

ARIELLA KAESLIN



HINTER DEN
KULISSEN DES
SPITZENSPORTS...



ARIELLA KAESLIN

#BEHINDSCENES





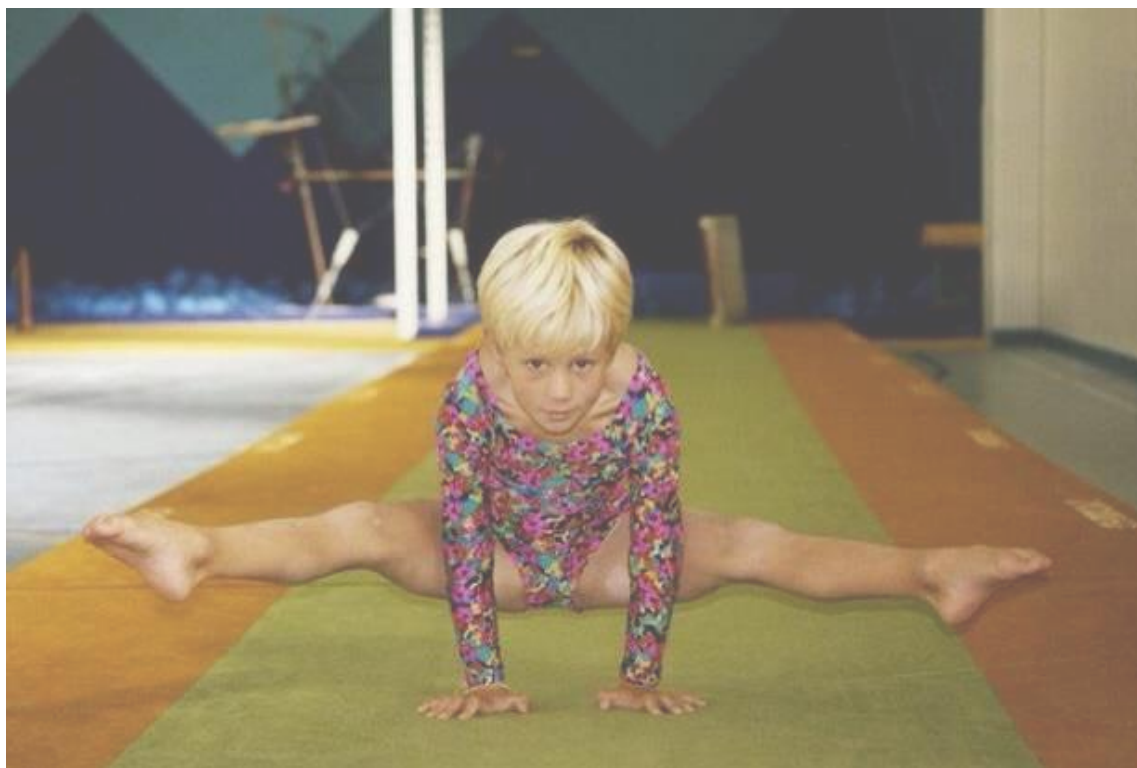
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KUNSTTURNEN VS.
WASSERSKI





TRAINING



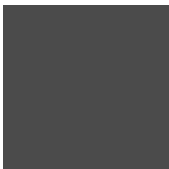
SCHULE



GASTFAMILIE



GEWICHT



#MAGGLINGEN



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#BODYNEGATIVITY





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#FOODSTRUGGLES



#PRE-COMPETITION





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#POST-COMPETITION

#WHY ?

