

Social Trauma in Sports

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Abstract: Individuals are part of the society lived in, therefore, it's expected that the individuals have a healthy and social interaction pattern in this society. Individuals should psychologically and socially be healthy in a healthy mutual interaction. We may encounter many different events in social life. Each individual has different mental reactions to the experiences. Certain psychological traumas may develop as a result of these experiences, which we may have encountered during sports we do for a leisure time activity, for being healthy or as a profession sometimes. It's a fact accepted today that problems up to psychological disorders can be developed after these stresses. In this study, the trauma issue has been investigated in general. Accordingly, the social trauma in sports, its causes and consequences, the actions to be taken against such a situation in sports events were emphasized in the study. The issue of trauma in sports was examined with the related case studies and the literature was reviewed on the Sports and Social Trauma issues.

Key words: Violence in Sports • Social Structure • Sports

INTRODUCTION

Society is a fact that makes human beings human, determines the esteemed values and affects the behaviors and beliefs of people. It's the largest group of people, who live in a common place within certain boundaries, where its members have shared a common life style. The existence of human has brought some associations and important steps have been taken along the way to become a society. People have created the communities knowingly or unknowingly and this formation has had forced them to get together on a common ground. In other words, the stereotyped patterns of behavior had become evident in the societies. Human beings have engaged in connections with each other after being started to live together and the meanings, values, rules and forms of governance have emerged as a result of the interaction created by this relationship is created by the interaction with each other [1-4].

A number of problems have emerged in people due to the interactions with their own environment.

The problems experienced have affected especially the individual, who had that experience and later the society. World Health Organization describes health as the state of being completely fine physiologically, socially and psychologically. That is to say, it's stated that health is not just a personal case, it also has social aspects. However, the psychological reactions to adverse life experiences are among the most investigated issues by researchers for a long time [5-8].

The complex called culture is formed by tangible and intangible elements such as knowledge, beliefs, traditions, customs, art, morals, equipment and technique, which are called as the way of life of a society. The culture of a society also creates the social structure of that society. Society is a living organism and is open to changes. This change is seen as a result of the normal development of society. However, it sometimes brings with the unwanted changes in the course of normal development. And some of its consequences may be quite traumatic for the social structure. Trauma is among the words used commonly in our daily lives and means first as

the local wounds disfiguring the structure of a tissue or an organ and caused by an external, mechanical reaction. If we think in a wider perspective, however, it's seen that the person has been affected psychologically and socially, as well as the structure and life of the organ affected mechanically. The events that disrupt the daily routine, developed in a sudden and unexpectedly, caused terror, anxiety and panic and disrupt the cognition process of the person can be defined as traumatic experiences. The concept of trauma can be used for all kinds of events that shocks, hurts and harms an individual's mental and physical existence. These events manifest themselves in different ways such as natural disasters, accidents, wars, acts of terrorism and violence. The traumatic event paralyzes both the sense of control and the cognitive skills of the person. Traumatic experiences threaten the individual's psychological wellbeing and social security. Accordingly, the individual feel threatened, can have feelings of inadequacy and helplessness [9, 10].

Trauma can be experienced both personally and socially, as well as it can be for one-time or continuous. Many events create trouble and sorrow in human life, but not all of them create trauma. The circumstances that are considered to be able to create traumatic effect are characterized as any case that threatens one's life or physical integrity, whereas these processes are not against the individual necessarily, witnessing this kind of event experienced by someone else is also considered as a traumatic effect. The unforeseen circumstances, which are seen especially in sports in recent years, may have traumatic effects on the people in question. Motivation, which is an energy that directs and determines the human behavior, in other words the desire for action or learning due to an internal or external motive that determines the direction, power and priority of an individual is an important factor in sports for success. However, in the case of excessive or lacking motivation, if something goes wrong the individual may react aggressively, which is an undesirable attitude. Aggression in sport is common. This may be because of the athlete's characteristics, coach's tactics, or the pressure of the fans and the media. The resulting events in such a case of negative attitudes such as bad cheering or violence can cause traumatic effects on children, women or fans that not welcome this attitude, among the audience that came to watch the game. Unexpected defeats, injuries, violence in the stands, elimination from the tournaments and attitudes

and behaviors of some of the national team level athletes are among such triggering events. Especially the poor performance of the Turkish National Football Team in the last World Cup qualifying competition may have created serious trauma for the team's coach. The shaken self-confidence, the thought of losing his career or encountering the opposite of his expectations may increase the severity of the trauma [11-14].

