



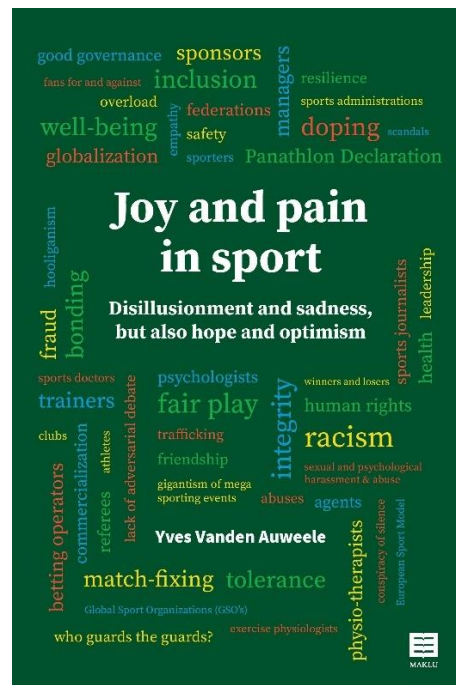
Joy and pain in sport

Disillusionment and sadness, but also hope and optimism

Yves Vanden Auweele

When fellow countrymen win a medal at an international sports event the whole spectrum of positive and negative emotions is expressed, by athletes, spectators, even by the strongest sports-critics and sports-indifferent people. There are winners and losers, fans for and against, sadness and disillusionment, abuse and injustice, grief and pain but there is also fair play, empathy, integrity, joy and optimism. In this essay, I write about abuses, dangers and challenges in sport, what causes them and how we can manage them, but also about how we can better realise the positive potential of sport in the 21st century context. We can do better... Much better!

Yves Vanden Auweele (°1941) got his doctorate in psychology in 1973 at KULeuven-university/Belgium. Professor emeritus since 2006 at the same university. He taught courses in general psychology and sports and exercise psychology to physical education students, and the course in sports psychology to students of psychology and sports medicine. In the 1990s he was the first international coordinator of the European Erasmus program 'Masters in Exercise and Sport Psychology' and was a member of the Executive Board of the European Sport Psychology Association (FEPSAC) for 8 years. He published research on exercise psychology in adults, counselling of elite athletes, on stress and abuse in competitive sports, and on sport and development cooperation. From 2002 to 2014, he worked on a University Sport and Development project at the University of the Western Cape in Belle-Ville near Cape Town, South Africa. He writes opinion articles focusing on the pedagogical, psychological and ethical implications of current practices in sport.



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