16





#MASSPRODUCTION



#PRESSURE





TRAINING



SCHULE



GASTFAMILIE



GEWICHT

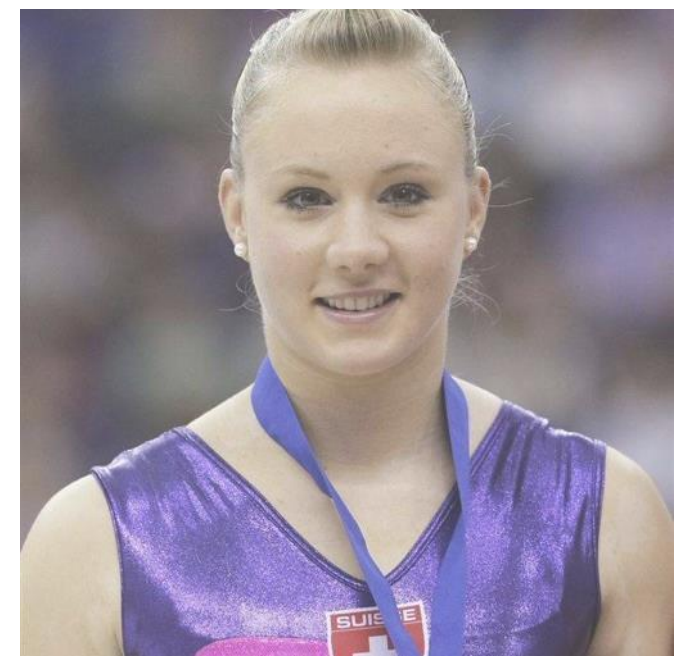


MEDIEN & SPONSOREN

#MAGGLINGEN



AK
ARIELLA KAESLIN





TRAINING



SCHULE



GASTFAMILIE



GEWICHT

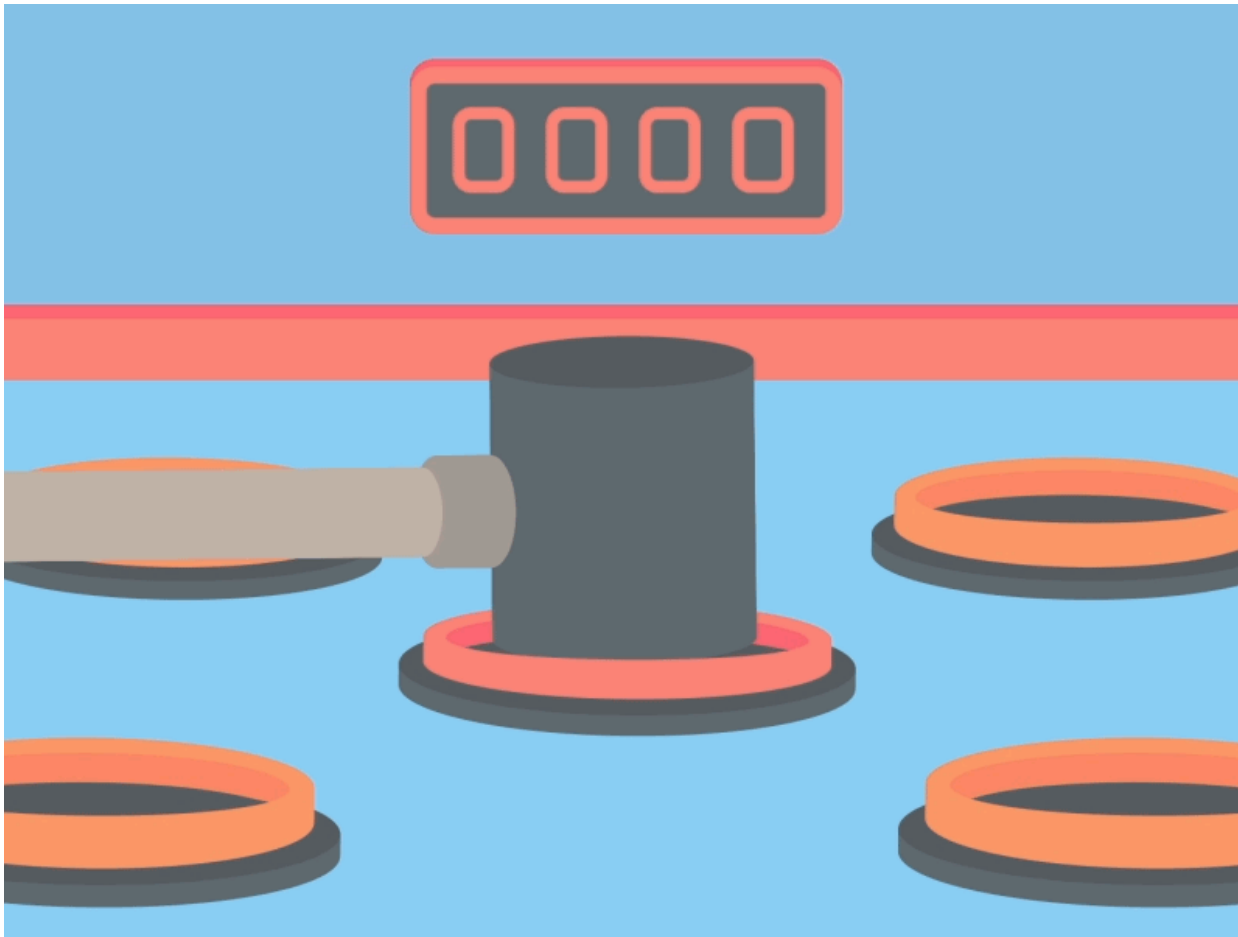


MEDIEN & SPONSOREN



