teachers, it is necessary to ensure that the children and of the specific feedback that the individual skills, and abilities. Others indicate that the learning opportunities must be made to groups together (in both, and the like), to downplay social comparison, because the is too big or the grouping is also harmful to the child learning self-concept and the themselves to the companions.

In other cultures and their Worldviews. Western cultures Has a particular relevance for independence and of its own characteristics (e.g. The own is more important than the group). Asian cultures If, however, own interdependent: the interpersonal relations are more important than the individuals experience and individual, on your thigh. The "identity" fusion positive and negative consequences. It may be that the Fusion, that the people of existence (e.g. Japanese nuclear power plant workers are also the radiation after the tsunami the plant), and the long-term: a high quality of life. The other, a strong addiction to catastrophic events, such as the terrorist acts.

The study has shown that the Israeli independent and separate concepts there are also links between cultures. An urban community Medium traders were compared on the kibbutz ( )collective community. Collectivist depends on the traders own more than the urban people who value independent manifestation. The individualists are themselves largely by the personal characteristics, while collectivists more hobbies .preferencesWhen the individualists are separated from each other, the answer to the most at work or at school, rugged individualist responses were the interdependents.

Differences between the sexes

From 1997 to the research inspired by the its own conceptual differences, cell cultures has suggested that people tend to more independent, however, women tend to be more separated from each other. The study showed that from 1999, while men and women are not different from one another, differ from each other the dependence of independence and interdependence. At this time women relational dependency (id one-to-one relationships cliques), while the men group of more or less the interdependence (themselves to the large group).
The gender differences for the early childhood is displayed on the environment are interdependent: the age 3, boys and girls is not a toy, keep contacts the elementary school. Boys and girls are involved in different social interactions and relationships. They are usually more in the (dyadic) interaction, which has close, intimate, while boys prefer group activities. The investigation found that the boy was almost twice as big as the groups such as the pair, whereas the girls not to matter.

Rather than wait for the girls, so that others recognized, and the rest of them. Boys, on the other hand a more common interest and activity. It is more likely that the boys, exaggeration, and the important, the dominance hierarchy and the groups the man's friend. The mixed sex couples and girls are the more likely it is that the man's partner passively playing, and the boys are not likely to respond to what the woman's partner. Social characteristics the boys and the girls are most of the women and the men later in life.

**Media**

Why does the media? The Galileo model to various multimedia, three-dimensional space. One form of media to another source of several similar media. The more distant, all forms of the media at least similar space on the media source. For example, the mobile and the mobile phone in the nearest place where newspaper texting is further away from each other and the space is. Further explanation the study the relationship between design and the different forms of media. More than one-hour/day individual use the media, which is closer to the media self-concept.

Self-concept is the most appropriate form. If you consider yourself technical expert, and then the mobile phones are more and more frequently will be the news. If you consider yourself an old outdated method, and then the magazine more often than you then the instant message.

Mintah (2003) this study of the (a) describe and analyze the authentic assessment of the public school physical education, and (b) shall be tested for physical education teachers' perceptions about the authentic assessment of the student self-concept, motivation, and skill. Public School physical education teachers (N = 210) the Mintah physical education. Authentic assessment, it was found that the widely used public school physical education. Teacher observation, self-observation, checklists, peer to peer, and the job, the most commonly used
authentic assessment, portfolio and essay was the most commonly used procedure. Public school teachers in modern physical education this study the true positive self-concept, motivation, and help the students. This study, the men's and women's physical education teachers class 3 level is not affected by the detected authentic assessment of student self-concept, motivation and skills.

Scarpa (2011), investigating the physical activity and sport participation in the physical-concept and self-assessment of adolescents and young adults without physical disability. Between the participants was 1149 cubic centimetres to individuals as cubic cm 13 year cubic centimetres and 28 cubic centimeters cubic centimetres (578 w/ boy and girl) .They 571 four groups : (a) who are not sports (n = 742), (b) is not handicapped sports (n = 264), (c) the physical disability who is trained (n = 109), (d) the physical disability is not sport (n = 34) .The participants complete physical Self-Description questionnaire (PSDQ, marsh, Richards, Johnson Roche & Tremayne, 1994) cross-sectional design. The result is that the similar results without physical disability sport the sport have been given the ten eleven man PSDQ has exercised. And finally, it appears that the practice of physical disability sport is present in a positive physical self-concept and a good self-evaluation.

But only but Cheng et al. (2005) positive self-concept, the self-management of asthmatic children are likely to be. It is the aim of this test, that his own children, asthma, and school-age-dependent factors. The fourth and the sixth class 50 100 150 healthy child who asthmatic and allergic health center clinic purposively northern Taiwan. This includes the structured questionnaire for the research tools, measurement principle” and "max” style. Descriptive statistical analysis of the data and the SPSS for Windows/PC10.0 software and StatXact-5 statistical software. There was a significant difference between their own healthy and asthmatic children. The total self-concept in asthmatic children (P<0.001 ), self-concept is the family conflict (P<0.05 ), and self-concept physical damage (P<0.001 ) were lower than those of healthy children. Asthmatic children also will significantly limit the physical education class, self-concept, whereas the overall concept was full comprehensive self-the highest class, for the children (P<0.05 ) and shortness after training (P<0.01 ) after the group, the children and the self-concept style strongly correlated (P<0.001 ) can be used, the results to the research of health care professionals, parents and teachers, the demanding and healthy teaching asthmatic and schoolchild.
Cobb (1993) the test to determine whether there is significant interaction with the own concept, worry for the for the secondary schools. Measured by self-employed persons was all score the Tennessee self-concept scale (TSCS). Don't worry about the performance in complex skills measurement for non-stress and stress. One hundred nine high school basketball player was an attendance sheet was the Manchester University College basketball does not participate in the investigation. The baseline, the non-stress, stress-free and practical research, the research results of loud noise score, the audience, the financial incentives and recognition rewards. The (3), X2 (x) ANOVA and stress stress factor (a) the self-employed, the main difference. The statistically significant interaction, and the high medium and low self-concept group and the non-stress were compared.

Shapiro and Martin (2010) The test first - have been reported behavior (physical activity) and self-evaluation a multi-dimensional physical self-concept describes the model, a multi-dimensional perceptions physical self-concept (e.g. : Strong, muscular, with a sporty) is responsible for, inter alia, for the physically disabled sportsmen and sportswomen. Athletes (N = 36, M = 16,11 -age = 2.8 ) the SD physical self-description. Most of the participants reported positive perceptions of self-evaluation, the general physical self-concept, the life, body fat, sports, strong, flexible, and the physical activity between 3.9 -5.6 L/M 6 ). The context significant relationship between the number of different sizes and PA and reported the physical self-concept. The physical self-concept, strong and durable, flexible, and in the first regression equation and the sport Endurance simultaneously and the second equation, 47 and 31% was the self-assessment and PA. Assessment of the results of the multi-dimensional physical self-concept, of the various aspects, it appears that different effects physical-PA electric self-evaluation.
Thank You et al. (2010), and of the long-term successful athletes in professional sports is likely to be difficult with the professional trainer role. It is therefore, that the method of evaluation used routinely the test series, the object of which is to the final decision. The stocks, however, that even in the common assessment process, and so on, the predictive temperature utility the identification process has not yet been tested in accordance with Aidman, 2007). This research, the role of the personality already is predominantly cross-sectional athletics success and descriptive, and, therefore, it is not the forecast (e.g., longitudinal road) to the devices. As a result, the aim is for the current restrictions on the former normative measure the personality (SportsPro™; Marshall, 1979) and of the strong is the 15 year period. Possible, if possible, the Canadian Hockey League group (N = 124) 1991-92 and 2005-06 NHL season was the stone. The proposed model selection was not a significant predictor full NHL NHL player's job objectives, and their total NHL. A comprehensive, longitudinal direction should be an assessment of the one is relatively homogeneous and the athlete is a person, the car longitudinal and athletes.

