

Negative dependence to the career of resistance and corporal dimorphism in veteran athletes [Dipendenza negativa dalla carriera di resistenza e dismorfismo corporeo negli atleti veterani]

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Aim: The aim of this study was to analyze dependence behavior in veteran endurance athletes, its impact on body image disturbances and their relationship to quality of life related to health. **Methods:** This study involved 135 veteran athletes, 109 men and 26 women aged 43.58 ± 6.9 years. These participants completed the following questionnaires: quality of life SF-36, Adonis Complex and a third on adherence to longdistance racing. **Results:** The data analysis shows that veteran athletes have no negative addiction to endurance running. Their concern with body image is within the normal range, although the number of training sessions per week produced significant differences in exercise dependence. There was a negative correlation between negative dependence and Adonis scales with social function, mental health and role emotional. In turn, on the values of perceived health, in relation to the Spanish population as a whole, men in this study perceived more bodily pain and role emotional, while women had lower values in mental health, role emotional and vitality. **Conclusion:** Veteran athletes perform sports at a level compatible with health and quality of life from a psychological standpoint.

Aged

Jogging

Running