Athletes’ identity transition out of sport. Pedagogical and educational tools

RIVISTA ITALIANA DI PEDAGOGIA DELLO SPORT RIPES

Abstract: Identity transitions out of sport represent a widely research theme in psychology, which recognizes a processual dimension that does not concern only the moment of transition but the entire sports path. The processuality of this phenomenon directly calls into the question the pedagogy, urging it to reflect on which educational intentionality putting at the basis of such phenomenon and which tools to use to support an effective reshaping identity process. The chosen educational instrument is represented by educational guidance, interpreting it both as the main educationally referring theoretical background and as the operational tool to prevent and accompany the possible forms of discomfort associated with this period of transition and of reorganization of Self.

Parole Chiave: Transizioni identitarie in ambito sportivo, Educazione, Pedagogia dello sport, Orientamento formativo

Keywords: Identity Transition out of Sport, Education, Sport Pedagogy, Educational Guidance