Eagleton ET al. (2007) and of the Neuroticism Extraversion scores the Eysenck personality inventory was compared to the high school group participants 90 sport sport mustered nonparticipants hadn't noticed he hadn't seen individual participants have not noticed, and I did not notice (43 male, 47 female, M age = 20.3 yr.) previous research and the Eysenck personality biological theory, it was hypothesized participants in sports and the lower Extraversion, Neuroticism score higher than the mustered nonparticipants hadn't noticed he did not, did not and of the members of the group, possibly higher Extraversion scores should be higher than that of the individual sport participants Neuroticism. Last year, the first year for the students, that the existing differences are also written by the man (the gravitational theory), or personality has changed the sport (the). the main findings as a group more than the individual results sport Extraversion mustered nonparticipants hadn't noticed, he had not seen it, and was not noticed, and the test results did not change, the Extraversion the gravitational theory.

Amit Joshi, and Vakani (2011) studied the physical education and sports a number of popular games and events. Volleyball, gymnastics, the most popular games. It is the aim of this test of character and gymnastics his faction feared, volleyball. The 45 and 38 the gym, volleyball player. EYSENCK's personality (E. P. I was the gym, and volleyball player. The subjects given instructions before filling up the E. P. I difference between T-values compare Inter-Collegiate
Extroversion and Neuroticism, gym, volleyball to the participants. Extroversion gymnastics his faction feared, volleyball player and there are considerable differences. Since the player is not susceptible to the gym, extrovert volleyball player less neurotic trend.

Ilyasi and Salehian (2011) compare individual and team of sportsmen and sportswomen. Thus, the collect data on the NEO. One hundred and fifty participating sportsmen and sportswomen various SPORT (final, and the weight lifting equipment, the mountain was steep, volleyball and basketball) chosen at random. Mann-Whitney U an analysis of the data. This is not the results of research.

1. A higher degree of individual sportsmen and sportswomen extraversion, openness and a conscientious team.
2. There is no difference between neuroticism and the individual and team.

McKelvie et al. (2003) two groups \( n = 86 \) athlete (university, no contact) and two matching group \( n = 86 \) the Eysenck personaility not athlete (Eysenck & Eysenck, 1968). Extraversion is not significantly changed in the athletes and the athletes, and not for sportsmen to partner and partner, but the higher American athlete. Pull on the neuroticism, athlete significantly lower than that in the non-athletes. Because it is not an extraversion or changed (four years study results neuroticism), these larger and the smaller people neuroticism extraversion hypothesis that are attracted to university sport.

Karad and Wahid (2011) this study, the learning, the personality traits and gym, Kho-Kho gamers; the extraversions neuroticism psychosticism and. This study 50 gymnastics and playful Kho-Kho 50 selected topics. Diagnostic light-detection diagnostics developed detection diagnostics for light on fault finding LIGHT COMES ON 17-25 who Dr. Babasaheb Ambedkar University of inter-collegiate assessor Marathwada gymnastic and Vaidyanath College Parli-Vaidyanath Kho-Kho PSP™ tournaments, M. ) I. T. College, Aurungabad 2010. The personality Esyenck (I. E A player, the personality characteristics, the extraversion, neuroticism Kho-Kho psychosticism Lie-Scale and the. : The psychoticism Lie-Scale neuroticism extraversion, and already the two types of players based on a comparison between the players ttest, gymnastics, and the t-ratio, Kho-Kho extraversions psychoficism (is 3.17 , \( P < .01 \)) \( (T=2.63 , P<.05) \), gymnastics players indicates that less and more psychotic than Kho-Kho gamers.
Has made and Burnett (2003) the place where the personality-personality-job performance relationship better understanding of how the work should be evaluated. The whether Actionist, inter alia, that typical switching - R. A. P. Guterman (H, 2000), the model distinguishes recommended, inter alia, that positional characteristics (5) the typical job, distracters, barriers, and facilitators releasers), the task, and the social and organizational level. Typical of the field of the work (valuable) behavior the person, in order to clarify the selection. The positional relationships between taxonomies frames (e.g. J. L. The Dutch also [ 1985] RIASEC) and the high five and useful discussion of critical issues personality, including location, job-oriented analysis, team building, and motivation.

Baudin et al. (2011) studied the individuality, Neuroticism Extraversion openness of personality Inventory-Revised (Neo-PI-R), you are satisfied with satisfied with life and sport, the five dimension and the thirty ... The previous studies have consistently, satisfaction satisfaction with the sport of life. Neuroticism and extraversion gradual regressions analysis showed that the life is the best calculation and the sport, bearing in mind that the other dimensions are not. These results also show that the more accurate will be the end of it. The personality-based assessment had increased significantly to his satisfaction.

Duckworth et al. (2007) studied personality processes and individual differences. In order to ensure that the intellectual capability to all professional area, but less well-known other individual differences. The author has examined the cognitive trait is not 1: chip. The perseverance and the long-term goals, and the average 4% of the successful results may vary, including, inter alia, the educational model of the 2 adults (N = 1,545 N = 690), IVY League new graduates, inter alia, the average (n = 138), the class 2 United States military academy, West Point cadets, n= N =1,218 and 1,308 ), and middle management the national spelling Bee (N = 175).and this is not the IQ correlates positively with only five scrupulous conscientiousness. Predictive method demonstrated validity is not yet elementary anti-chip protection and the IQ, "conscientiousness," ye would. Collectively, these findings suggest that the difficult questions is not only talent is also durable and concentrated.

(2010) studied the Karad, that the purpose of the test the difference between men and the women collegiate assessor men's and women's gymnastics, playful personality psychoticism,
extraversion and neuroticism to lie. The present study, 50 men and 50 women's gymnastics, and playful. The personality Esyenck (E. P. I was the gym, Psychoticism, extraversion, neuroticism and playful the t-ratios significantly was used in the gender difference between men's and women's gym, the gym, a player was involved in, collegiate assessor, inter alia, Vaidyanath Parli Vaidyanath and D. D College Waluj Psychotics are not gender differences for the men's and women's gym, players (t = 2.87 ; P < .05. When the female gamers more psychotic than men. In spite of the fact that the fact that the personality analysis of differences between the typical men's and women's gymnastics, and playful, the gender differences in the men's and women's collegiate assessor neuroticism has been found, inter alia, the player, while (t = 3.52 , P < .01), where the man at the gym, the player neuroticism score. Yes, it was far from the extraversion, have not had a significant gender difference is the men's and women's gymnastics, player's Inter-Collegiate (t=2.56 , P<.05), men's gym, less playful extraversion. Therefore, the women's gym, they were playful extravert.

Hogg et al. (2005) studies of the exchange (LMX family) theory and the social identity theory was the leader. QUESTIONNAIRE 1 439 measurement group workers' organizations in Wales, salience, Leader-a relations effectiveness, and the detected driving. Supervised 2 128 study members of organizations in India, measuring id not salience and individualism/collectivism. Good schools to social identity visualized depersonalized muscles. the leader-low efficiency leading to large groups of relatives (study) and 1 high than low (2) personalized driving less affected by the learning efficiency (salience 1) and not (2) study. Salience favorite small groups more than great-salience personalized management working group (1) However, if the vehicle is in motion, the favorite little ids visualized depersonalized muscles (2) .in the study is not visualized depersonalized muscles 2 collectivists, as opposed to the personal guidance, whereas individualists collectivists, perhaps because focus more on the relational.

Aidman (2007) has examined the athletics Australia Gymnastic rules for it. The group 32 Elite junior players leading Australian Gymnastic league (AFL) club sixteen person in the survey (form, Cattell, the Hebrew "Tatsuoka, 1970), the peak junior plays. Seven years later, the junior player was also the senior AFL competition model 13 19, or less, whereas played thirty miles. The two groups is not different from the primary personality, nor performance cars from the
juniors. However, if a player's physical potential nominal the junior car MANCOVA, the difference between the groups was significant: on the one hand the multivariate estimates \((F (16, 14) = 3.51 ; p = .012)\) and a number of personal factors. It is therefore more accurate predictor factors the personality, the transition from the junior high level players players the AFL \((84.2 \% \text{ of the successful transition, decision-makers and drop-out function, in the analysis of discrimination and car})\), the players and the potential for (juniors the 59.4 \% accuracy) .In addition, if only one factor in the personality classification - The in-car players the physical potential - Oracle is a perfect 100\% accurate. Regression analyzes showed that the personality more accurate forecasts, the longer-term result will be a little more than 11\% of the player of the junior World Championship, but it's almost more than 61 \% of the rated power the total standard deviation competition five years seniors were allowed to bring girls with them, and 99 \% difference is is that the car, the driver 3 rows" .the role of political parties the opportunity to the personality, the. In practice, these physical capability to the question of the transition is expected a successful personality is a characteristic of the previous competition junior player.

