
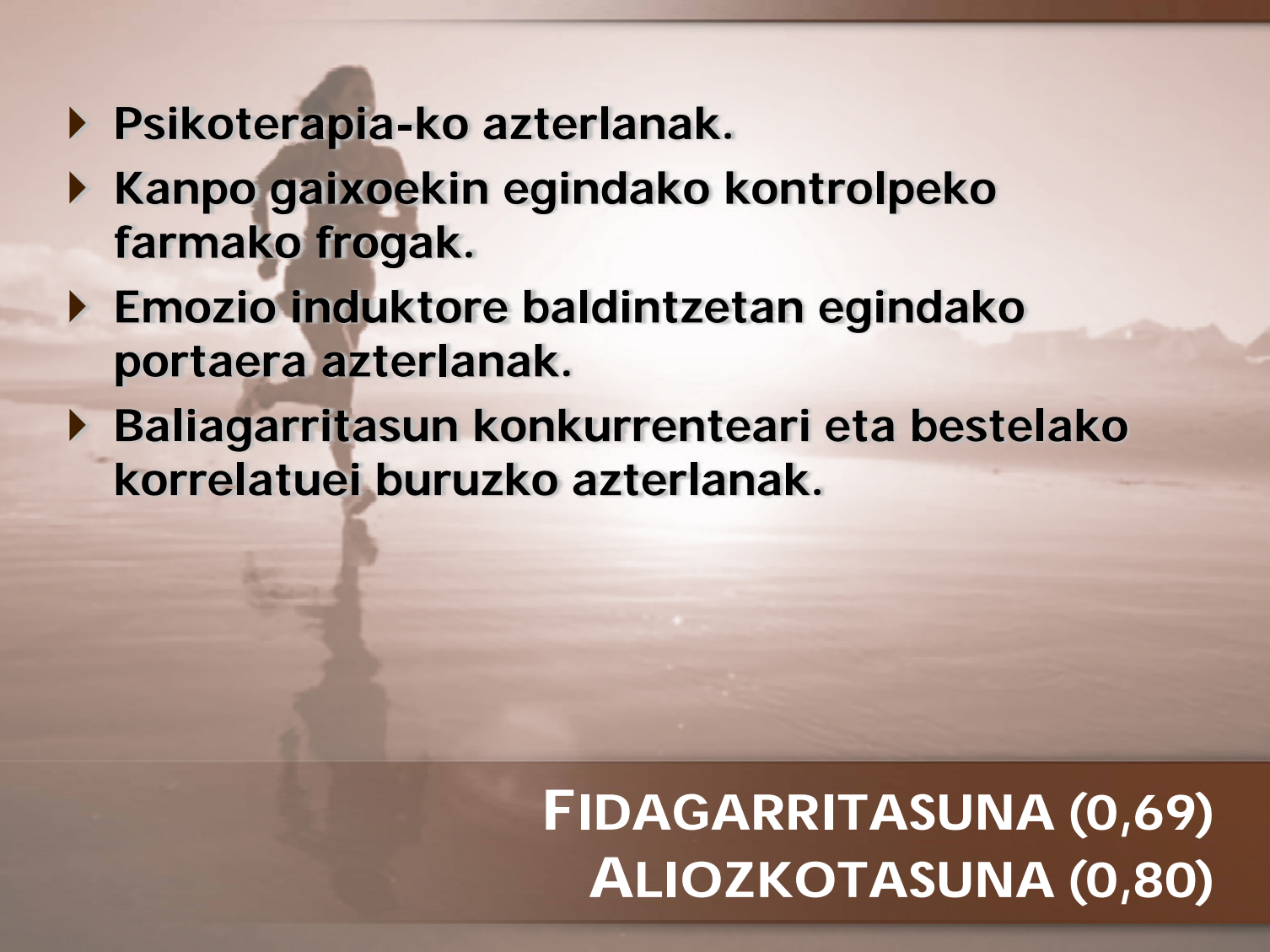




12 GAIA
TENTUA

- 
- ▶ Intentsitatea eta iraupena aldatzen duten izaera iragankorreko sentsazio multzoa. (Watson & Clark, 1997).
 - ▶ Bere garrantziaren jatorria, kanpo gaixoekin psikiatrian egiten den erabilpenetik eratortzen da.
 - ▶ P.O.M.S.-a McNair, Lorr y Dropplemasn (1971) ikertzaileak diseinatu izan zen.