BEDÜRFNISSE

#MAGGLINGEN



#SUPPRESSION

MEDIEN

SPONSOREN

SCHULE

TRAINING

FREUNDE



TRAINING

SCHULE MEDIEN

SPONSOREN

FREUNDE

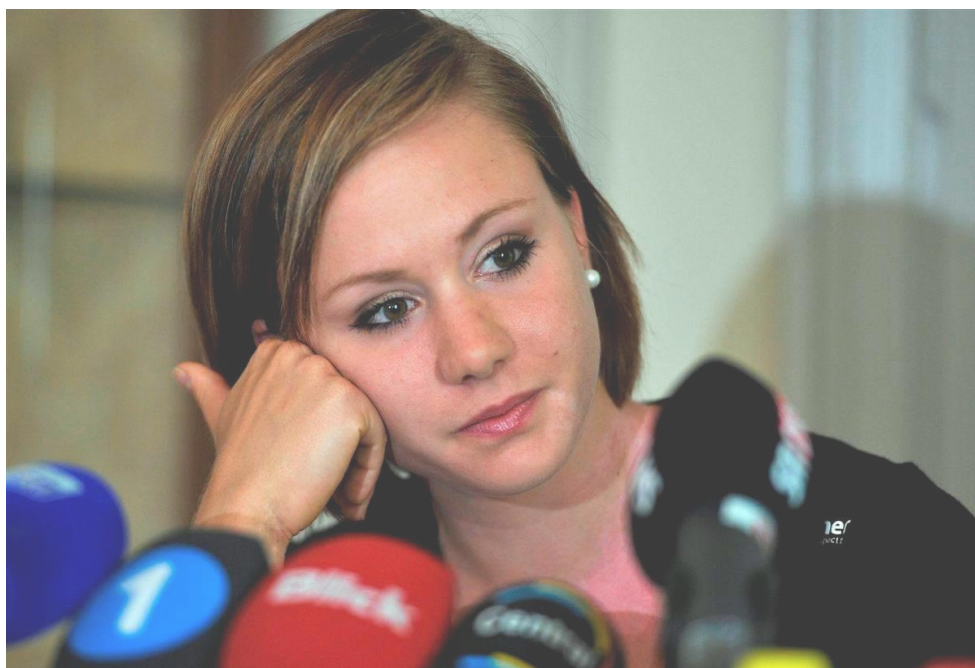


#SYMPTOMS





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#GAMEOVER



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#IDENTITYLOSS