Pinar et al. (2009) studied the personality traits FOR 16-18 year olds the young basketball players \((n = 186)\) the dimensions and the big five questionnaire (BFQ) personality. This descriptive cross the pilot study. The players have won the selected sample, and anyway, the: (a) who moderately dynamic extraverted and the dominant; (b) to a medium, and the patient, unselfish, and (c) to a medium, attentive and diligent; (d) a relatively balanced, calm, patient, and know how to handle the emotions, moderately, and (e) to the uncreative, imagination, and have been informed.

(2003) study of the Extraversion, openness to experience Aluja (and that of the measured into all facets), the neo-PI-R, and the feeling you are looking for and sub-scale and the shape is, V (SSS-V) the sample elements are not psychology 1006 for undergraduates for different. The links between SSSS perform full and the four sub-scale (TA, ES, Dis, BS), mainly in the E5-excitement you're looking for facet of the NEOPI-R the other Extraversion, openness, and the O (4), programs, explain a little bit. Taking into account that e5O1, O4 and 85\% of the higher-class scorers With SSS, V.
Aurelian et al. (2011) studied the decisive mode have made a great Gymnastic player will contribute to the game of Gymnastic was the high performance, the boxes will have an impact on the Gymnastic game. The aim is that the research activity, the effective solutions for the challenge, the task will challenge a challenge will challenge Gymnastic, the teaching methods and techniques developed by sociological perfection. In order to ensure that the planned, what is the following research methods: the surveillance, the experimental method, statistical methods, the debate. In addition, the player is aware of the woman personality of motivation, individuality, the capricious, special, but, at the same time, general and thinking. The psychological assessment is an important points are unique to the institution's strategic development personality. The carriage is all the casings will contribute to the personality development of the sport good Gymnastic.

LIN (2007) studied the consumer and the brand personality and brand loyalty. The sampling procedure for primary data collection. All interviewed 400 adult consumers who look around, and the purchased toys games, or of the city, and the Taipei 387 questionnaires were sent out an efficient and effective speed 96.75% . The regression analysis the hypothesis, and the outcome of the inquiries, and, in the following: (1) brand extroversion significantly positive correlation between personality and excitement and extroversion personality and the lights. (2) if the significant positive relationship with the personality and the brand personality and the brand, and the liability and the brand's personality and frankly. (3) a positive personality and neuroticism significantly the lights. (4) powers and sophisticated significantly positive effect on the affective loyalty. (5) powers, that peaceful and sophisticated significantly positive impact on the full truth. (6) a significant period of time and the openness and the positive impact of affective loyalty. (7) there is a substantial positive effect on the duration, and the whole truth.

Shrivastava et al. (2011) has examined the cognitive, affective and conative aspects contribute to a high-level sport performance. The FDI attribution statement, cognitive style, the unpleasant-style viewfinder (scale) was the player's higher education institutions (high level) and the intercollegiate players (small group) . The results show that the difference between the two groups is not significant cognitive style, function and style person supplier feeling dimensions (Wilks lambda=0.82, p<.001) . Significant fuel ratio indicates that the three person distinguish dimensions, the two sport performance. The personality style of sport size (external) locus has
contributed to the high level of power, performance 50.72% of the arbitrarily chosen arbitrarily selected arbitrarily selected arbitrarily chosen arbitrarily discriminates against an investor an investor the FI will contribute to the investor has an investor a investor of cognitive style high-level performance sport 32.80%. This was the unpleasant and the minimum contribution to the total variance.

Ingledew et al. (2004) for a comprehensive health conditions, the personality traits, but the underlying mechanisms. This test is for the personality and the self-determination of task. The whole personality of users (the NEO five factor Psychoticism center the Eysenck personality questionnaire), and the practice of self (behavioral questionnaire, he said, and a significant article 182). Rule. Rule. The rule is that the maintenance section also analyzes separately. The following partial correlation analysis between the points and the home, the person, the person, the gender and age - more than "Neuroticism and extraversion identified less tangible, less external openness would be less "conscientiousness," ye would external and internal and external psychoticism. The findings self-determination theory (Deci & Ryan, 2000), extraverted town, and to the military to conscientious objection, the individuals exercise the necessary expertise. In fact, more than the military to conscientious objection to military forward the man space-time continuum code of conduct.

Behzadi et al. (2012) studied the describe and compare it with the personality traits (extroversion, neuroticism, and leaked out, the flexibility, the individual and team competition sport athletes. The descriptive and the comparative method. The research group and individual sportsmen and sportswomen in Golestan province who has participated in the national League tournaments. Selection of the sample random sampling and the Morgan family in the 130-athlete (basketball, volleyball, gymnastics, Gymnastics, takraw, extravagant, so to speak, as Cornelius and hockey fanatic, it is very easy) and 50 individual sportsmen and sportswomen (Karate Chop, photography, badminton, cycling and athletics), and to evaluate and compare the neo five factor (Neo-FFI). The results with the statistical analysis showed that significant difference is the individual and team athletes extraversion, responsibility, team athlete and neuroticism and extraversion and greater responsibility for the individual sportsmen and sportswomen, and neuroticism, although the more significant difference was not observed between the two groups.
(P' is the other component 0.05 ) .these are the results and the sport of sportsmen and sportswomen.

LIN (2007) this study tested the motivations of extroversion and fitness students. The systematic sampling (ten to the fitness center) 424 may be the final data analysis. The test results show that the positive motivation leisure correlates with four extroversion: intellectual, social, professional knowledge and incentive-bypass. It is therefore, concluded that this me that extroverts will be highly motivated the fitness centers.

Kajtna et al. (2004) has been tested for high-risk sports personality traits athlete. The aim was to examine the personality dimensions compare to the results for the results is not a hazardous sport athletes and non athletes. Thirty eight high-risk sport athletes were involved in the research (alpinists, the sky, and powered paragliders, white-water kayakers, mountain, bikers, pedestrians, Motocross, hill, skiers, ski- ) .is not dangerous sport athletes, athletes have been contained 38 simmers, sailor, flat-water kayakers and rowers, the Nordic skiers, sports and athletes not karatekars the age and educational group 76 and not athletes. Observe the five large-scale. It was found that high-risk sport athletes the most emotional stability, the athletes and the lowest score is not a hazardous sport athletes. This group, to "conscientiousness," ye would, it would be the openness and the good, if not a dangerous sport athletes, and then the athletes and the lowest score for high-risk sport athletes. The difference is that the vest is not four or five significant assumptions.

Watson & Pulford (2004) examined the differences between 21 amateur and 20 teachers participating in the high-risk sport skydiving, gliding, scuba diving, mountaineering, paragliding and rock, as are those who are not. 38 Male and 28 female (M age = 32.6 yr. , SD = 10.0 ) has been evaluated, the Eysenck personality Questionnaire-Revised general health of the generalized system, Self-Efficacy scale, and the A/B personality. The instructors and the significant difference is greater than the amateur Extroversion and Neuroticism mustered nonparticipants hadn't noticed, she did not notice, she did not notice, she did not notice he didn't realize, but differ in the GHQ score and a/b personality. The amateurs are substantially higher than the Psychoticism crossed out and separate the teacher, and I did not notice that he has not seen mustered nonparticipants hadn't noticed. In summary, these are the test results show that for the
people who the high-risk sport and the garish and the emotionally stable down to the end of the trend, the scale, however, the instructors' Psychoticism" points, and did not notice the mustered nonparticipants hadn't noticed it didn't but I didn't notice didn't notice.

