

# Impact on Psychological Symptoms in Combat Sports

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## ABSTRACT

**Introduction:** Combat sports rely on weight classes to ensure fair competition, but many athletes engage in Rapid Weight Loss (RWL) and Rapid Weight Gain (RWG) through extreme methods to compete in specific weight category. While RWL is culturally implanted in these sports, it poses significant health risks, including kidney stress, metabolic dysfunction, psychological issues, and long-term complications, challenging the integrity of the sport. However, the scientific information related to prevalence, factors associated with RWL and RWG and their impact on psychological symptoms is limited.

**Aim:** The study is aimed to assess RWL and RWG strategies and their impact on Psychological Symptoms in Combat Sports.

**Materials and Methods:** The study included 120 competitive level athletes aged between 14-25 years from four combat sports: judo,

taekwondo, boxing, and wrestling. Each sport group included 30 participants, comprising male and female athletes, with a history of practicing RWL and/ or RWG. Standardised questionnaires on RWL and RWG and Profile of Mood States (POMS) were used to collect the information.

**Results:** RWL and RWG identify risky behaviour that could affect health, psychology and performance of combat sports athletes.

**Conclusion:** The risky behaviors of athletes in Combat sports needs an attention to protect their health, psychology and enhance performance.

**Keywords:** Psychological symptoms, Combat sports, RWL, RWG, Mood States

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