EMOTIONAL EFFECTS

- Tension
- Anxiety
- Stress

Emotional effects – “Deep feeling of fear agitation of the mind is known as emotion”

Emotion is complex state of arousal which occurs as a reaction to a perceived situation. It can be provoke feelings of pleasure or displeasure, physiological response or behavioral responses.

Types of Emotion

- **Primary emotions**
  - Eg. Joy, Fear, Anger, and Grief

- **Emotions Pertaining to sensory stimulation**
  - Eg. Pain, Horror, Delight

- **Emotions Pertaining to self appraisal**
  - Eg. Shame, pride, Guilt

- **Emotions Pertaining to other people**
  - Eg. Love, Hate, Pity

- **Appreciative emotions**
  - Eg. Humor, Beauty, Wonder

- **Moods**
  - Eg. Anxiety, Sadness

- **Tension**
  “Tension is nervous reactions to situations”.

Low level of anxiety is known as tension. That is mental feeling of anguish, bodily unrest and certain muscles of the body acting against resistance.

Tension is otherwise called “chronic”
Tension arises when a goal is not immediately attained. Tension increase due to anxiety and stress this will affect the performance.

**Types of Tension**

- **Muscular Tension**
  Minimum level of muscular tension is needed for best motor performance

- **Mental Tension**
  Once feel mental tension, his muscles get tensed and as a result he will not be able to execute his movement properly

**Tension may occur due to the following reasons**

* Difficulties in initiating and halting movement
* Consistent failure in matches
* Restricted movement in one side of the body
* Difficulty in initiating and maintaining rhythm
* Inability to control force, speed and movements
* Inability to perform in a limited area of space
* Inability to perform complicated movements eg. Lezium
* Shyness and lack of control

- **Anxiety**

  “Feeling of uncertainty”
  - Anxiety is one of the common personality disturbances
  - Anxiety is a normal reaction to a given situation
  - Anxiety can be called as “nervousness”
  - It is troubled state of mind “uneasiness”

**Definition**

“Anxiety is the vague form of fear which involves bodily responses or stress reaction” -- Pargman

“It is a subjective feeling of apprehension and tension” – Dictionary of sports

**Nervousness can be experienced at various levels of intensity**

- **A) Nervousness**
  It is *Very low level of anxiety* experience in response by almost all and accompanied by trembling of hands.

- **B) Tension**
  It is a *Chronic and low level anxiety*
C) Fear
It is an **intense anxiety experience** in response to a specific threat.

D) Panic
It is **most serious level of anxiety**. The person loses complete control of himself and the situation. This is a condition in which we are not consciously aware is known as “**unconscious anxiety**”

**Type of anxiety [spilberger]**

1. **State anxiety** – “to an existing or immediate emotional state characterized by apprehension and tension”

2. **Trait anxiety** – “It is the pre disposition to perceive certain situations as threatening and no respond to these situations”

3. **Competitive trait anxiety** – “It is a tendency to perceive competitive situations as threatening”

4. **Competitive state anxiety** – “The anxiety reaction triggered by a particular competitive situation is called competitive state anxiety”

5. **Unconscious anxiety** – “It is the anxiety of which we are not consciously aware”

6. **Free-floating anxiety** – “It is the anxiety of which appears and disappears quite often”

7. **Cognitive anxiety** – “It the mental components of anxiety and is caused by negative expectations about success or by negative self-evaluation”

8. **Somatic anxiety** – “It is the physiological effect of anxiety which is reflected by rapid heart rate, shortness of breath, clammy hands etc.

**Measuring Anxiety**

1. State trait anxiety inventory – STAI - Spielberger
2. Sports competitive anxiety test – SCAT - Martens
3. Competitive state anxiety inventory – SCAI – 2 - Martens

**Factors producing pre-competitive anxiety**

1. Somatic complaints
   Stomach upset, giddiness, urge to urinate, trembling

2. Fear of failure
   Fear of making mistake, losing etc.

3. Feeling of inadequacy
   Lack of self confidence

4. Loss of control
   Feeling out of control of himself and situations

5. Guilt
   Feeling guilty about playing dirty game or hurting others

Arousal
‘A general physiological and psychological activation varying on a continuum from deep sleep to intense excitement’ a negative emotional state with feelings, of nervousness, worry and apprehension with activation or arousal of body.

Theories of Anxiety

1. Social learning theory

   Some people are prone to suffer more anxiety than others whatever the situation. This can be explained by genetics but also experience. Social learning theory might explain trait anxiety as having been learned from adults in childhood. Individuals high in trait anxiety are likely to see competition as particularly stressful.

2. Drive theory

   In this theory three factors influences performance complexity of task, arousal and learned habits. The greater the arousal, the more likely we are to adopt the task is a simple one and our dominant response is the correct one, the higher our arousal the better will be our performance.
Relationship between anxiety and performances

The inverted U hypothesis originated from Yerkes and Dodson 1908. The idea is that for every task there is an optimum level of arousal. Performance peaks at this level and drops off above and below it.

The optimum level of arousal for a task depends on the complexity of the skill required to carry out that task. For a complex task involving fine motor skill (such as potting a ball snooker), low levels of arousal are preferable. For gross tasks such as weightlifting, the optimum arousal level is much higher.

Methods of reduce Anxiety

Since high anxiety affects the sports performance it has to be reduced using

- Motivation
- Enough practice time
- More exposure to competition
- Goal setting
- Relaxation and mental training
Stress

“Stress is the non-specific response of the body to any demands made on it”
-- Seyle.

