The dangers of the 'no pain, no gain' mentality in modern exercise.

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Introduction

With the pressure to be fit in today's society the “no pain, no gain” exercise mentality has become a dangerous mindset among the average gym-goer and the collegiate athlete. Studies assessing sports injuries in college-aged students in the United States indicate that the levels of sports injuries are rising. About 30% of all those injuries are a result of overuse (2015). Daily exercise can make a person both physically and mentally healthier. The motivation one gets from a good workout, or hitting a personal goal within the sport can be addicting. The addiction causes a person to work past their personal limits, leading to potential acute and/or chronic injuries.

Methods

Two surveys were conducted via surveymonkey.com. One which collected data from 162 gym goers at the University of Rhode Island and the other which collected data from 13 university men and women’s basketball team members. The surveys contained an average of 45 multiple choice and short answer questions that covered topics such as demographics, stretching and resting habits. The surveys also looked into the types of injuries the participants have had throughout their life time. The top injuries were determined by this survey.

Additionally, findings were expanded upon by attending an Injured Athletes Anonymous support group at the URI. “No pain, no gain” mentality was confirmed by the many athletes who attended this support group who suffer from overuse injuries.

Interviews were held with injured athletes and students as well as their doctors to learn about the injured students struggle both physically and emotionally with their sports injury.

Hypothesis: Those who have the “no pain, no gain” exercise mentality are more likely to put their bodies at risk both physically and mentally. The no pain no gain mentality is more common in athletes then the average gym-goer.

Objective: To determine the top three injuries among University of Rhode Island students and basketball players who push their bodies physically past what is safe in order to achieve their fitness goals. As well as to determine if sports injury and the “no pain, no gain” mentality is different for those who play an organized sport such as basketball or those who just work out on their own.

Data & Results

Introduction

Top Sports Injuries

Gym-goer
1) Strained knee
2) Strained ankle
3) Concussion

Basketball Player
1) Strained ankle
2) Fractured feet
3) Knee injuries

Long term physical and mental effects of sports injuries.

Discussion

One hundred percent of the basketball players who participated in the survey stated that they have pushed through their injury to continue their sport; while only 23% of the average gym goer pushed through their injury to continue their workout. The study results confirm that the “no pain, no gain” mentality does affect all athletes, physically and mentally, when it comes to pushing their bodies past what they are capable of. The average gym goer, although not as prevalent to the mentality, feels pressure from themselves and their peers to keep up their physical appearance. More commonly, the collegiate athletes feel pressure to keep their commitment to their sport and their coaches. The pressure to succeed as a drafted collegiate athlete often overrides the attention and time needed to heal an injury, while the focus is on winning instead of long term quality of life. The “no pain, no gain” mentality was confirmed by the many athletes who attend the Injured Athletes Anonymous support group who suffer from overuse injuries. Further research needs to be focused on the long-term physical and mental debilitating effects of these injuries on the athlete and its effect on their quality of life.

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Literature Cited