#PENSIONIERUNG

#ARBEITSLOSIGKEIT

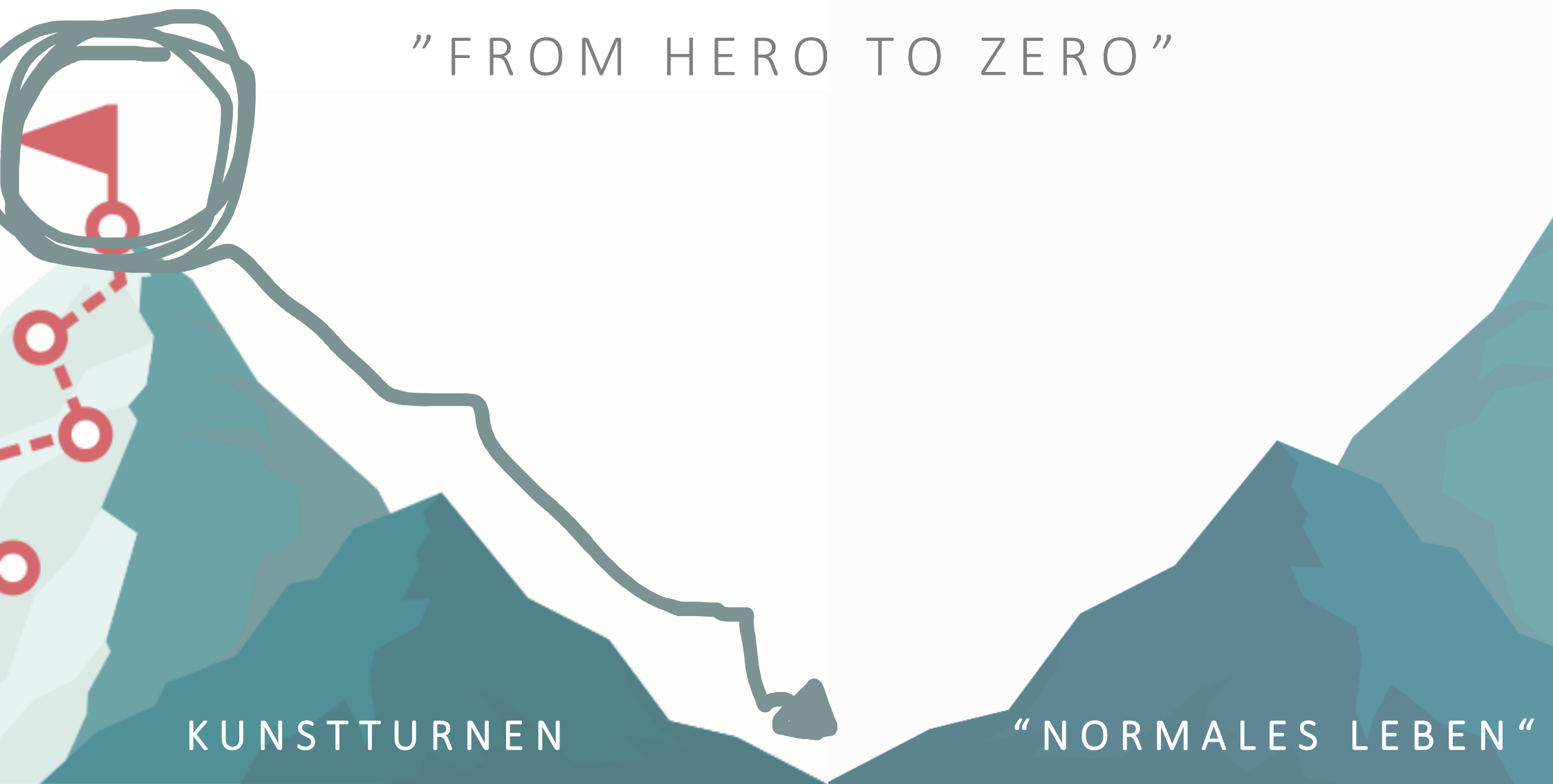


- AKTIVITÄT UND KOMPETENZ
- ZEITSTRUKTURIERUNG
- KOOPERATION UND KONTAKT
- SOZIALE ANERKENNUNG
- PERSÖNLICHE IDENTITÄT

PSYCHOSOZIALE FUNKTIONEN DER ARBEIT

#TRANSITION

"FROM HERO TO ZERO"

