

TABLE OF CONTENTS

Examination committee	v
Summary	viii
Acknowledgements	xi
General introduction	1
1. Women in sport	2
1.1 What narrative studies say about female athletes?	2
2. Athletic career development	5
2.1 Theoretical models of athletic career development	5
2.2 Holistic athletic career model.....	6
3. Female athletes' career development	8
3.1 Women's participation in sport.....	10
3.2 Dual career	12
3.3 Transition out of competitive sport	13
4. Female athletes' specifics and adversities	13
4.1 Body image	14
4.2 Injury.....	16
4.3 Stress	16
4.4 Relationship with coach	17
4.5 Motherhood	18
4.6 Retirement from competitive sport	19
4.7 Coping with adversities	20
5. Phd study.....	20
5.1 Paradigmatic approach and epistemology	20
5.2 Research aims, format and research questions	21
5.3 Sociocultural positioning of the thesis	24
5.4 Methods	25

6. Terminology	28
6.1 List of Terminology	28
7. References.....	30
Chapter 1: Adolescent Athletes’ Perceptions of Career Development: Females’ Specific Demands and Challenges.....	32
Abstract	41
1. Introduction	42
2. Method.....	45
2.1 Design	45
2.2 Participants.....	46
2.3 Interview guide.....	47
2.4 Procedure	48
2.5 Data analysis.....	48
3. Results	49
3.1 Athletic level.....	49
3.2 Psychological level.....	55
3.3 Psychosocial level	56
3.4 Academic/Vocational level	59
3.5 Financial level	60
4. Discussion.....	60
5. References.....	67
Chapter 2: Elite Athletes’ Adversities Perceived in Mastery Stage of Athletic Career: Females’ Specific Demands and Challenges.....	72
Abstract	73
1. Introduction	74
2. Method.....	76
2.1 Design	76
2.2 Participants.....	76
2.3 Interview guide.....	78

2.4	Procedure	78
2.5	Data analysis.....	79
3.	Results.....	79
3.1	Athletic level.....	80
3.2	Psychological level.....	85
3.3	Psychosocial level	87
3.4	Academic/Vocational level.....	90
3.5	Financial level	91
4.	Discussion.....	92
5.	References.....	99

Chapter 3: Elite Athletes' Adaptation to Life after Sport: Females' Specific Demands and Challenges

.....104

Abstract	105
1. Introduction	106
2. Method.....	108
2.1 Design	108
2.2 Participants.....	108
2.3 Interview guide.....	109
2.4 Procedure	110
2.5 Data analysis.....	110
3. Results.....	111
3.1 Athletic level.....	111
3.2 Psychological level.....	115
3.3 Psychosocial level	117
3.4 Vocational level	118
3.5 Financial level	119
4. Discussion.....	119
5. References.....	124

Chapter 4: Perceptions of dual career development among elite level swimmers and basketball players.....128

Abstract 129

1. Introduction 130

2. Method..... 132

 2.1 Participants..... 132

 2.2 Procedure 133

 2.3 Data-analysis 134

3. Results..... 135

 3.1 Developmental and holistic perspective of dual career development 136

 3.2 Variations in perceptions of dual career development..... 146

6. Discussion..... 155

7. References..... 163

Chapter 5: Gender differences in athletes’ dual career competences168

Abstract 169

1. Introduction 170

2. Method..... 174

 2.1 Setting..... 174

 2.2 Participants..... 174

 2.3 Instrument..... 174

 2.4 Procedure 175

 2.5 Data analysis..... 175

3. Results..... 176

 3.1 Perceived importance of dual career competences and gender differences 176

 3.2 perceived possession of dual career competences and gender differences 179

4. Discussion..... 182

5. References..... 188

Chapter 6: Female athletes’ transition to motherhood192

Abstract 193

1.	Introduction	194
2.	Method.....	196
2.1	Design	196
2.2	Participants.....	196
2.3	Procedure	197
2.4	Data analysis.....	197
3.	Results.....	198
3.1	Pre-pregnancy and pregnancy phase	198
3.2	Returning to sport	201
3.3	Living the life of a mother athlete	205
4.	Discussion.....	207
5.	References.....	213
	General discussion and conclusion	216
1.	Answering the research questions	217
1.1	Addressing Female-Specific Athletic Career Demands and Challenges	218
1.2	Female Athletes' Approach to Dual Career	231
1.3	Gender specifics in female athletes' transitions	234
1.4	Deduction of findings	237
2.	Applied recommendations	238
2.1	Applied recommendations for support of female athletes' development in development stage of their athletic career	239
2.2	Applied recommendations for support of female athletes' development in mastery stage of athletic career	240
2.3	Applied recommendations for support of female athletes' development in discontinuation stage of athletic career.....	242
3.	Critical evaluation of research work	242
3.1	Theoretical implications	242
3.2	Studies' strengths, limitations, and suggestions for further research	244
4.	Conclusion	247

5. References.....	248
Appendices	254
APPENDIX A: Investigating adolescent athletes’ perceptions of their current athletic career demands and challenges.....	255
APPENDIX B: Investigating elite athletes’ perceptions of their current athletic career demands and challenges	257
APPENDIX C: Investigating athletes’ perceptions of their discontinuation stage	259
APPENDIX D: Investigating athletes’ perceptions of their dual career development	261
APPENDIX E: Investigating female athletes' transition to motherhood.....	262
APPENDIX F: LIST OF PUBLICATIONS AND PRESENTATIONS	263
Curriculum Vitae	266