OROKORTASUNAK

- 
- A silhouette of a person running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The person's shadow is cast on the sand.
- ▶ **Psikoterapia-ko azterlanak.**
 - ▶ **Kanpo gaixoekin egindako kontrolpeko farmako frogak.**
 - ▶ **Emozio induktore baldintzetan egindako portaera azterlanak.**
 - ▶ **Baliagarritasun konkurrenteari eta bestelako korrelatuei buruzko azterlanak.**

FIDAGARRITASUNA (0,69)
ALIOZKOTASUNA (0,80)

A person is running on a beach at sunset. The person is in the foreground, slightly to the left, and is running towards the right. The background shows the ocean and a bright sunset sky with a reflection on the water. The overall tone is warm and orange.

▶ Tentsioa /Antsietatea

- ▶ Tonu muskulu-eskeletikoaren eta tentsio somatikoaren sentsazioak deskribatzen dituzte.

▶ Depresioa/Beheraldia

- ▶ Isolamendu, tristura eta ezereztasun egoerekin lotzen da.

▶ Amorrua/Etsaitasuna

- ▶ Amorrurik, haserre eta jenerio txar sentimenduak islatzen dituzte.

INTERPRETAZIOA (1)

A person is running on a beach at sunset. The person is in the foreground, slightly to the left, and is running towards the right. The background shows the ocean and a sunset sky with a warm orange glow. The person's reflection is visible in the wet sand.

► Kemena/Jarduera

- Gogo bizi eta energia egoera batengatik definitzen da, dimentsio positiboa da eta harreman negatiboa du besteekin.

► Nekea

- Neke eta energia baxu sentrazioa adierazten du.