The concept of trauma that we may be encountered in the social life is the state of helplessness and fear caused by the threat that the person experienced because of serious reasons such as traumatic stress, injury and death according to American Psychiatric Association (APA). These fears that we have experienced have shaped the concept of psychological trauma, which is another accompanying concept. The Psychological Trauma is defined as an incident that threaten the physical integrity of the individual and the intense fear, horror, helplessness, facing with his/her own weakness felt by the individual and not being able to use the coping mechanisms. Traumatic events threaten the life and physical integrity, the values about the individual's place in the world and about himself/herself. In this context, the emotions such as feeling worthy and safe, accepting the world meaningful, considering other people, good and helpful and not being hurt easily will be threatened. These types of events are outside the everyday experiences of people, are not in any cognitive schemes and therefore they are incomprehensible events [10, 15, 16].

And another effect of trauma is the violation of some of the basic assumptions in humans. These assumptions are related with one's place in the world, confidence feelings and self-esteem. Every outstanding event undermines the fundamental sense of trust people felt to themselves and the universe. A person who feels self-sufficient and effective prior to a disaster, have a sudden torn in his/her self-esteem and confidence after a disaster. If individuals perceive the world dangerous and themselves inadequate after a trauma, than this idea causes a "loss of control" perception. And the loss of control causes helplessness and despair in the individual and leads depression, anxiety, fear and makes the issue chronic [17].

The resulting change in the basic assumptions seen after a traumatic experience may bring with it some issues referred as post-traumatic developments, as well as the disorders associated with the traumatic incident and

post-traumatic stress reactions. The concept of post-traumatic development is used to express the positive psychological changes occurred after a situation that requires a serious challenge. Social support can be seen as a factor that neutralizes the feelings of helplessness, caused by the loss of control after trauma. It's reported in the literature that being in a supportive environment, after the trauma alleviates the effects of trauma and the existing social support prior to the trauma has protective effects. However, people with post-traumatic psychological issues may have problem in benefiting the social support available to them or may lose this support due to their issues. In the complex structure of social relations, it may be misleading to consider the social support would be helpful always. Although coping with the serious life events causes psycho-pathologies, it's a normal process. Studies show that 70% to 80% of the people that have experienced traumatic incidents such as of natural disasters, conflicts and violence has been able to cope with it and 20% to 30% of them have developed serious diseases [18-22].

Different treatment modalities may be needed for the trauma in question and the different phases of the trauma the individual has experienced. Although actions against the crisis such as cognitive guidance, emotional catharsis (discharge) and the reorganization of social space are beneficial in the preparation of the programs to handle the transition state in the acute phase, the stabilization of the social environment may become a significant issue for the individuals that have experienced despair, doubt, anger, interpersonal problems and have reorganized their whole lives to avoid stimulants in the later phases [23].

Though for the post-traumatic treatment purpose, the sports action itself can sometimes cause trauma. The main purpose of the sports activities is to provide healthy generations to the society by contributing the physical, social, psychological, cultural and intellectual developments of the people. Although sport is a means against the race, religion, sect discrimination, it can turn into a shape that conflicts with its nature by an untimely and unwarranted act or speech. This contradiction is reflected in the definitions of the sport.

- Sport is a means of guaranteeing the mental and physical health of individuals, adapting him/her to the society, eliminating tensions and conflicts of the daily life.

- *"The physical effort that has been done willingly with desire and by taking some possible risks to always go further is the sport."*[24].
- Although Baron Pierre de Coubertin, the French founder of the "Modern Olympics", had been awarded by World Union of Writers because of his works done with the idea that competing the people of the five continents in equal terms, without any language, religion, race, class discrimination, had no hesitance to say *"The real function of sports is to prepare young people to war"*, when he had not get over with the defeat of France in the battle of Prussia.
- Sport is an endeavor that combines game and competition, awards the winners because of their greater physical abilities and requires continuous and intensive effort, since it also requires the top-level game, challenge and heavy muscle work.
- Sport is the opium of the masses.
- Sport is a socializing, integrative for the society, developing mentally and physically, competitive, solidarity and cultural phenomenon performed by people individually or collectively in leisure time of full time professionally, with or without equipment under certain rules and improves individual's abilities obtained during converting natural environment into a social environment.
- Sport is an education tool that organizes the national unity via a patriotic, hierarchical and authoritarian government.
- Sports mean games, amusement, recreation and moving away from the work.
- The dictionary meaning of the sport is the set of socializing, integrative, physical, mental and spiritual competition-based activities, performed under certain rules, aims to satisfy the subconscious desires of human kind such as winning and power. This definition rather describes the performance (competition) sports. We can define the sports that cover the activities of sports for all, as follows: A set of physical activities performed individually or in groups periodically that improve people's physical, mental, social, psychological and cultural development. In the first ages sport was means of man to express himself, race skills and later we see that sports progressed in parallel with the development of human kind and used by societies to