Rhodes and Smith (2006) the literature review of the most important personality traits and physical activity, the few meta-analysis the results summary. Comprehensive studies 33,35 independent samples, 1969-2006. Extraversion (R=0.23 ), neuroticism (R=0.11 ) and "conscientiousness," ye would be (R=0.20 ) shows that the physical activity correlates with the random effects meta-analytical method for the sampling and measurement error. The five factor, the openness and the Eysenck psychoticism experience was not in the physical activity. Potential moderators personality and the relationship between physical activity, gender, age, country and culture, and the instruments, a little. Still, the existing evidence is found of the personality and physical activity are relatively INVARIANT MODEL these factors. Studies, and other physical activity differences between method proposed by, such as extraversion taties needed, but more research conclusions. Multivariate analyzes the future research, personality-directed physical activity interventions, and objective physical activity is recommended.

Lane (2005) has examined the practice, the personality and mood. This was the practice (a) serious mood hypothesised enhances the personality types, and (b) associate extroversion neuroticism was positive and negative mood in the mood pre and post-trade practice, and (c) to the personality. Participants were 90 female exercisers (M = 25.8 years, SD = 9.0 years) who the Eysenck personality (EPI) and the Brunel mood (BRUMS) 60 minutes before and after exercise. The participants were four longitudinal cracks her personality: stable introverts (n = 25), stable extroverts (n = 20), neurotic introverts (n = 26), and neurotic extroverts (n = 19), repeated measures MANOVA significantly better mood following exercise between all personality types. Negative mood Neuroticism indicators pre- and post-task, but the mood was relatively weak extroversion. There was no significant interaction effect of mood and personality development practices. In summary, the results of the idea that the air they live. If, however, the results of that study have shown that personality is not affected, although neuroticism negative mood.
Khairi et al. (2012) studied the sport, the sex and the sport code of ethics the student athlete. 399 Student athletes (208 men and 11191 women), the higher education institutions were involved in the investigation. The Participants have accepted the sampling method. These are the students throughout the country. The final aim was that the current model predictive variables effect the sport, gender, and the destination (the internal independent variables) in the sports ethics criterion (variable). The model is the analysis of the collected data questionnaire and the four hypotheses subscales multivariate regression method. The results show that there was no direct and indirect impact on the sport code of ethics (the goal is the student athlete 0.05). It was not our goal is only to directly or indirectly involved in; if, however, (individual/team) had no effect on the sport of sport ethics.

Mousavi (2012) examine the role of exercise in different sports. The social skills of the students participate in team and individual sports in Islamic Azad university Zanjan 30 randomly selected sample. The survey sent out a questionnaire-i-e-personal questionnaire survey and social skills (social) Albert F. J. Petitpas (2004) is a reliable 0.90. The descriptive statistics, and analysis of the data the T-test was used. The results showed significant differences between group and individual sportsmen and sportswomen Gymnastic sport and the higher, than in the other area. The gym, it would have been best athletes than in the other social adjustment was the athletes and the rowing athletes had less social but the difference is not statistically significant and non-significant correlation between the social and family status. The results of this study are confirmed significant impact on the team sports of social and individual sport.

Yeow et al. (2011), examine the social factors young man and young men do not care. The 468 young men, who have already participated in the investigation, 127 was the local institute (average = 15.46 years, SD = 1.54) and 341 young men (average age = SD=0.63 and 13.76). This was the social factors family group respondents expert support for teacher and student should be motivated people. This was the focus group meeting. There are two options, age in the multivariate comparison group social factors. The results have also shown that the negative perception of the young teachers nor young men, young men positive perception of family bonding is not the general public benefit young men. Residential Care youths can also increase the self-initiated learning behaviors of age increased. The results showed that the young
people did not think of him, that I may be able to adapt to it will not be able to, at the beginning, and I thought, well, the holistic approach to the children.

Jemal (2012) studied the discover the level correlates with the setup problems and the "Jimma university for the students. The study three corrective measures in the model 204 the six multi-stage sampling procedure for the University of Agricultural Sciences. Analyze the data; the descriptive and statistical methods. The result showed that half (50 %) in the students "Jimma university social experience than education and personal spiritual problems. Further investigation revealed that the woman more students, in particular the social difficulties ( t (202) = -2.63 , p = 0.05 ), as a man. The road of the studies have shown the intervention mechanisms and the expected.

Chan (2003) have studied the 18 registration problems service access point) in the student service access point service access point service access point identifier (SAPI-1.8) is designed so that the setting is 290 problems in the Chinese for high school students who are the Chinese university, Hong Kong school talent. Preliminary 32-point this version, and then change the configuration problems the talented students at home and at school, the students, teachers, and parents. As a result, the 32 point, the problem with the analysis, 6 Moscow/Domains/capability, and unchallenging deals with: the intensive parental expectations and the other perfectionism. The students self-report shows that strong emotions and unchallenging schoolwork and high parental expectations may be common problems between gifted and talented students Hong Kong. Again the results The gifted students' needs, as well as the adjustment difficulties will make a recommendation to the inventory and the multicultural studies.

Gleamreddy brown et al. (2011) The social social-psychological differential, inter alia, of the sport, and achievers achievers and the non-tribal women participants. During the test, and the women selected at random from the 450. The variable chosen learning: social. The Deva social may be assessed the full social results of the survey (a) edited by: Dr. R. C. Deva. With the help of the questionnaire the social and the social-psychological variables necessary data were collected. The collection 450 female tribal social variable two consecutive days the institution's own. An analysis of the data by using descriptive statistics. The 0.05 significance level. The study showed that a significantly higher level of social sports achievers comparison not tribal
women achievers and participants. Findings of the investigation also concluded the following: Sports achievers strongly social emotional and social maturity and the achievers do not participate in it.

The motivation

Zardoshtian et al. (2011) studied the pre-defined self-driving styles motivation the women's volleyball player. Sample 12 volleyball team league woman (athlete) 137. The driving style of leadership (LSS) and the self-motivation motivation (SMS). The statistical method is the descriptive statistics and; multivariable regression statistics. The democratic and autocratic behavior and behavior motivation. Education and Training in the two dimensions self-motivation (intrinsic motivation, the external motivation). Size of social support also you ordered. The positive feedback is not the relationship. It was proposed that the while driving the car of their own motivation for athletes.

And Singh Rathee gel (2011) studied the sport athlete the correct behavior. Such a case, the artist an evaluation of the situation and quickly the answer has decided that the efforts to be made. The study will examine the motivation emotional and social, inter alia, on the international and domestic actors basketball hockey and handball teams games. Subjects (N = 240) of motivation, and the inventory-causing comparison (2 ×2 factorial) significance and their application to the gender differences and the performance. The basis of the data describing the working direction of differences and of the t-test is the importance of sport. This was the international actors have an incentive for higher-level (M = 27,42 , SD = 4.16 ), as the national-level players (M = 24,84 , SD = a specific duty of EUR 3,98 per tonne specific), F = 27,33 (P<0.01 ) . No significant gender differences, too. The emotional emotionally the international operators are better adjusted than the national-level actors (M = 12,25 and 13,46 , F = 8,39 , p<0.01 : Low scores the higher level setting) . Right, such as the international players socially defined (M=7.19 ), as the domestic player (M=7.80 ), F=6.30 , p<0.01 . The men's players were better adjusted, and the emotionally and socially, as opposed to female gamers. The men's basketball and hockey player emotionally and socially, the more it seems farfetched that assumption a very fanatic, so that it can be easily, you may not be easy. The female actors,
extravagant Cornelius fanatic very easy very easy-to-be that was better than the team basketball basketball team; motivation and handball teams groups is better than a hockey group emotional, and it was better than the social group basketball hockey. The results show that the critical factor according to need, which distinguishes them from the high-level performers. The emotional stability and social adjustment in one of the most important factor is the high and low for artists.

Badawy et al. (2011) in order to ensure that the incentive for each professional sport. Researchers use the descriptive method professional sport, youth centers 78. The researchers found, the motivation of individual professional sport 30 is divided into four parts (desire desire self-confidence of success ... the competition). For researchers, it is recommended that results of this research taking into account the motivation is very important in order to the expert.

Sarmento et al. (2008) studied with, the aim is to make the own and the determinants and the humorous competitive Gymnastic players: 3 adult workers (n = 105) (n = 156) Semi-Professionals amateur (n = 78). It was not a significant difference to motivate the competition becomes visible. The amateur players are considerably higher-level it professionals, that the motivation and it is strongly believed that the expertise, the sport was not stable, however, in the lower-level regulation. The other, the choice of professionals and for amateurs Semi-Professionals was revealed much more, and definitely thought it was the professional practice in the soccer it was because of the learning and the right hand side.

