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A Review Paper on Effect of Stress and Anxiety in Sports Performance

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ABSTRACT

Sports play a significant role in our lives and are beneficial to our health. Adopting them is a smart move in order to match the physique. Sports have become more and more popular as a source of entertainment and a career. People are becoming more and more interested in it. However, in sports, there is always a winner and a loser, but fans always want for their favorite athletes to win. A sports person who is competitive is probably going to feel the pressure of competition. Examining the symptoms of competitive anxiety led to improvements in effort, ability to withstand negative behaviors, and ability to overcome obstacles, as well as emotional and motivational benefits. Consequently, the players' mental strain grows as a result of their feelings of bitterness after losing. Their health is impacted as a result, and occasionally these emotions can even be lethal. Players should encourage themselves, learn from their errors, and get better as a means of overcoming this. Simultaneously, fans ought to control their rage and take pleasure in the games. Anxiety affects sports players' performance in behavioral, cognitive, and physiological ways. If somebody feels nervous before an important sporting event, it will affect his performance in sports. It is difficult for an athlete's body to move smoothly and purposefully when it is stiff and his blood pressure is up. Anxiety is a little case of fear in response to anything. Because playing professional sports has such high expectations, anxiety affects even the finest athletes.

Keywords: Anxiety, Stress, Sports performance.

INTRODUCTION

You can perform at your best thanks to sport and performance psychology. Sport and success psychologists apply therapeutic standards to help their athletes reach their maximum potential. This method seeks to maximize human potential and improve the fitness of athletes. Fitness and exercise psychologists may greatly assist individuals in improving. You may achieve at your best with the help of Dr. Richard Wilkinson's book, "Sports and Performance psychologists: Delivering Peak Performance, Sport and Performance Psychology." It seeks to maximize human potential and improve the fitness of athletes. Your ability to perform may be improved by using game training that incorporates behavioral and emotional aspects as well as thinking adjustments.

You need to find the right zone of difficulty for your sport and have the mental toughness to accept failures and blunders. You must maintain your "up" and good energy, but you must also learn to control your excitement. Dr. Mark Johnson asserts that it's critical to find a careful middle ground between being realistically optimistic about a mission's success and being overly enthusiastic. According to him, the longer a team functions as a cohesive one, the better the results are for everyone involved. An athlete is accustomed to feeling stressed out and anxious throughout a performance. Hence, various creative ways are recognized to comprehend the complexity of emotions.

STRESS AND STRESSORS...

It's a common belief in athletics that an athlete's personality is crucial to their performance. Coping behaviors and tactics are another facet of sports performance that is associated with personality. This has to do with an athlete's capacity or strategies for managing psychological pressures like anxiousness. According to Allen et al. (2011), varying trait dominance leads to the manifestation of various coping mechanisms. This may be significant from a coaching standpoint as it allows them to tailor the guidance players receive on coping mechanisms by



JULY 07, 2024

knowing their dominant characteristic and the coping method that yields the greatest outcomes for that trait.

An athlete who can handle the psychological strain involved in sports will probably perform better in exchange. In addition, athletes have the power to make people doubt their abilities or believe they are incapable of achieving at a high level. Along with uncertainty and distrust, irritability are contributing factors to cognitive anxiety.

A rise in blood pressure, perspiration, trembling, dry mouth, and clammy hands and feet are all signs of somatic terror. Anxiety is frequently a personality trait that causes someone to perceive non-threatening situations as dangerous. Ntoumanis and Biddle's (2000) study found a link between improving effort, avoiding contradictory behaviors, and problem-focused coping that produced good emotional and motivational outcomes and explaining competitive anxiety symptoms. It has been demonstrated that debilitating symptom experiences are linked to a refusal to regulate emotions and mental disengagement.

The PET findings imply that anxiety serves two important purposes: First, the negative consequences of anxiety, which increase with task difficulty, will affect high trait anxious performers more than low trait anxious performers. Furthermore, worry affects effectiveness less than efficiency. Anxiety reduces productivity if there are no other safety nets to protect against dread. It is possible to interpret the word "aroused" to imply "ready," "lucid," "enthusiastic," or "aroused." Arousal is necessary to perform at your best in sports or activity. The physiological mechanisms involved in arousal Arousal can be caused by variations in physical activity since these changes can impact blood flow, hormone levels, and other physiological functions. When feeling agitated and nervous, athletes respond and cope differently.

Choking is the inability to perform at previously achieved levels of excellence. Most people agree that the phrase first appeared during the Salem Witch Trials. The risk of choking varies according to the athlete and the situation. In the US, choking is commonly referred to as the clutch. The expression "under extreme pressure" denotes a poor state of health. (2015) Yu Rongjun Another example would be if an athlete performed really well in a crucial match of football or tennis and was worried about what other people would think of him or her. Adversary, mentor, and associates Their present performance is well short of their competition objective. A great athlete's desire to win magnifies their nervousness, which causes them to respond slowly when the starting pistol goes off, allowing the other team to win the race. Athletes may become more focused and perform poorly as a result of loud cheers, jeers, and encouragement from the crowd. Athletes may miss an easy shot or goal in a sport like tennis, football, or something similar, and if they repeat the error, their performance may suffer.