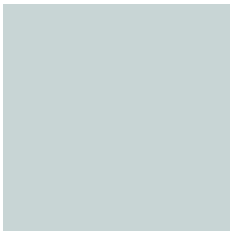


KUNSTTURNEN

"NORMALES LEBEN"



SCHULE



#HÜRDEN

u^b

DIPLOM

^b
UNIVERSITÄT
BERN

Die Philosophisch-humanwissenschaftliche Fakultät
verleiht

Ariella Martina Kaeslin

von Beckenried, geboren am 11. Oktober 1987

den Titel

Bachelor of Science in Gymnastics
Universität Bern

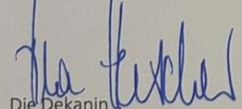
mit dem Prädikat **magna cum laude**.

Titel der Arbeit

**Psychische Probleme nach dem Rücktritt vom Spitzensport - Beschreibung verschiedener
Transitionsmodelle und eine Suche nach Parallelen mit Erwerbslosen**

Major: Sportwissenschaft
Minor: Sozialwissenschaften
Minor: Psychologie

Bern, 10. September 2018



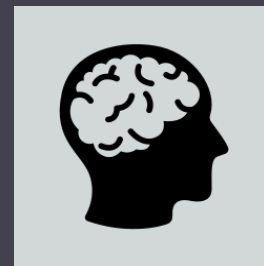
Die Dekanin
Prof. Dr. Tina Hascher

AK
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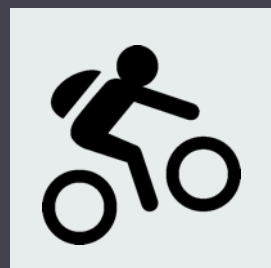
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UNIVERSITÄT BERN



PSYCHOLOGIE



SPORTWISSENSCHAFT



PHYSIOTHERAPIE

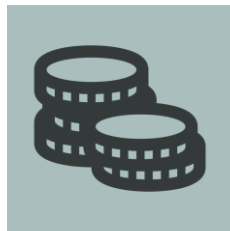




SCHULE



SOZIALES UMFELD



FINANZEN



SPORT

#HÜRDEN

#SPORTS

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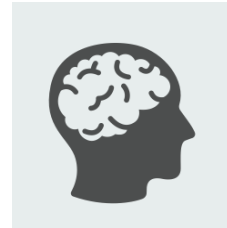
#AUTSCH