Krishnappa et al. (2011) the purpose of research to draw attention to the fact that the job to the motivation and the power the sport different Hassan. The present study is not able to understand the motivation and learning the sport and motivation. The study also showed that the difference is in the urban and the rural sport. This study of the 50 student athletes the remote. In the experiment group sampling of the place of residence 25 rural and 25 urban record the preferences of sportsmen and sportswomen to encourage (RD) (REC), destination (GS), punishment (a), and presence of others (PO). After the 400 meter sprint the 100,200 Hungarian, and incentive and motivational methods have been applied. An attempt was made the impact assessment study support for the sport.
DIN (2005) the test to decide whether is involved in the sport was the effect of rural secondary schools students, the student. The students will participate in (N = 225) Of the four rural high school. Directly to the pre-season science, English, mathematics, social science classes were compared on the direct postseason. Independent variable was the participants school-sponsored sport activities and the dependent variable was the participants' postseason. Comparisons carried out on the course and a by-team-team. An analysis of the data showed that there is no significant difference is in the student's pre-season, which suggests that, that the school quality is the postseason by activities sponsored sporting events will not affect rural development in the participating schools for high school students.

Sisodiya and Purashwani (2011) exploring relationship between achievement motivation and men's and women's badminton players i.e. university level shuttlers. The thirty (15 male and 15 female) were randomly selected shuttlers, who took part in the western zone topics universities Badminton Tournament. Kamlesh the justification for the sport. L. and sport competition anxiety test edited by Rainer describes Yellow-throated marten for preparations, the data must be collected. Not the Pearson product moment correlation" is the motivation and implementation. The result is not shown significant connection to the motivation for men and women for the badminton players the Inter-university level.

Meece et al. (2006) studied motivation long history to achieve the psychological and pedagogical research. The gender differences in the four contemporary theories of motivation, self-action, motivated and hope, and purpose. Girls and boys motivation results associated with the role of beliefs and behaviors is the still the gender stereotypes. The boys is much stronger, the mathematics and science ideology whereas girls more confidence, and the language and writing. The gender effects moderated by ethnicity, ability, and the social-economic status and classroom conditions. Research shows that the gender differences are obvious reasons, the former school and increase the language and school. The key role in domestic and gender school development plans should be reviewed. It is important are the consequences of the school professionals will be highlighted.

Audit trail
The female athlete color triad on harmful effects only the athletes' health, but all three components of significant health, anemia, and the necessary, repair the soft tissue damage, endocrine disorders, bone formation is reduced reproductive functions, fractures, stress, immune system, thyroid, endothelial cells in cardiovascular disorders, injuries (Cobb et al, 2003; Lanser et al, 2011; Lebrun, 2006; Matejek et al, 1999; Morgenthal, 2002). However, it appears that the low energy availability was crucial in background of the immunodeficiency disease (Nattiv et al, 2007). SPORT gym classes, at the decision-making and the subjective basis of scoring of athletic performance, and appearance, if a reduced weight is associated with the performance (Engel et al., 2003). Therefore, indicate that this increased risk (Engel et al., 2003; Kerr and Berman & but Souza, 2006; Krentz & Warschburger, 2011; Rosen & Hough, 1988). In addition, the menstrual cycle gymnasts (the bale, Doust & Dawson, 1996; BaxterJones et al, 1994; Erlandson et al, 2007; Otis, 1992; Robinson et al, 1995). The many eating and athletic amenorrhea adverse consequences may be the most serious health risk to the adverse effects on the bone density of women and young girls the mineral (Morgenthal, 2002). However, if should be considered as one of the world's largest gym, sports and trabecular osteogenic through benefits of peripheral and axial skeleton (Grabiner, Bareither & Troy, 2008; Courteix et al, 1999; Laing et al, 2002; Nickols-Richardson & O'Connor, 1999; Vicente-Rodriguez et Al, 2007).

The aim was that the color triad on gymnastics, women's athlete. The literature was limited to three electronic research databases. Search PubMed for the fields of science, Scopus also determine the direct and the articles in English. The use of key words, color triad on. track and field, Amenorrhea, Osteoporosis, bone mineral bone mass, pubescent gymnastics, density. The literature the co-occurrence, amenorrhea and osteoporosis female gymnasts.

He was eating, female gymnasts

Low power is available to sportsmen and sportswomen or increased the energy use reduction and/or dietary caloric intake. Teenager was female gymnasts also meant that the input of energy significantly below the estimated energy required (Lindholm et al, 1995). Low energy availability also occur (Nattiv et al, 2007). If, however, the most common meal and the female athlete athlete (color triad on building et al, 2008a; Hoch et al, 2009; Nichols et al, 2006). In the sport of ideal body weight, it often was too much for athletes, and thus, the trend the
unpredictable. Abnormal behavior of anorexia or bulimia nervosa, the morbidity, mortality, decreased performance, menstrual disorders (Beals & Manore, 2000; Morgenthal, 2002; Thein-Nissenbaum et al., 2011B; Torstveit & Sundgot-Borgen, 2005).

Elite athlete athlete disorders frequency the weight-dependent and not higher than the other competing leanessrelated sport themes sport. In particular, the female athletes also disorders aesthetic sports, which was higher than the long-lasting, the technical and the small games sport (42 %, 24 %, 17% and 16 % ), and Sundgot-Borgen & Torstveit, 2004). Similarly, Smolak, Murnen & roubles (2000) suggested that female athletes, Elite level requiring competitive sport, the greater the danger, disorders. The gymnasium, the fraction of aesthetic "thin design" sport, the strict control and the high costs of energy and the energy costs, and, in particular, the best competitive. Frequency of occurrence of 31 % of female athletes also suffer from any of the sport, emphasizes that the problem is, or has been observed that low body weight, the Byrne and McLean (2002). In addition, much more than the food, the percentage) in the Hungarian competing aesthetic sports, as opposed to the durable and team sports (Beals & Manore, 2002; Krentz & Warschburger, 2011; Thein-Nissenbaum et al., 2011B). The gym, 62 % of the collegiate assessor Hough gymnasts meal & Rosen the behavior (1988). Rosenvinge & Sundgot-Borgen Torstveit (2008) He also reported that more than one case, the disorders the Elite female gymnasts (32.4 %), as the nonathletes (1 - 6 %) - Torstveit Rosenvinge & Sundgot-Borgen, 2008). In addition, -Petrie van (1993), reports concluded that although the BMI lower, medium and in a good, 61% of the study the women's collegiate assessor gymnasts some disorders. Another study suggested that, in practice, the most gymnasts the behaviors, collegiate assessor was off on a patriotism binge," said, he said, he said, "the exercise and the fasting or serious plus plus plus plus plus plus dieting burden to -Petrie van, Stoever, 1993). Similarly, Engel and his colleagues (2003) he found that in the gym, wrestlers and enhanced food restrictions, and high-level sport and the vomiting, and athletes, they have shown that behavior was compared with the other athletes.

The female athletes, plus the extra dieting burden to and/or too much exercise or voluntary (compared to the experience and the more successful athletes) or to the coaches and trainers (Sudi et al, 2004). Related factors must be considered in the early and disorders dinner include start of training, frequent fluctuation, long-lasting plus plus plus plus plus plus dieting burden
the demand on the faith to the athletic performance and low weight, the sudden increased training volumes, it is important that, in order to reduce the coaches, and other (parents), the weight loss, low self-evaluation, the fear of the adult female athletes, pity, because the absence Morgenthal and overtraining (causality, 2002; Rome et al, 2003; Sundgot-Borgen, 1994). The Krentz & Warschburger (2011), athletes more vulnerable disorders I believe that the eating of athletic performance improvement in weight reduction. The basic women's artistic gymnasts the performance indicators negatively correlates with the limits of endomorphy bright or the athlete (Claessens et al, 1999). Therefore, the teachers are usually lose weight gymnasts, so often, that is not correct. The study of the Rosen, and Hough (1988), 75% of sportsmen and sportswomen," said he, "that the coaches, who began to lose weight, that unhealthy. Previous studies have shown that the strong disparagement and significant negative impact on the image and the pubescent women (Van den Berg et al, 2002) . Similarly, Kerr and Berman, Souza (2006) found that in the good for the gymnasts to organizations to substantially greater than the likelihood that the methods of control and the unhealthy nutrition weight disorders. The authors concluded that while eating, and untidy behavior, and often occur, the gym was supported by a fraction of a second, or implicit and explicit, the coaches and the sport.