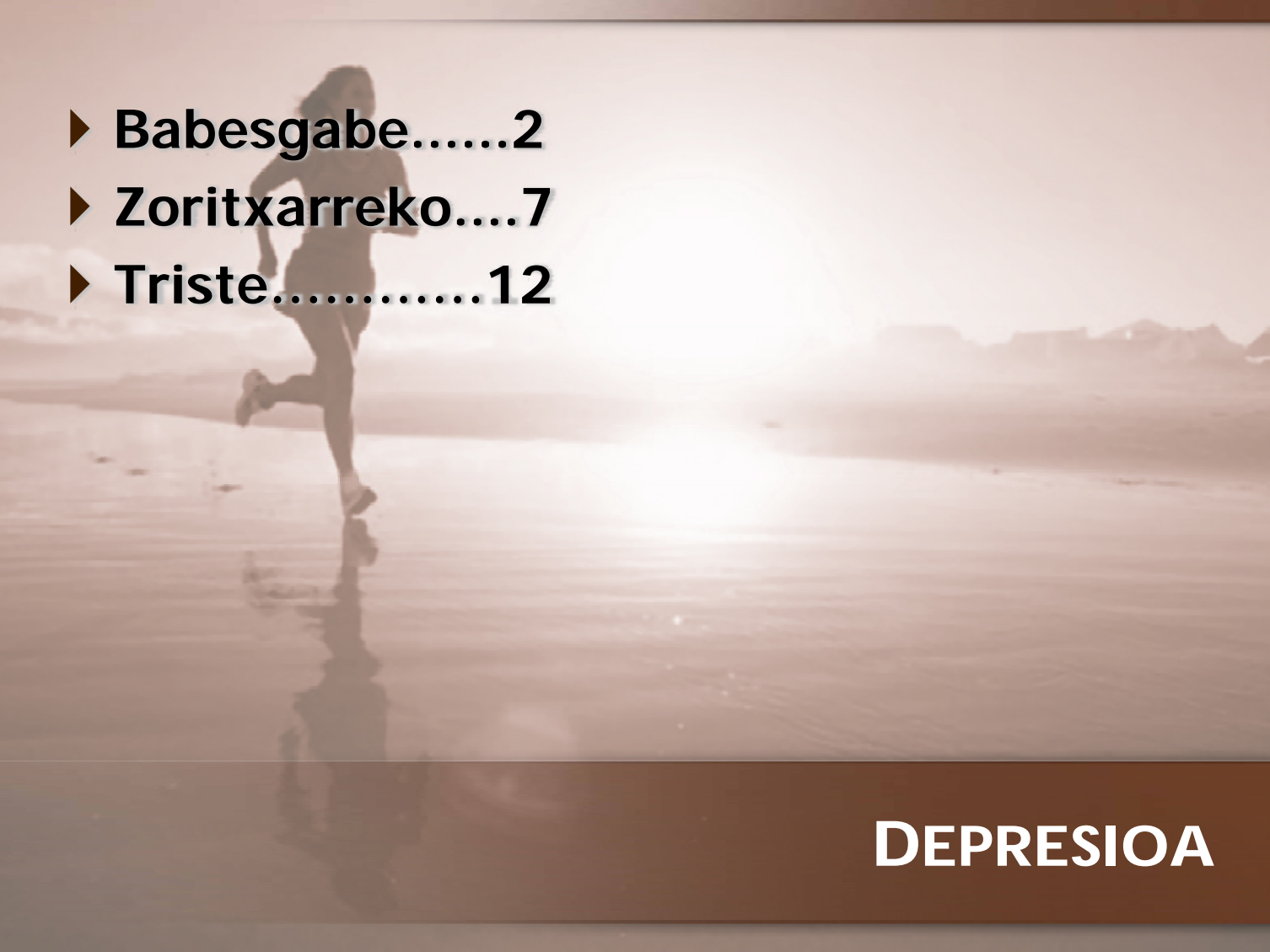
► Nahasmendua

- Deskontzertu, nahaste eta indefinizio egoerekin lotzen da.


INTERPRETAZIOA (2)

- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The person's reflection is visible in the water. The background shows a hazy coastline with some buildings.
- ▶ Urduri.....1
 - ▶ Higitsu6
 - ▶ Tenko.....11

