

Medicalization of Extreme Sports Athletes in a Risk Regulatory Society

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Overview



What Makes a Sport Extreme?

A sport that is perceived to have a high degree of risk.

Goal of Project

Exploring the conceptualization and definition of addiction in a risk society in relation to the experiences encountered in extreme sports.

Modern Risk Regulation

A Defining Characteristic of Modern Society: Risk Avoidance

- Heightened emphasis on safety & compliance
- Increased popularity of insurance policies
- Those who seek risk are seen as deviant

Societal Action Due to Risk Aversion: Simplified



Diagnosing a Behavioral Addiction: Extreme **Sports**

a. Recent History

The fifth edition of the Diagnostic and Statistical Manual of Mental **Disorders** was published in 2013.

The Emergence of Non-Substance-Related **Disorders**

Only Gambling **Disorder** was added

Controversial History of Labeling Behavior as Addictive

- Support Empowering Educational



- OverdiagnosisStigmatization

b. Constructing Addiction

High

- Flow State
- Rush Aliveness

Impaired Control

- Time Displacement
- **Risk Regulation**

Withdrawal

- Craving Sport Increased
- Irritability

Tolerance

- **Increased Degree** of Risk
- Stacking of **Extreme Sports**

Constructed Definition of Addiction

A persistent pattern of behavior driven by the direct activation of the brain's reward system, often resulting in significant impairment or distress.

Main Takeaways & Conclusion

Need for Extreme

Individuals find both a sense of freedom and community in extreme sports, where they escape the societal constraints rooted in risk aversion.

Addiction Attributions

The experiences of extreme sport athletes varies significantly, mirroring the diversity of the umbrella term that links them all.

Experiencing extremes through sports ranges from a way of life to a jolt where both can be either therapeutic or destructive.

Applying addiction attributions to extreme sports athletes offers a familiar vocabulary to understand how individuals embrace risk within riskaverse societies focused on regulating it.

Individuality vs Conformity

Holding individuals who are pushed to be self-expressive and personally autonomous to a set of risk regulatory standards gives a rise to inherent contradictions and tensions.