It appears that the increased consumption and reducing energy intake, energy consumption and suffers. It is however, appropriate training of sportsmen and sportswomen overtraining syndrome can lead to confusion, for he thought, chronic fatigue, decreased performance, athletic and the risk of injury. In addition, the low energy availability in the secretion of hormones, insulin, growth hormone, such as cortisol, insulin-like growth factor-I, leptin and the media, such as the glucose, fatty acids and ketones (Misra et al, 2005; Nattiv et al., 2007; Smith et al., 1987) . Therefore, is not sufficient energy to the physical stress, may be negative health effects of the menstrual cycle (Sundgot-Borgen & Torstveit irreversible bone loss, 2003), psychological, including depression and low self-, fluid and electrolyte balance and developed for the visually impaired kidney, heart and vascular, the stomach, immune and endocrine, control system (building et al, 2010; Beals & Manore 1999, Bedford, preliminary & Barr, 2010); Souza & Williams, but year 2006; Misra et al, 2005; Morgenthal, 2002; Steinman et al, 2003; Vescovi et al, 2008; Wheatley et al, 2012).

**Menstrual disorders gymnasts**
The female athletes, the low body weight low dietary energy intake and intensive practice may lead to the luteal phase reproductive disorders, such as the deficiency, and primary amenorrhea (the age has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother's mother), the secondary amenorrhea up to three months in the menstrual cycle postmenarchal oligomenorrhea (Women) and the menstrual cycle more than 35 days) (Morgenthal, 2002; Nattiv et al, 2007; Otis, 1992).

The literature the menstrual disorders prevalence estimates that in the high school athletes of different sports from 18 % To 54 % (Hoch et al, 2009; Nichols et al, 2006; Thein-Nissenbaum et al. , 2011B) .In addition, the public and amenorrhea (5 % -46 %) was higher than the general population (2 % frequency of occurrence and the 5% (Morgenthal, 2002) .In addition, it was found that the female menstrual cycle is the aesthetic sports, athletes, as the figure skating, rhythmic gymnastics his faction feared what the fraction fun, playful the fraction, the playful, artistic gymnastics, the fraction, swimming, dancing, synchronized was higher than in the Endurance and team/anaerobic athletes (Beals & Manore, 2002) .THE fraction, in the gym, it also shows that the 14 year, 20 % of the mother was the mother has already been initiated by the mother also has already been initiated by the mother is the mother has already launched the Menarche gymnasts has she already been initiated by remarkable practices Presented to the 40 % and 95 % of the normal population (the bale et al, 1996) has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother the mother has already been initiated by the Menarche the Has she already been initiated by the mother (14.3 and 16.2 years) were compared with himself gymnasts (12-13 years) - Baxter-Jones et al, 1994; Beunen, Malina, 1999; Claessens & Thomis, Malina & Lefevre, 1992; Lindholm, Hagenfeldt & Ringertz, 1994; Malina, miss, & BarOr Mademoiselle Bouchard, 2004; Robinson et al. ., 1995; Thomis et al, 2005) .Otherwise, he suggested that the participation of women in the intensive physical training first has already been initiated by the mother has already been initiated by the mother has already been initiated by the mother has already been initiated by the Menarche the Has she already been initiated by the mother has already been initiated by the mother has already been initiated by the delayed, Baxter-Jones et al, 1994; Broso & Subrizi, 1996) .IN THE Robinson and his staff's study (1995), the substantially larger gymnasts the oligomenorrhea and amenorrhea compared with (47% or 0% ) .In addition, it has been shown that the primary amenorrhea is not less than 1 % of the population more than 22% of the gym,
for example, in the example shown, such as for example and sororities, and Beals (an appointment & Manore et al, 2002; Chumlea 2003; Nativ et al, 2007). Similarly, Georgopoulos and his companions (2002) reported that 35% of the take part in women's gymnasts was amenorrheic the european Championship, in spite of that more than 15 years. Despite the leanness referred to above, competition, and they stress that the sport-related menstrual (Korsten-Reck, 2011; Torstveit & Sundgot-Borgen, 2005c).

The most important factor in the menstrual cycle of women's energy disturbances and the athlete and the balance of nutrients, the sport, the power and the mass, and composition, and mental stress. It appears that the low input of energy, it is the most important factor in the menstrual cycle, Verdu & Loucks (athlete, 1998). Loucks and colleagues (1998) It was found that menstrual disturbances is present only if the practice of the high stress combined low energy is available. Similarly, Souza and his companions (2007) found that the women menstrual disturbances, the energy rises, and the negative energy balance. In addition, the thin organizations requiring it is claimed that sport, such as the gym classes, at a much higher prevalence of the menstrual cycle and the subsequent early Sundgot-Borgen, the mother has already been initiated by the mother the mother has already been initiated by the Menarche has she already been initiated by the woman also has already been initiated by the mother has already been initiated by the mother (1994). A, it was found that more than one, the racers more prone higher frequency higher than menstrual disorders (Schwartz et al, 1981). Also suggested that the discrete adipose tissue endocrine organ, it is important that the androgens to estrogens (Mohamed-Ali, Pinkney & Coppack, 1998), the low Body Fat and meals) plays an important role in the play a causal role in the menstrual cycle, 1984; Sundgot-Borgen athlete (Von Frisch has shown, 1998). However, and the menstrual disorders Usually indicates that the sportsmen and sportswomen induced by low body weight (Trivelli et al., 1995) and the low Body Fat (Theodoropoulou et al, 2005). Finally, it is said that previously estrogenic production (Birch sensitive to the stress, 2005). A few practice stressors related, the rapid decline in the body weight is not a sudden strenuous exercise, good nutrition, mental and physical stress energy (Morgenthal, 2002).

The great artistic gymnastics, sports intensive physical training in the energy input and the strict control, and a high energy child late late adolescence. Gymnasts the significant energy
drain, the early prepubertal age, in order to ensure that the body weight constant and consistent forced sport thin somatotype (Georgopoulou et al, 2010). The images, and the athlete, input of energy and the higher energy costs low Body Fat reduction and of primary amenorrhea estrogenic production (Robinson et al, Theodoropoulou, 1995; et al, 2005). and so they should try to develop, gymnasts training needs of primary amenorrhea (prolonged intensive training, chronic undernutrition, with particular emphasis on the leanness) Yabuuchi et al, 1984). and she will be, Weimann (2002) found that young Elite female gymnasts, it appears that the low estrogen level hypoleptinemia reduced Body Fat mass, the appropriate caloric intake and not to the delayed and has already been initiated by the mother has already been initiated by the girl's mother the mother has already been initiated by the Menarche has she already been initiated by the mother.

Female gymnasts, with a strong intense activity, prepubertal age, little trained and high-level competitive, high level of physical and psychological stress. There are too many practice the stress situation, that the higher growth hormone, prolactin, Glucocorticoids, catecholamines and the cortisol levels and the corticotropin hormone (CRH) Mastorakos et al, 2005). IN THE hormone increases the chronic stimulus and analogues and the pituitary glands, pituitary, hypothalamic hormones and analogues and adrenal cortical and pituitary axis and the physical and mental stress and endogenous opioids dopamine and melatonin and gonadotrophin-inhibitory hormone (GnRH) in the pulsatility (Keizer & Rogol, 1990). color triad on female athletes, menstrual disorders due to termination of the spontaneous throbbing pituitary glands, pituitary, hypothalamic GnRH analogues secretion analog analog counterparts, which causes a decrease in heart rate and the accumulated secretion hormone (LH) and the luteinizing-hormone-releasing-hormone the releasing the releasing-hormone includes hormone-releasing-hormone of follicle stimulating hormone (FSH) and the ovaries Stimulation (Gordon, 2010; Williams et al, 1995). left side, the pulsatility of GnRH secretion is mirrored in the hypothalamus (Filicori et al, 1998). Dueck & Manore (1996) claims that high-energy, low energy-consumption and the psychological and physical stress the main variables negative energy balance (energy drain), which is a high priority on the GnRH female athletes. If, however, it was claimed that during the training the suppressive effect of dietary pulsatility left-hand input of energy increases the practice in the energy costs, Verdu & Loucks (heath, 1998). Similarly, Williams and his
colleagues (1995) suggested that the training is not the correct stimulus due to secretion insufficient caloric intake reproductive hormone.

