

Special Issue

Sports Participation and Mental Health Development in Adolescents

Message from the Guest Editors

The practice of physical activity in adolescents has an ever-increasing impact on participants and is of great interest in public administrations and in private initiatives adolescence is the stage where young people begin to increase their independence. The need arises to address a transversal, multidisciplinary framework that will be the future of the services that are urgently needed for an important group of people.

This Special Issue aims to create a point of reference regarding the development in the field of adolescent mental health, bringing an opportunity to investigate the quality of life, physical sports activity, health and well-being, and psychosocial aspects in adolescents. In addition, this specific population is characterized by the abandonment of the practice of physical activity due to multiple reasons. The field of adolescent physical activity is increasingly important for public administrations, which is why we welcome scientific review studies, descriptive studies, technical reports and case studies offered by research, science and innovation, with a special emphasis on methodology and planning, which also enables new activities and research methods.

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