

Effect of sexual activity on sport's performance of basketball, handball and volleyball male players

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Introduction

The purpose of this study was to investigate the effect of sexual activity on sport's performance in basketball, handball and volleyball players.

Methods

Statistical analysis. Hermeneutical method. A questionnaire applied to the 100 high-level male basketball, volleyball and handball players from ex- YU and Austria consisted of; questions about person, questions about training, and questions about persons sexuality.

Results

By 94% of athletes sexual intercourse had positive effect on the sport's performance. 16% have often sex proximately before game, 42% sometimes, and 8% had never. In competitions period 70% of them have sexual intercourse a few times in a week, and 12% rare. 44% think about sex a few times in a day, 52 % a few times in a week. Although 62% of them initiate sexual intercourse, and 23% masturbate a couple times in a week.

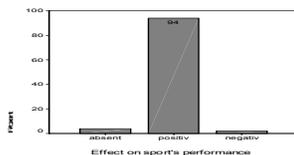
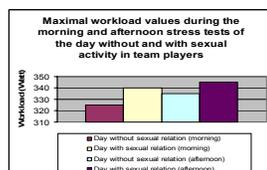


Fig. 1 : Effect of sexual intercourse on sports performance



A slight tendency, towards a higher maximal workload, corresponding to higher VO_{2max} to higher maximal and posteffort hart rate and blod pressure and to higher plasmatic testosterone values, was observed on the day with sexual activity, after the maximal stress test on a cycle ergometer.

Fig. 2 : Maximal workload values during the morning and afternoon stress test of the day without and with sexual activity in team players

Discussion/Conclusion

Analysis of the literature and questionnaires indicates that sexual activity had no detrimental influence on sport's performance. The higher posteffort hart rate values after the maximal stress test on the morning with sexual intercourse suggest that the athletes should not have a sexual intercourse 2 hours before a competition event.

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