Also the ovarian hormones suppress the amenorrheic athletes, the estrogenic and the progesterone level falls. The estrogenic deficit registered between the consequences of the loss of bone mineral density in the early Hungarian (Drinkwater et al, 1984; Morgenthal, 2002; Nichols et al, 2007; Soleimany et al, 2012; Wheatly et al, 2012), endothelial cells, can be detrimental to the functioning of cells damaged head arterial/Rest combination (Hoch et al, 2003; Lanser et al, 2011; Rickenlund et al, 2005), oxidative metabolism (Harber skeletal muscle degeneration, Petersen & Chilibeck, 1998), elevated lowdensity lipoprotein cholesterol level(O'Donnell & DeSouza, 2004; Soleimany et al, 2012).

The bone mineral female gymnasts

Although the beneficial effects of regular exercise the bones, there is evidence that, amenorrhea or oligomenorrhea have whoexperience thaneanenorrheic athletes athletes less bone mineral density (Drinkwater et al,1984A; Drinkwater, Bruemner & Chesnut, 1990S, Morgenthal, 2002) .small energyavailability boneformation bone formation may suppress the hormones, and helps the calcium and estrogen, insulin, (T3), insulin-like growth factor-I (cortisol andleptin Nattiv et al, 2007) .In addition, whereas the reproductive hormones affect boneformation and remodelling, all the factors that contribute to bone density of the lower-level estrogenic effect osteopenia, osteoporosis, early predisposefemale athlete (Morgenthal, 2002; Wheatly et al, 2012) .Progesteronelevels low estrogenic and low body weight would have been the bones of the mineral density Rencken sportsmen (the brown & Drinkwater, 1996). Literature, it is clear that eating disorders andlow calcium intake and the combined withmenstrual resultantoestrogens ofbone mineral density, the reduction in the denunciation to the toosteoporosis tostress, increased sensitivity to fractures and other musculoskeletal injuries competitive (Drinkwater et al, 1984; Lloyd et al, 1986; Wheatly et al, 2012) .Premenopausal women and children, if the small osteoporosis bone mineral density is currently other factors, such as the chronic disorders, hypogonadism glucocorticoid concentrators, fractures, the exposure andprevious (International Society forClinical apply densitometry, 2004) .Amenorrheic women's track and field a strong bone (SnowHarter, 1994) .a new research has shown that the female athletes and menstrual
disorders bone may not be greater risk of density of bone stress fracture occurs, and mineral
Thein-Nissenbaum et al., 2011 (B). He also reported that the bone mineral density is inversely
proportional to the mother and the girl has already been initiated by the mother of the mother has
already been initiated by the mother has she already been initiated by the mother has already
been initiated by the Menarche has already been initiated by the menstrual cycle (Drinkwater,
skeleton the full skeleton, and the axial (Lebrun, 2006; Morgenthal, 2002; Otis et al, 1997;
Rencken, brown & Drinkwater, 1996).

It was found that the risk of Hungarian literature also suffer damage college of menstrual
disorders, bone deficit more frequently (Beals & Manore, 2002). More study also reported that
the greatest danger amenorrheic athlete. The two athletes Amenorrheic four times, stressed the
need to than eumenorrheic multipliers athlete (Bennell et al, 1999). In the study of a
Thein-Nissenbaum (2011b), the Musculoskeletal Disorders disorders disorders disorders
disorders personal injury frequency of women high school athletes, 65.6 %, between 78.0 % and
at the same time aesthetic athlete. In addition, the athletes are suffering from eating twice
already, it's a shame that sport-related Thein-Nissenbaum sport season et al, 2011b). A subsequent
study, Thein-Nissenbaum and his team (2012) estimated that the higher prevalence of 71.4 % of
the Musculoskeletal Disorders disorders disorders disorders, the injury in the attractive female
athlete team errors/anaerobic athletes (67.5 % and 59.6 %). Similarly Beals and Manore (2002)
found that the women65.9mm Weight % of the reported that collegiate assessor athletes muscle
damage to the collegiate assessor, the participant is remarkably aesthetic sport athletes have been
reported in the largest percentage own injuries (between 78.0 % ), the long-term and
team/anaerobic athlete. It is concluded that the larger percentage reported irregular menses of
sportsmen and sportswomen muscle damage (67.4 %), as the eumenorrhea (60.8 %). Rauh,
Nichols and building (2010) it was observed that women's menstrual cycle, the high school
athletes was 3 times greater than the probability of that the damage is not the correct attitude of
sportsmen and sportswomen normal menses.
In spite of the fact that the fact that the fact that the and it was found that the bone mineral your accrual (Laing et al, 2005) .It is also can be shown that the higher training gym classes, at the site-specific bone mass and the pensioner's Elite female gymnasts (Eser, et al, 2009) .similarly, numerous studies have found that it wasn't too clever female gymnasts bones the upper limbs and spine and the lower limbs (bass et al, 1998; Kirchner, Lewis & O'Connor, 1996; black cod, fresh et al, 2006; Scerpella, Dowthwaite & Rosenbaum, 2011; Zanker et al, 2004) .In addition, it was reported that the young female athlete amenorrheic oligomenorrheic or the sport, the High impact on the beneficial effects on bone mineral, Slemenda & Johnson (1993) .gym, female athletes, they have shown that bone mineral density is greater than is usually active (Grabiner, Bareither & Troy, 2008; Corujeira et al, 2012; Courteix et al, 1999; Dowthwaite, Rosenbaum & Scerpella, 2012; Helge & Kanstrup, 2002; Laing et al, 2002; Nickols-Richardson & O'Connor, 1999; Vicente-Rodriguez et al, 2007) or the female runners the lumbar spine, hips and the whole organization, despite the fact that similar events in the oligomenorrhea and amenorrhea athletes (Robinson et al., 1995) .it was proposed that the maximum in order to protect the athletes individual bone reproductive hormone profile (Eser, et al, 2009; Robinson et al, 1995) .More specifically, the mechanical forces more and more and more and more mechanical predisposing athletes the skeletal muscle degeneration later life (Ducher et al, 2009).

"The prevention and treatment is the female athlete color triad on gymnasts"

In particular color triad on serious health problem, the female athletes competing aesthetic sport athletes, such as the gym classes, at a fraction. This syndrome prevention and treatment clinical signs, in order to maintain the athletes' health and long-term side-effects in order to avoid adverse effects. Between the common efforts, inter alia, the athletic trainers, and parents, health care providers, the sport, the psychologist/psychiatrist and Nutritionist, proposed that sportsmen and sportswomen, color triad on prevention and management of the female athlete (Lanser et al, 2011; Nattiv et al, 2007; Otis et al, 1997; Maria & Corwell, 2006; Yeager et al, 1993) .social, environmental and personal factors to prevent and reduce in order to, inter alia, the color triad on the female athlete, gymnasts (Nagel 2003).
Prevention is always the right settings, as well as intervention or treatment of a thorough risk-factor assessment and selection. In general, the athletes, athletic training, and other professionals for physical therapists to warn parents and effective risk-management problem, and a healthy nutritional habits and the training, Buschman, 2002; Currie & Morse, 2005; Maria & Corwell, 2006; Tietjen-Smith & mercer, 2008; Waldrop, 2005). The signs, symptoms and the possible consequences, in order to help the early recognition, in order to facilitate and healthier approach (of athletic performance, and the competition, like Anna, Ross & Barnes, 2012; Nagel, 2003; TheinNissenbaum et al, 2011b). whereas female athlete female gymnasts, and amenorrhoea color triad on the higher-level, the attention of the individual training and educational capacity short intervals, in order to avoid the negative Consequences highintensity training (Weimann, 2002). Otherwise, and the Corujeira colleagues (2012) it was found that the high contrast, intensive training, 60 hours/week, moderate weekly training load up to 18 hours without compromise nutritional status, pubertal development and impaired postnatal the genetically determined. The learning, the competition in the market, the women's bone mineral density and the sportsmen and sportswomen pointed color triad on female athlete. However, if the sample is not representative, and the little gymnasts before the general public.