express themselves and to show their levels of development. The rulers do not hesitate to choose sports, which is a top level popular culture, to reach the rule done, to enforce decisions and to affect them, where as we see sport as a significant fact in the recognition of a society by another society and in the presentation of one culture to another [25].

Sources of the Social Trauma in Sports: There are many reasons that cause social trauma in sports. These are, respectively:

Athlete-Originated Reasons: Stress; when confronted with high expectations and have fear of failure to meet these expectations or consider themselves below the expectations, athletes are get stressed. The pressure created by the absolute desire to win in the competitions affects athletes' behavior. Athletes in some cases are influenced by coaches, audience, managers etc. and do "the accepted actions, not the what he/she supposed to do". Athletes may present various exaggerated and unexpected behaviors from time to time due to the stressors. This results in aggressive behavior towards the opponent, the referee or to the audience mostly.

Success Pressure; One of the most effective stressors in sports is the intensive pressure for success. The intensive pressure for success forces athletes to exhibit misbehavior sometimes. An athlete exhibiting illegal and unexpected attitudes or exhibiting a personality different from his/her own traits may not be an acceptable behavior by the people around.

Fear of Failure; The failure is not an outcome that can readily be accepted by most of the athletes mostly. The idea of failure affects especially the personality traits and the performance of the athlete.

Fear of Injury; the fear of suffering physically as a result of any physical contact or injury and the accompanying fear of standing away from the sports may lead to lower than expected performance for the athlete in action. In such a case, athletes may have issues with their inner circle particularly, including teammates, coach, managers and supporters.

Economic reasons; Especially in the professional competitions, the tangible and intangible benefits of winning the game prevent the players to control their behaviors from time to time and when the athletes could not reach their objectives they exhibit instrumental (tactic) or hostile and aggressive behaviors or act to injure their

opponents in one-to-one plays due the excessive pressure of both coaches and audience.

Physical Inadequacies; Within a high level of physical activity, the players with higher physical strengths come into prominence for their team. And the athletes that doesn't meet the requirements physically and cannot cope with their opponents may exhibit unnecessary showdown and illegal behaviors. For example, if a football player reacts positively to the "strike" request of the audience and performs illegal behaviors unnecessarily, then this means that he prefers the generally accepted behavior not the what he have to do and his this kind of non-sportsmanship behaviors become common.

As can be seen in the Table 1, approximately 4.7 cards per match were shown according to the number of cards shown after 306 matches in a season of 34 weeks played with 18 teams.

Technical Staff Originated Reasons: Stress, Technical staff, which have the responsibility of a team or athletes, are the people that prepare athletes physically and mentally to the competition, transfer their knowledge, skills and experience to athletes, train the players to improve their game intelligence. Moreover the expected attitudes and behaviors from the technical staff in a tough competition period is to "share" the success and take the "responsibility" of the failures of their teams. Their speech and behaviors on the competition have to power to influence audience and this is of great importance in terms of violence and fair-play. Irresponsible actions of the technical staff, acting only to win causes adverse effects.

Fear of failure; Failure, as a condition that nobody wants, is an unexpected situation especially for the technical staff that achieve careers through success and benefit economically. The fear of failure can sometimes create a pressure for technical staff to exhibit unexpected behaviors and attitudes. This pressure leads to them exhibit behaviors that doesn't confront with the mentality and character of the game from time to time. For example, a coach known for his sportsmanship in game play can give a targeting, offensive speech against the opponents and the football game and affect his players in this direction.