“Stress is state to which the natural body’s equilibrium (mental) is disrupted caused by any threat to organism. It is a state that disrupts the homeostasis of the body”

Many factors of stress

- Social stressors
- Chemical / Bio-chemical
- Bacterial
- Physical
- Climatic
- Psychological

1. Social Stressors
   The demands are expectations paced on the player by the society produce stress E.g. Ronado’s poor performance in the world cup final against France

2. Chemical Stressors
   The stress that is produced by the bio-chemical imbalance in the body. E.g. Raise in the adrenal secretion.

3. Bacterial Stressors
   Due to certain microorganisms the body’s homeostasis gets disturbed producing stress.

4. Physical stressors:
   The stress resulting from spots injury dancers shoes causes stress.

5. Climatic stressors
   The weather can be stressor heat stress is quite common in sports.

6. Psychological stressors
   The psychological problems such as fear, lack of confidence, inability to cope with situation etc. causes stress.
Types of stress

Two types of stress

1. Eustress or good stress:
   It is associated with thrill and excitement.
2. Distress or bad stress:
   This is associated with negative feelings that disturb the performance.

Symptoms of stress

There are various symptoms of stress they are

1. Physical symptoms
   Increased heart rate, increased blood pressure, increased sweating, increased respiration, dry mouth.
2. Psychological symptoms
   Worry, inability to make decisions, lack of concentration, feeling out of control.
3. Behavioral symptoms
   Rapid talking, nail biting, pacing, yawning, trembling, frequent urination.

Measurement of stress

1. Self report questionnaires - Through questions
2. Observation techniques - By observing the behavior
3. Physiological responses - Through measuring physiological changes.

Some of the relaxation procedures that help to manage stress are

1. Imagery
2. Autogenic training
3. Progressive relaxation training
4. Bio feed back
PSYCHOLOGICAL SKILLS TRAINING (P S T)

Psychological skills training programs establish a scientific basis for the effective development of psychological skills. The days of telling players, “Don’t choke”, “Get psyched up”, “Be confident”, “stay loose” “Be mentally tough”, and “concentrate” are on their way out. We are learning that such advice needs action oriented approaches that provide a plan for improving the mental skills to heed them and enhance performance.

Psychological skills training programs

- Arousal regulation
- Imagery (mental preparation)
- Confidence building
- Increasing motivation and commitment (goal setting)
- Attention/concentration skills (self-talk, mental plans)

 Psycho-tonic or autogenic training

J.H Schultz and Luther in Switzerland formulated autogenic training. The purpose is to gain control over the involuntary nervous system by homeostatic self-regulation.

Autogenic has also been useful in modifying the stress response. Autogenic training emphasizes concentrating on your muscular on your muscular and involuntary functions as well as on your mental state, to regulate yourself perceptually physiologically, mentally and muscilarly.

Autogenic training involves three phases

1. The preparation phase
2. The relaxation phases and
3. The motivation phase

1. Preparation phase

a) Find a comfortable position lying on your back is the most common.
b) Breathe deeply and concentrate on your depth of breathing.
c) Tighten all of the muscles in your body as hard as you can for a brief second and then relax as completely as possible.
Repeat this procedure three times.

2. Relaxation phase

a) Think about making one of your arms as heavy as possible so heavy that it cannot be lifted.
b) Repeat this with the other arm and then with each of your legs one at a time and then with your chest muscles and abdominal muscles.
c) Repeat this procedure several times until you feel totally relaxed.
d) Ignore your environment and concentrate on yourself particularly your body parts.
e) After a few minutes of relaxation imagine that first one limb and then another is becoming warm. Repeat this several times with all of the muscle groups until you experience a feeling of warmth.

3. Activation phase

a) At the end of the relaxation exercise you will feel relaxed and refreshed. If you fall asleep during the procedure don’t worry about it don’t be in a hurry to activate you. Stay under the “spell “for a while enjoying the feeling of relaxation. Let the feeling of relaxation reinforce you for the events to come.

b) After several minutes of relaxation or when you desire to become activated, gradually tighten your muscle is the same order that you relaxed them. Imagine a level of activator that you would like to assume while you are tightening the muscles. Once you have achieved a satisfactory level of activation reintroduce yourself to your daily activities.

Autogenic training which is a relaxation technique in which the athlete learns to associate a series of verbal cues and visual images with feeling of warmth and cold in different parts of the body. This has been found to be very useful in reducing the anxiety before competition and is mainly used as one of the training method in competitive season.
Progressive Relaxation

General Progressive Relaxation Instructions

Progressive relaxation involves tensing and relaxing specific muscles. Each cycle involves maximally contracting one specific muscle group and then attempting to fully relax that same muscle group while focusing on the different sensations of tension and relaxation.

- Find a quiet place
- Dim the lights
- Loosen tight-fitting clothing
- Lie down in a comfortable position

Using progressive Relaxation

Probably take up to 30 minutes. After three or four practice session, you might be able to relax within 5 to 10 minutes. The goal of progressive relaxation is to learn to completely relax in a short time, which can be extremely in many activities, such as a drive or a high jump.

Bio-feedback

Biofeedback is a technique specifically designed to teach people to control physiological or autonomic responses. It ordinarily involves an electronic monitoring device that can detect and amplify internal responses not ordinarily known to us. These electronic instruments provide visual or auditory feedback of physiological responses such as muscle activity, skin temperature, or heart rate.

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