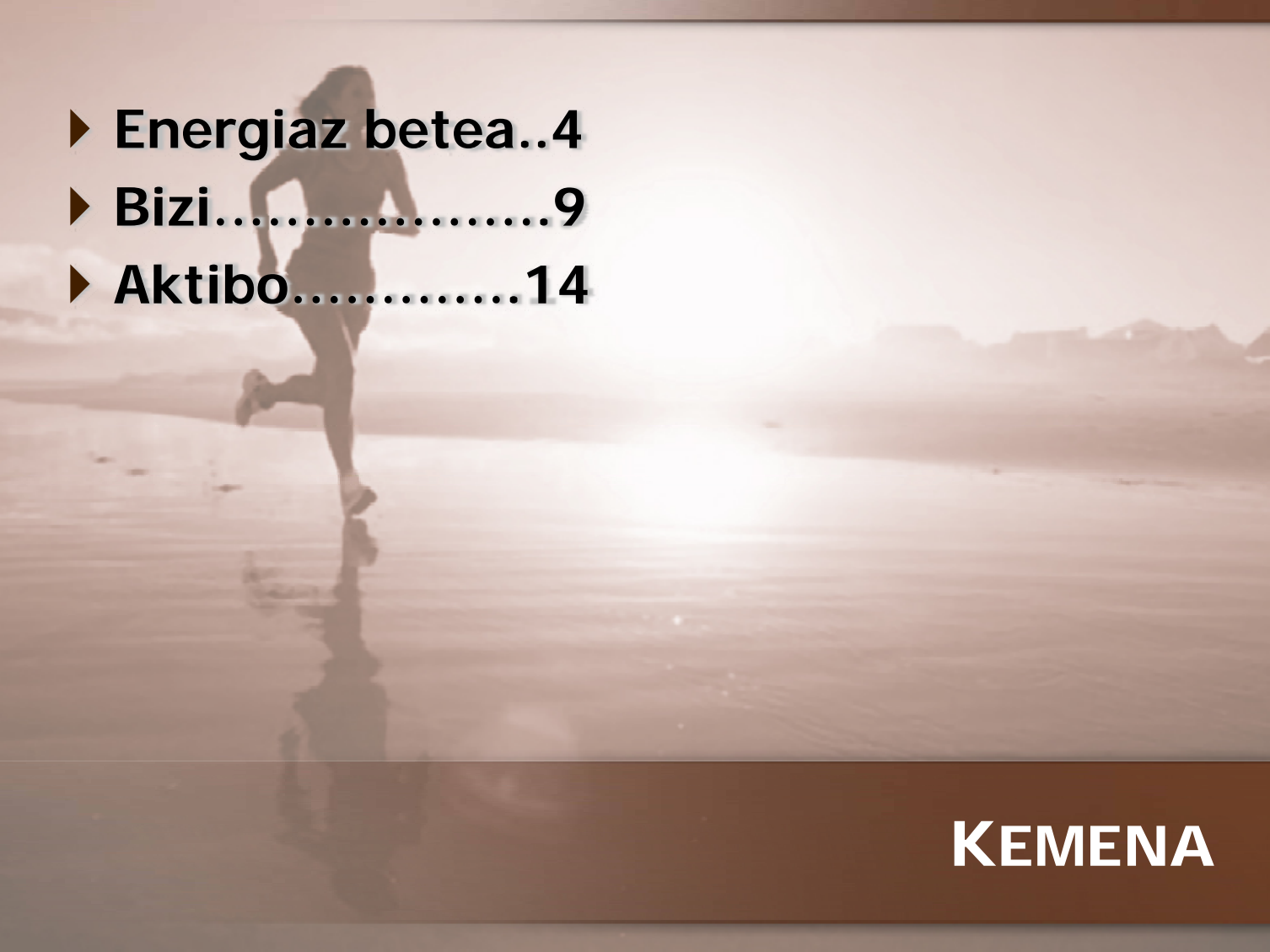
TENTSIOA

- 
- A person is running on a beach towards the ocean at sunset. The sun is low on the horizon, creating a bright, hazy glow. The person's reflection is visible in the wet sand. The overall tone is warm and sepia.
- ▶ Babesgabe.....2
 - ▶ Zoritxarreko....7
 - ▶ Triste.....12

DEPRESIOA

- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the wet sand. The runner's shadow is visible on the sand.
- ▶ **Minduta.....5**
 - ▶ **Haserre.....10**
 - ▶ **Jenio txarrez..15**

ARERIOTASUNA

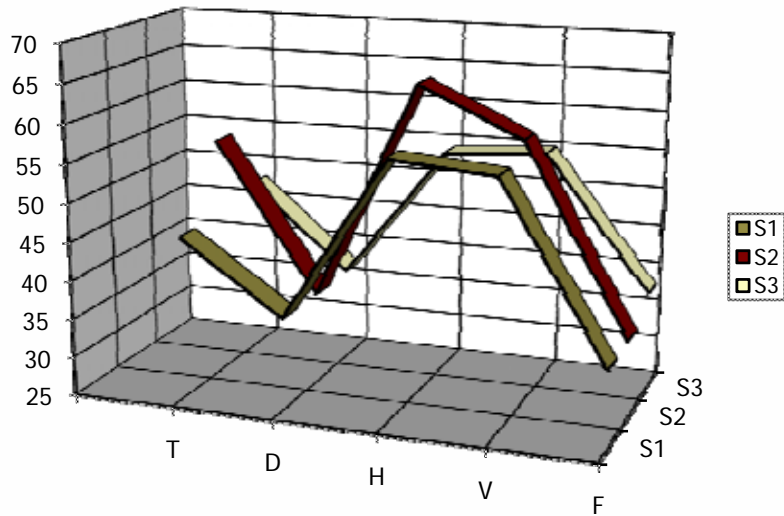
- 
- A person is running on a beach at sunset. The sun is low on the horizon, creating a bright, hazy glow. The person's reflection is visible in the wet sand. The overall tone is warm and golden.
- ▶ **Energiaz betea..4**
 - ▶ **Bizi.....9**
 - ▶ **Aktibo.....14**