Technical failures; The cause of failure for the technical staff is often the technical inadequacies. This inadequacy brings with it failure, career loss and the

Table 1: The Number of Cards Shown in Turkish Football Federation Super League Competitions (Based on statistical information of Turkish Football Federation)

Card Shown	Competition Season					Mean	Standard Deviation
	2008-09	2009-10	2010-11	2011-12	2012-13		
Yellow Card	1261	1160	1390	1569	1446	1365.20	142.58
Red Card	98	70	83	105	70	85.20	14.30
Total	1359	1230	1473	1674	1516	1450.40	149.49
Number of matches played	306	306	306	306	306		
Averagenumber of cards	4.441	4.019	4.813	4.65	4.95	4.5746	0.3225

Table 2: Penalties Given by the Board of Directors, Disciplinary Board and Arbitration Committee of the Turkish Football Federation (According to the super league)

	Competition Season					Mean	Standard Deviation
	2008-2009	2009-2010	2010-2011	2011-2012	2012-2013		
Clup	50	24	19	33	24	30	10.97
Chairman	2	3	1	1	5	2.4	1.49
Manager	7	5	4	8	1	5.6	2.72
Coach	3	18	7	8	11	9.4	5.004
Total	62	50	31	50	41	46.8	106.96

loss of financial income. A technical staff in this state may have different expectations from their players to achieve success and direct them to exhibit undesired attitudes and behaviors.

Manager-Originated Reasons: Incorrect statements, Club management is defined as to conduct a set of pre-defined activities to achieve objectives with the human power of the people. A club manager is the most important role-model with his speeches and behaviors as the leader of the people, which they act together to achieve these pre-defined objectives. Undesired incidents occur among the athletes, audience, even managers when faced with the irresponsible behaviors and statements of club managers.

Management mistakes; It was expressed by many sports authorities in interviews that the people without any other activities come to the games usually to be discharged, free ticket users are among the groups that provoke incidents, club managers instigate the incidents and create a new fan profile with their speeches.

It's observed that the club managers have significant roles in these provocations, they visit the supporter associations to give free tickets and assign free buses to make them attend to the away matches, group leaders have economicbenefits through these actions, certain businesses and shops were taken over due to the corruption through free tickets and money given, whereas

recently clubs avoid such behaviors as a result of the sanctions introduced by Law No. 5149.

Economic reasons; In order to achieve success clubs need to invest in relatively high amounts and as a result they get into financial difficulties. To overcome these difficulties, club managers aim to increase revenue of the clubs through undesirable management tactics by thinking the income they'll get in winning the game and affect the masses negatively.

Media-Originated Reasons: Language of the media; In relation with the sports media and violence, the responsibilities of live broadcasting organizations and other published media organizations is regulated by the 16th article of Law No. 5149. And it states the following regulations: The live broadcasting organization and other published media organizations can't publish and broadcast the banners, speeches, acts and behaviors against the purpose of this regulation. The forbidden speeches, acts and behaviors occurred in a live event can't be broadcast and published again. Press and media cannot perform acts and behaviors that encourage committing a crime and hostility and violence among the sports clubs, fans and athletes through speeches, articles and acts. And can't publish and broadcast derogatory comments, exceeding the purpose of criticism.

Despite all these legal restrictions, in tense complaints from viewers come to the Supreme Board of

Radio and Television. There have been 4464 complaints in total made to the Supreme Board between November 19-21, 2012, for only the two sports programs. In their complaints, the viewers have stated that there were offensive discussions and abusive conversations in these sport programs, participants' comments were offensive and biased against certain teams and their audience and communal violence has been provoked. This is an abuse of the freedom of publication and it is quite dangerous in terms of the social peace [26].

Biased attitudes; Today, many commentators of the sports programs in the broadcasting company were member of teams in the past, brings with it the idea that they may be biased when commenting. Focusing in the sport programs on the score and the referee mistakes prevents watching the sports competitions to be a pleasure and enjoyment and the criticisms made in the programs and newspapers affect the fans negatively and display a negative image against the principle of neutrality. Through the interest shown by the sports media, audience may have idea on the quality of the competitions, game rules, athletes' performance, the tactical success or failure of the coaches.

Sensational broadcasting; In the sensational sports programs of the TV channels, instead of the discreet, peaceful people with sufficient knowledge of football the ones that present behaviors to increase ratings and that writes to increase circulation of the publication are preferred on behalf of drawing attention as the sports commentators; an offside possibility of a goal position is discussed in length, the competitions are put in the national agenda weeks before by the newspapers and TV channels and the competition to be played is touted as an event that can change the destiny of the country, by the news and statements.

The socio-psychological expansions of these preferences of the sports writers in favor of ratings and circulations have consequences not only related with the violence but also with other factors.