CONFRONTING THE POSSIBLE MEANS TO EXCELLENCE:

Athletes competing at the highest levels of competition use visualization to regulate fear, build trust, and enhance performance. To do well in practice, picture yourself carrying out the physical tasks necessary to prevail. One might attempt to make the experience of a character's imagined existence as authentic as feasible. You may fully experience the event by looking at the audience and the field as if you were there.

The following quote by Michael Phelps, 18-time gold medalist, and 22-time Olympic medalist also understands the importance of imagery, "Before the Olympic trials, I was doing a lot of visualization. And I think that helped me to get a feel of what it was going to be like when I got there."

Setting Goals: Locke et al. (Locke, 1966, 1968; Locke & Latham, 1990; 2006) developed a target-seeking philosophy in the industrial and organizational realms that has sparked almost hundreds of experiments, including investigations into settings related to sport and fitness. It has been stated that creating challenging goals yields more effective results than trying to "do your utmost" with no specific aims, and that challenging goals lead to more success than



JULY 07, 2024

simple ones. Locke has shown that people want to influence their conduct, but the conclusion that there is a direct correlation between behavior and objectives is untrustworthy.

Sports performance and cognition: Research on cognitive sports training is still in its infancy. The several psychological components—mindset, self-efficacy, self-confidence, motivation, and mental toughness—that have been linked to good sports performance have been enhanced by the practice of these mental exercises. EEG is perfect for tracking the quick execution of the sensory, cognitive, and motor processes that are fundamental to athletic behavior because it offers spatial clarity regarding the sources of brain activity and has an exceptionally high temporal resolution. In fact, historically speaking, scientists have long recognized that EEG techniques are excellent for pinpointing the brain processes essential to sports performance. Joanne I. et.al. (2015) Neurofeedback training, which facilitates recognition and modification of mental states associated with particular patterns of cortical arousal and concomitant behavioral outcomes is also used to enhance mental and cognition skills.

Edmund Jacobson developed progressive muscle relaxation (PMR) as a method of reducing anxiety in the 1930s. All of the main muscle groups are alternately tense and relaxed throughout this approach. With Jacobson's complete progressive relaxation technique, certain groups are systematically tensed and relaxed in a specified order. Any relaxation training program's ultimate objective is to trigger the relaxation response in order to reduce stress in a particular circumstance. Three distinct relaxation strategies were examined in relation to athletes' mood states. The findings of the study indicated that all three relaxation approaches were helpful in controlling the emotional reaction of adult athletes.

After AGR and MR, it seems that PMR was the most successful relaxing method for controlling mood reaction. As a result, using these relaxation techniques to improve athlete performance at the collegiate level was appropriate. Studies have also revealed a reduction in anxiousness, a more optimistic outlook on life, and a decrease in gloomy and negative thinking (Hazliza et al., 2017).

MEDITATION IN THE GAME...

The advantages of meditation are enormous, and in terms of sports, it supports the growth of a composed mental state, improved selective attention, focus, and the capacity to control strong emotions. It's a way to unwind, revitalize, and most importantly, use one's existing talents to improve performance and skill. Previous research has demonstrated the effects of mindfulness and meditation on mental health, athletic performance, and an increase in the flow state. The increased range of compatibility between the body and mind that meditation offers is one of the finest reasons to include it into regular practice. This allows one to live a tranquil and quiet life.

The ability of meditation to center and cure those who practice it is a key component of its efficacy. Since meditation has been demonstrated to ground and calm individuals who practice it, it is incredibly useful. Various styles of martial arts incorporate meditation methods to improve performance. Being able to regulate one's emotions and maintain mental clarity are vital for properly performing the movements. It uses a variety of breathing exercises, which are often regarded as forms of meditation, to accomplish this. It frequently enables the person to rearrange and restructure their ideas, and it has been repeatedly demonstrated in clinical settings to impact the brain function of everyday exercisers and also in the last couple of decades, we have seen that meditation has proven effective for many athletes in achieving par excellence.

DISCUSSION

There have been several conversations and arguments on how stress and anxiety are the main elements influencing performance. In order to improve sports performance, we considered mitigating the contributing factors because we are unable to completely eradicate them from



JULY 07, 2024

our daily lives. Some creative strategies that we have used include progressive muscle relaxation, goal-setting, visualization, imagery, and, last but not least, meditation.

The greatest impact is shown when the practices are continued over extended periods of time and integrated into the person's lifestyle. Keeping this strategy in mind, we discovered several research that were related to it. Therefore, it follows that an athlete may improve performance by working on oneself or herself through visualization and by being conscious of their emotions and preventing them from building up and interfering with performance.

CONCLUSION

The study's conclusion examines the effects of stress and anxiety on a few success scenarios linked to sports. Numerous studies indicate that stress brought on by taking part in sporting activities plays a vital role in these circumstances. After reading through a number of publications, it was discovered that cognitive restructuring, progressive muscle relaxation, goal-setting, visualization/imaging training, and meditation all significantly reduce stress and anxiety. According to the study's findings, worry and stress significantly affect an athlete's performance.

It was determined that while stress and anxiety can have a somewhat positive impact on an individual's psychological makeup, there is still a significant negative impact that can be mitigated. However, by using cutting-edge methods for psychological training and conditioning, an individual can significantly improve their sports performance.

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JULY 07, 2024

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