KEMENA

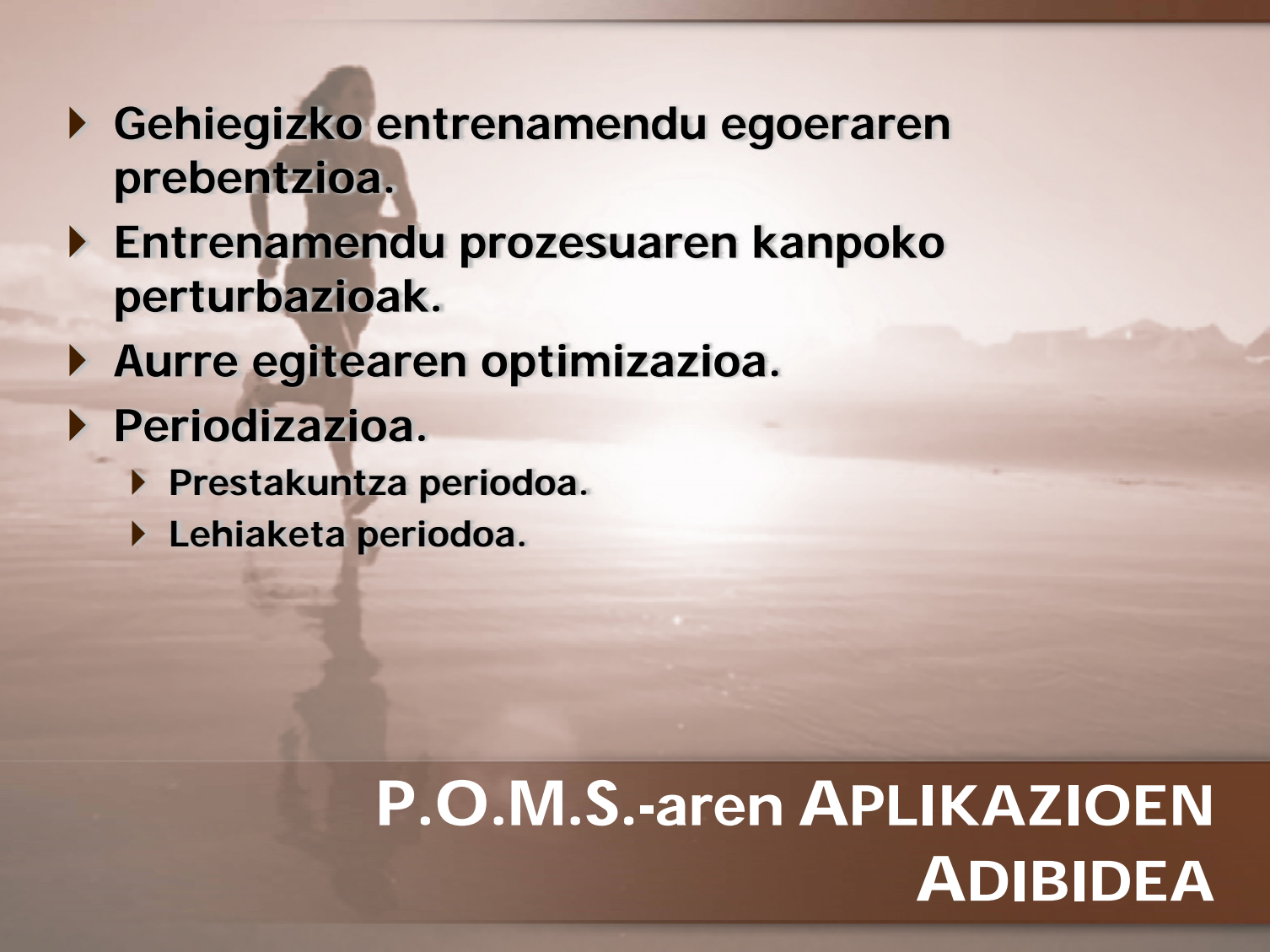
- 
- A person is running on a beach towards the ocean. The sun is low on the horizon, creating a bright, hazy glow. The person's reflection is visible in the wet sand. The overall color palette is warm, with shades of orange, yellow, and brown.
- ▶ **Indarrik gabe..3**
 - ▶ **Nekatuta.....8**
 - ▶ **Abailduta.....13**

NEKEA

Ejemplo de 3 deportistas relacionado con las dimensiones del POMS



EJEMPLO

- 
- A silhouette of a person running on a beach at sunset. The sun is low on the horizon, creating a bright glow and reflecting on the water. The runner is in the foreground, and their reflection is visible in the shallow water. The background shows a hazy coastline with some buildings.
- ▶ **Gehiegizko entrenamendu egoeraren prebentzioa.**
 - ▶ **Entrenamendu prozesuaren kanpoko perturbazioak.**
 - ▶ **Aurre egitearen optimizazioa.**
 - ▶ **Periodizazioa.**
 - ▶ **Prestakuntza periodoa.**
 - ▶ **Lehiaketa periodoa.**

**P.O.M.S.-aren APLIKAZIOEN
ADIBIDEA**