Fans-Audience Originated Reasons: Being a fan of a team continues for a long time in the majority of the audience, they wait for hours in the ticket queue uncomfortably to attend the competition of their team, get disappointed in case of defeat and feel substantial joy and pride in case of the victory.

All of these materials of the whole sports world have different cultural values. As in the example of spectators,

players and the security forces, each group presents different characteristics in their own existence and dynamism. Football fans are associated with the violence incidents in recent years and they consist of various statuses and groups; and another conscious and gentlemen audience profile emerges, which have obtained necessary information about the team to improve ability to assess, appreciation and criticism and which can accept failure and success equally.

Other Causes: The relationship between sports, violence and aggression dates back as the history of the sport. Although a goal, a cheering style or ends of the matches are among the appearing reasons in these conflicts, there can be international historical conflicts laid in the background. As a result, the events of mass action play an important role in human history. Among the others sources of social trauma in sports, there are the violence in sports, accidents due to technical mistakes, accidents due to imprudence and accidents caused by panic due to again imprudence.

In general, the relationship between sports and aggression is traditionally grouped under the utilization of sports in expressing the aggression. The violence that is a state of extreme emotion, the intensity, severity of a fact, the rough and tough behavior indeed is not unique to sports, but a reality already exists socially. If we investigate the every kind of undesired incidence in sports and the reasons that can lead to social trauma in the after math, we observe the reasons such as the general state of stress, economic stress factors, reduces social relations due to the lack of interaction because of the urbanization, secularization in sports, i.e. keeping away from the customs and traditions, the moral and religious values.

As in many countries of the world, football team advocacy is of great value for a large population of the society in Turkey. Some times the competition between football teams becomes the most important item on the agenda for the fans of the teams. Today, the audience and the behavior of audience, their personality traits have become a topic of debate. Although there are variety of ideas around this issue, which are expressed in specific impressions upto scientific studies, the general trend is that, in recent years sports arena have become a problem and undesired changes have become in the behaviors of spectators and fans. In this context, a law was is sued by the leg is lators on the prevention of violence and

disorder in sports, in order to prevent every kind of negativity that may occur in sports, the incidents in the stands in particular seen in Turkey recently. The purpose of this law is to prevent violence and disorder on the route to the place of the competition, in places where the fans are grouped continuously or temporarily, in the sports areas and surroundings, before or after ordering the competition [27].

CONCLUSION

The stress factor is encountered in every area of our lives and leads to many mental health problems, according to personality traits, such as depression in particular, if not managed properly. In such a case, the source of stress should be correctly identified and this factor should be eliminated through an appropriate treatment. The burden on the athlete should be reduced and all players should undertake equal responsibilities in group dynamics. The success pressure is a major source of stress in sports. Athletes should not be enforced under such a pressure, but it should be emphasized that the actions they perform are sports only and they are required to act in accordance with our moral values. And it should also be emphasized that the success won unethically contradicts with the real sports philosophy and such a success does not count as an achievement.

The fear of failure is related to the thoughts of other people such as coaches, audience, managers and family on the negative outcomes of the performances of athletes and on how they will assess this situation usually. Athletes are in excessive mental effort in order to avoid mistakes. And this causes an excessive anxiety and prevents them to exert their real performances. To avoid such a situation, the idea that defeat is as natural as winning in sports should be adopted. Fear of injury; athletes with physical inadequacies avoid one-to-one struggle and this will affect both their own performance in particular and the performance of the team. As athletes gain physical competence, their self-confidence increases and will present a confident game. It should be beneficial for technical committees to take into account the attitudes of athletes and prepare them to the highest level physically. In addition, the income of the competition result should not be exaggerated and the amount should not have any influence on the attitudes and behaviors of athletes during the competition.

Technical committee has the major role in preparing a team to the competitions in all respects and in the representation of the team in the best way. The technical staff are responsible to managers particularly and the fans, players and their relatives. This will put a pressure on the technical team. This pressure sometimes will cause irresponsible behaviors of the technical committee. Fear of failure due to technical inadequacies is an important factor that causes stress in the technical committee and affects performance of the technical committee like the athletes. As long as the technical committee can not get rid of the pressure of this responsibility problems will emerge for the team. Here, especially the fans, managers, surroundings and the attitude of the media will determine the stress level of the technical committee.