AK
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#HÜRDEN



PSYCHE



BEDÜRFNISSE



MUSTER



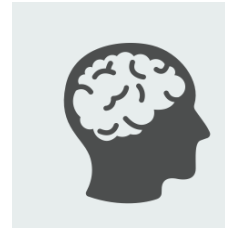


DENK- & HANDLUNGSMUSTER



HIRN KRÜCKEN

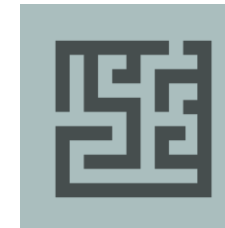
#HÜRDEN



PSYCHE



BEDÜRFNISSE



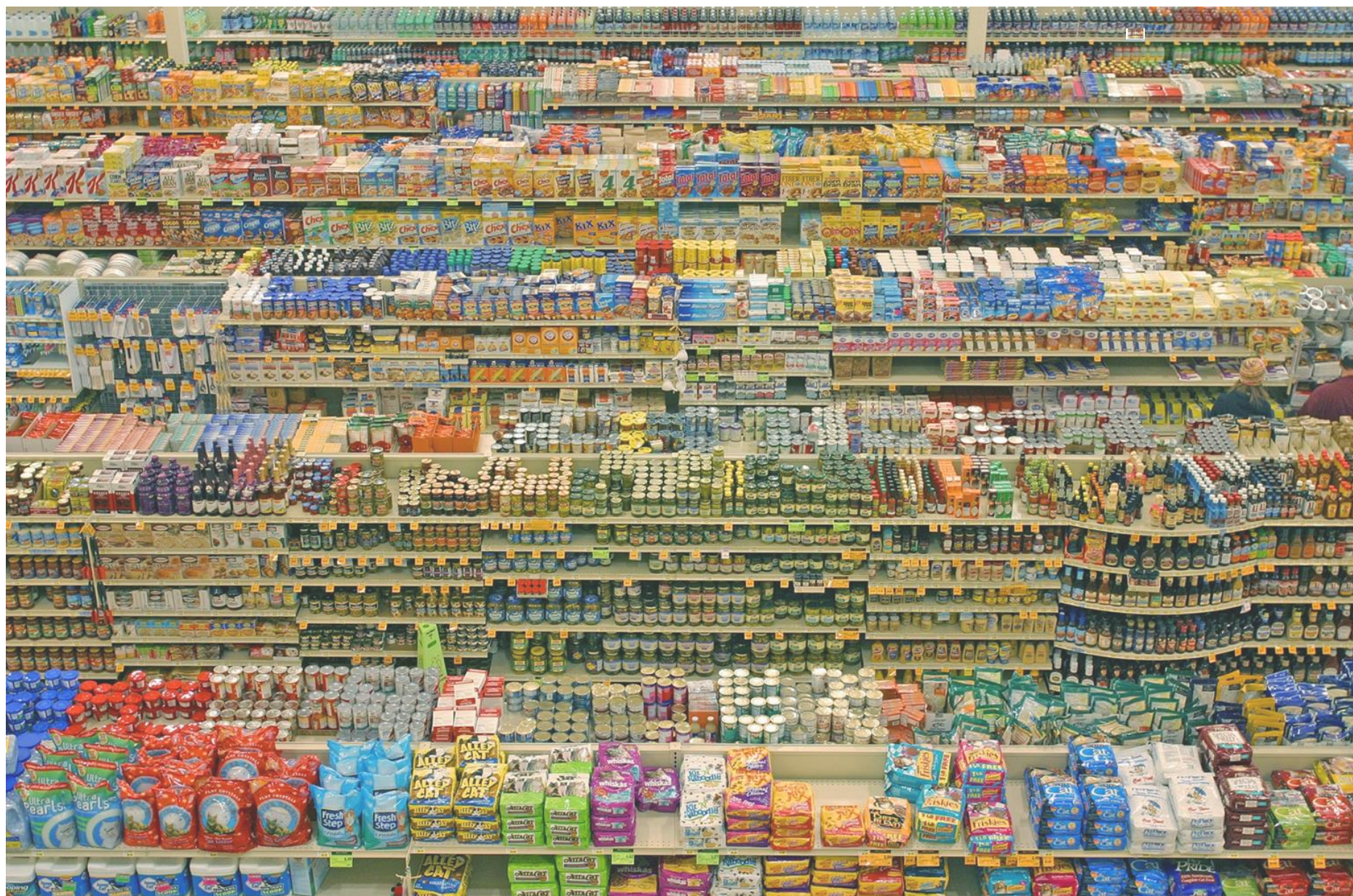
MUSTER



ERNÄHRUNG



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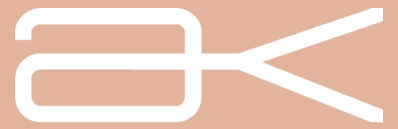
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#LIEBLINGS



#TOOLBOX



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„BELIEVE IN YOURSELF“



#VORBILD





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„BELIEVE IN YOURSELF“



SEEK HELP



SEEK
HELP



ARIELLA KAESLIN



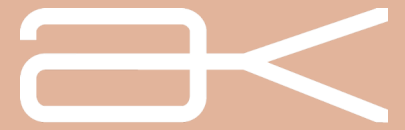
„BELIEVE IN YOURSELF“



SEEK HELP



LIFE BALANCE



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#LIFEBALANCE



ARIELLA KAESLIN

#DANKE