The influential role of parents and coaches is also crucial in the treatment of women's color triad on the athletes. The fraction, in the gym, and a number of sportsmen and sportswomen directives/operator, is different from the other, their attitudes toward the sport (Heffner et al, 2003). It is suggested that the patterns for training and preparation and increase the risk behaviors, in the belief that the world-class gymnast of server agility disturbances nutrition low body weight it has a favorable effect (Heffner mode mode mode with more sporty et al, 2003; Kerr and Berman & de Souza, 2006). In the coaches, who does not know the athletes' behavior in the energy and nutrient losses, chronic effective styles and techniques for training and preparation (Wheatly et al, 2012). Educating them, and it wakes you up the right and the developing young gymnasts of athletic talent is very important. In addition, the role of the judges' evaluation physicality technical performance, and effective (Kerr and Berman & de Souza, 2006). Also suggested that the thin and competition rules reduces the color triad on women's athlete (Sudi et al, 2004).
It was found that the calcium level is higher than estrogenic levels increase, the calcium in bones (Drinkwater et al, 1986) and the associated irregular menses decreased bone mineral density (Nichols et al, 2007). Therefore, the early detection and early treatment of amenorrheic young athletes for osteopenia and osteoporosis. The doctor the athletes the menstrual disorders (Thein-Nissenbaum et al, 2012), the Hungarian too early recognition as soon as possible after the bone density of the amenorrhea may not be enough to profit-making and the bone (Morgenthal, 2002).

Negative changes in bone density and cardiovascular diseases biological mineral female athletes and a functional pituitary glands, pituitary, hypothalamic hormones and analogues and menstrual them in the appropriate therapeutic intervention may be, if not (Soleimany et al, 2012). Whereas the energy deficiency leads to a lack of, and, as a consequence, the bone density at low estrogenic and therapeutic intervention, color triad on athlete female hormone, in the low energy is available, and the opportunity to eat and in order to ensure that the practice will increase the energy available, and the normal menstrual cycle (Lanser et al, 2011; Soleimany et al, 2012). However, if a color triad on female athletes, hormones and/or calcium this change is not the bone the young athlete (Morgenthal, 2002). And and on the contrary, the woman in the body weight is normal menses and restart the correct nutrition and the physical and the spiritual pressure is required density of the bones Rackoff & recovery (Honig, 2006; Rencken, Brown & Drinkwater, 1996). It is, therefore, proposed that pubescent female athlete educational efforts in order to encourage the caloric intake, the balance of payments and the menstrual cycle, and the available energy is suffering serious injury, Musculoskeletal Disorders, disorders Thein-Nissenbaum et al, 2012). In spite of the fact that eating disorders treatment is not correct, or not, the athletes (Markser, 2011), he said that the available energy is restored, menstrual cycle about 11 months (Casper et al, 2006), however, if the reproductive hormones caused by secretion low energy availability is very low refeeding (& Loucks Verdu, 1998), the females is not completely lost the Amenorrhoeic temper bone mineral, and in spite of the fact that normal reproductive (Wheatly et al, 2012).
In addition, the female athletes that includes color triad on motivation, the athletes, the common objectives, and emphasize the athletes' health and prepare them for possible development of the necessary skills, and behavioral change and the development of a healthy lifestyle long-term (Crows & Corwell, 2006). Wheatly and colleagues (2012) proposed that the education, parents, teachers and health professionals identify and manage chronic female low energy deficit, other intervention strategies, such as the social, criminal milieu self-esteem is essential for building healthy energy balance. Similarly, Lanser and his colleagues (2011) claimed that female athletes suffer from any of the advice to psychologist authentic sport affairs, such as the company's image problems and self-evaluation also underlying the problem (Lanser et al, 2011). In addition, the sport, the consumption of regular and high-and-effect long-term, intensive physical training. Despite this, the fact that the women the mechanical load on the server class gymnast of server agility flexibility, it may be useful for web sites, hormonal insufficiency, the bone minerals is not due to the central staff low stand-by power consumption (for more, and/or dietary energy intake). Chronic energy shortages, as the current, estrogenic bone mineral density is reduced.

RESULT IS

It includes a color color triad on relay, the female athlete, and the negative long-term effects. This article provides an overview of the Hungarian women's gymnastics, color triad on relay consists of the color. Gymnastics his faction feared party fraction, the fraction that may significantly affect the physical activity from the acceleration and deceleration and perform stunts, and aesthetic design. In addition, the sport, the consumption of regular and high-and-effect long-term, intensive physical training. Despite this, the fact that the women the mechanical load on the server class gymnast of server agility flexibility, it may be useful for web sites, hormonal insufficiency, the bone minerals is not due to the central staff low stand-by power consumption (for more, and/or dietary energy intake). Chronic energy shortages, as the current, estrogenic bone mineral density is reduced.
If the low-power mode (or not), menstrual cycle (the disease, more than before, he began the osteoporosis bone of athletic performance, and the negative effects long-term health consequences. Early diagnosis is essential to the basic operations, the successful gymnasts reduces the frequency of treatment, and the event. The targeted development and training programs, which promote the healthy athletes and athletic competition. This, among others, the common effort, athletic trainers, parents, athletes, and medical personnel should be fixed, and the best prevention, treatment and color women's tank top color triad on relay consists of gymnasts.

I appreciate Papenfuss (1986) stress management the program eight-grade students. This group (n = 119) the stress management program three weeks, and the face, and the eight classes, SS. R, the self-report stress (SRS) Self-Confidence - reports (SRC), and we'll see the Beger for children -to-use, such as the hunting. The HR is not necessarily Egroups (P&g; 0.05 ) .The vital parameters (P&g; 0.05 ) and sixty-nine, the SRS the SRC or.

Dvivedi et al., (2011) the open sea sixty or a hundred signs and the recommended treatment is the treatment of the syndrome (PMS) .The effective evaluation of treatment should help the medical help he felt that the problem is due to PMS and work. And the angle-PMS.In the healthy volunteers in clinical, fifty years of upper-class girls will reward employees, that the Elite the PMS symptoms, and the shared, and the center. Signs are observed in the Basal Ganglia at the level selection procedure and slice location of the heart rate, systolic, and, in some places, it is important that Metastasis model, and the body fluid substance by cortisol and the objects treated 61-point leading (61-PR) Hindooism practice one day a week. Signs and relaxation section last saved parameters again, and it is for this reason that these statistical analysis of the data. PMS slice location of the basal Ganglia at the level parameters, and it is for this reason that the stress stress relaxation, showed that the potential potential iatrogenic conversion the saved parameters. In addition, 61-PR the subjective sense stress relief - and it's and, as a result, â€œ FEEL themes best answer. 61 Effective results it is recommended to the stress management to PR device.

Speck (1988) The investigation as a result, the stress management, the problem, and the program free throw shooting medium-level basketball player skilled and feminine. The work with the two female high school basketball players medium-skilled and the two team selection
compatible with random matching function. Experimental group (n = 6) Discard up and stress management program (5 MP), deep breathing, progressive relaxation, mental images, and 12 weeks. Within two weeks of recording, the management center (n = 6) basketball only for 12 weeks. Bench watches in the investigation.

Gambling (2004) where he studied, the effects of intensive-yoga nidra cardiovascular diseases and the various spiritual corelates. As a result, the players nidra a great task, to relieve the pressure (diastolic) and pulse rate, pulse rate and respiration rate the voltage, anger, and don't worry about it, but there are no major changes to the depression.

Yoshihara et al. (2011) studies show that there are no major changes to the biopyrrin or cortisol levels. The players using preparation advice and long reduces the mental status indicators, such as anxiety, anger, and the rated load.