Managers undertake the most important responsibility in the prevention of the formation of social trauma in sports, since they are the decision-managers. Managers are important factors for the team and the whole sports public with their behaviors and speeches. Managers should set an example as the leader of athletes and technical staff, regardless of whatever the reason they should not give false statements and should not make any management mistake. Today, media is a great power that can direct the events and people in any way in sports, as in the whole social life. The language, attitude, publications and broadcast of this powerful media should not trigger social trauma in the society, instead the media should suppress possible traumatic incidents and should adopt an attitude with the moral values.

Experiencing or witnessing a severe traumatic stressor may impact mental health of a person for a long or short term. A major trauma affects everyone and leads to mental health problems in some. The resulting post-traumatic reactions are different. A wide range of mental disorders, which can also be present due to different other than trauma, such as depression, panic disorder, increased alcohol and drug abuse, dissociative disorders, adjustment disorders, somatic disorders, suicidal thoughts may be developed after the traumatic experiences [28, 29].

One of the attempts that can be performed to prevent long-term effects of trauma is to make the person share his/her experience with someone immediately after the trauma. This person can be someone who had experienced the same distress or can be a professional. This attempt helps to terminate certain cognitive and emotional

processes, which are required to resolve the effects of trauma [19, 30].

More recently, the stress factor, which requires adjustment regardless of its source, has become a part of everyday life of modern people. Considering the family environments, business environments, illness, death, divorce and similar stressful experiences of individuals, it seems impossible to avoid the incidents that cause stress. According to the results of the study, individuals can only protect themselves from the negative impacts of stress as they learn and adopt the ways to cope with stress in daily life. There are many studies in the literature conducted on the stressful experiences, coping strategies and diseases. The term coping is an auxiliary concept in understanding the relationship between life experiences and psychiatric disorders. The coping refers to the cognitive and behavioral efforts of a person to regulate an internal or external specific stress, which is beyond his/her power and indicates that the person resists the stressful event. The coping methods are the patterns of behavior of people for dealing with the situation of people under stress. In general, the coping methods are discussed under the headings of "problem-oriented" and "emotion-oriented" coping methods, in the literature. It's stated that, if a person thinks that he/she can cope with the problem then he/she tends to use the problem-oriented methods and if he/she thinks that he/she can't cope with it, then the emotion-oriented coping methods are preferred [31-33].

In the team aimed at success, the frustration, anxiety and stress emerged at the time of failure increase the tendency of non-sports man ship behaviors of fans and athletes. The cheers of fans that calls the athletes for violence and the behaviors of athletes that directly affect the psychology of the audience cause the mad adopt a violent identity. For example, for the fans of a team, which were made to believe the success by the management and media but failed to do so, each failure leads to disappointment and loss of faith and this inevitably creates the reaction of the fans against their teams. Especially the fan groups do not control the aggressive tendencies and exhibit aggressive attitudes and behaviors by impersonating their leaders. It's observed that people in fan groups are more aggressive than the others [25].

Although the assignment to the technical director position of the national team by Turkish Football Federation was accepted by all of the public, the bad

results in the 2014 World Cup qualifying competition, which was the first large tournament under the administration of this technical director, causes great disappointments within the sports community. And the adequacy of the technical director of the national team has been discussed most. This situation has created a concern for the technical director; And he may have his confidence harmed and the thought of losing his career or the outcome against his expectations may have had a traumatic effect. Societies have become compelled to solve the problems of individuals and to seek remedies. That is because, the troubles of the individuals will affect the whole society. As people are peaceful, happy and healthy the communities will also be happy and healthy [34].

Especially the support of TFF authorities, the support of his friends and loved-ones and the team's unity will reduce the anxiety in coping with the trauma in such a case that we can encounter in sports. Talk with the experienced people who had carried out this task previously, meeting with the press, taking advantage of the differences in terms of criticism will speed up the recovery process. Sport will continue its importance as long as the humanity exists and will be at the center of multi-faceted discussions because of its competitive nature and will play an important role in the social events. The natural course of life and future projections supports this prediction. Understanding the Social Trauma in Sports and its consequences seems not much possible within the boundaries of "mental disorder". Considering the cultural, social and even political dimensions will ease the understanding of the Social Trauma in Sports. The reality experienced before and after trauma will continue to be one of the major factors that determine the course of the mental symptoms. In addition, the internal counterpart and the complex mental dynamics of this objective reality seem to continue to be dominant. Proving these predictions will only be possible by multi-dimensional and long-term researches.

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