



Stress Management in Sport Professionals

Dr. Sachin Chamle¹

Director of physical Education

Kai. Rasika Mahavidyalaya Deoni. Tq. Deoni,

Dist. Latur. Maharashtra.

sachin09chamle@gmail.com

Dr. Manoj Naredra Reddy²

Director of physical Education

Mahatma Gandhi Mahavidyalaya Ahemadpur., Dist. Latur. Maharashtra.

basketballmnr@gmail.com

Dr. Lokar Gurudas³

Director of physical Education

Sharda Mahavidyalaya, Parbhani.

Dist. Parbhani Maharashtra.

gurudaslokare@gmail.com

Abstract-

Sports is evolving at a rapid pace in India in terms of use of technology in coaching, tactical preparation of sportsman, training methods, etc. Thus sportsman being the base of this pyramid go through different stressful situation hence researcher feels the need of updating ourselves with stress management techniques and there causes. Researcher has explained different types of stress and various ways to manage stress as it plays a vital role in the overall performance of the players. Stressors have a major influence upon mood, our sense of well-being, behavior, and health. Acute stress responses in young, healthy individuals may be adaptive and typically do not impose a health burden. However, if the threat is unremitting, particularly in older or unhealthy individuals, the long-term effects of stressors can damage health. This paper attempts to look at

the strategies for sports coaches in managing stressful situations in sports competitions. This paper therefore, writes in the introduction, the concepts of stress, competition-based stress, management, stress management in sports, stress in sports psychology. The paper also examines the sources of stress. It looks critically at the levels of stress in competitive sports. The relationship between psychosocial stressors and disease is affected by the nature, number, and persistence of the stressors as well as by the individual's biological vulnerability (i.e., genetics, constitutional factors), psychosocial resources, and learned patterns of coping. Psychosocial interventions have proven useful for treating stress-related disorders and may influence the course of chronic diseases. The paper also highlights some specific stress management strategies which sports coaches have to employ to aid excellent performance in sports competition. It also identifies the educational implications of stress management in sports competitions. In conclusion researcher feels the emphasized should also give to these techniques of stress management by the coaches as well as players so as reach up to desired level of performance.

Keywords: Psychosocial stressors, Stress responses, Sports, psychosocial interventions, Stressor interactions, Stress management.

Introduction -

In the past, it was assumed that these skills were genetically based, or acquired early in life. Now, it is commonly accepted that athletes and coaches are capable of learning a broad range of psychological skills that can play a critical role in learning to achieve high performance. Almost a decade ago, technology in Sports was the means of enhancing and improving the Sports via automated technics, Skills, Matches and Competitions. Sport brings development in every sphere of the people life. Advance technologies brought new dimensions in the field of sports also. Current developments are affecting Sports vastly; it results in complexities in Sports. Sports are obliged to focus and maintaining enhancing their player total growth of knowledge and physical activity. New technologies evolve, Sports operations are changing rapidly and Sports Directors need to adapt to new plan of action. Environment pressures of today forcing Sports to focus on accelerating technology, innovation, technical complexities, social and legal issues, cost, risk, competence, skill of staff and technology itself. Therefore, the necessity is to work in a protective manner.

What is stress :-

‘Stress’ is defined by the “a state of affair involving demand on physical or mental energy”. Stress is a measure of the internal force. It is internal forces arise as a reaction to external forces applied to the body. Stress is simply a fact of nature – forces from the inside or outside individual responds to stress in way that affect the individual. Stress is related to both external and internal factors. We think that stress is negative experience. But from a biological point of view stress can be neutral, negative or positive experience

Stress is not something ‘outer’ rather stress is within the person i.e. response of body or mind. People under stress have a greater tendency to engage in unhealthy behavior. The source of the demand or challenge is referred to as a “stressor”. Stress affects the body, mind, behavior and emotion of the stressor.

Types of Stress :-

Stress can be divided into 3 types as bellow

1) Good Stress :

In good stress people do all work smoothly but immediately in pressure. It’s good for health. Just the right amount of stress is stimulating and healthy. We perform tasks faster and better.

2) Bad stress :

In this type of stress a person became lazy and not able to do work perfectly. When we are under distress, we usually change and can even break inside. It hurts! Here are symptoms of distress that prove such a change is happening inside.

3) Ugly stress :

In case of ugly stress people became hopeless and go to suicide. It’s creating an unhealthy environment.

Types of stress in Spots : -

There are many reasons for the creation of stress among sports professionals. Some of the guise has been observed to be severe while others are not but both have observed to be production negative or uncomfortable feeling among the sports.

- 1) Change in spots Environment
- 2) Change rules of Games
- 3) Changing players demand
- 4) Attitude of Sports players
- 5) Technology change

How can you manage your stress :-

- 1) Avoid stressful situation
- 2) see the situation how Changes
- 3) Figure out what is most important
- 4) Discover new relaxation
- 5) Develop interest in your works
- 6) Set priorities
- 7) Learn to say no
- 8) Reduce intensity of emotional reaction to stress
- 9) Take control of the situation
- 10) Take sufficient rest

Need of Stress Management :-

Today stress management is important in every one lives. There is no doubt stress is one of the leading factors in illness and absenteeism among employee. It's necessary for long happy lives with less trouble. Stress management is need because when we are in stressed situation the following things happens to us.

- 1) We do not sleep well

- 2) Blood pressure rises
- 3) Breathing becomes more rapid
- 4) Heart rate rises
- 5) Digestive system slows down
- 6) Immune system goes down
- 7) Muscles become tense.

How to manage stress in a better way?

There are some solutions to Manage Stress for Sports Professionals.

- 1) Become aware of the stress and its emotional and physical reactions
- 2) Recognize what you can change
- 3) Reduce the intensity of your emotional reactions to stress
- 4) Maintain the emotional reserves
- 5) Learn to moderate your physical reactions to stress
- 6) Develop interest in work
- 7) Cooperate with all in the Sports.
- 8) Meditation and yoga classes
- 9) New technology immediately to adopt but sufficient training to be

Comfortable with new technology

- 10) Less working hours, more time to home
- 11) Avoid stressful situation
- 12) Take control of the situation
- 13) Discover new relaxation
- 14) Figure out what is more important and set priority
- 15) Learn to say no.

Conclusion :-

People are so developed in sports Knowledge, techniques more development means more work and more work brings stress. To do work in a smooth way it is simply not possible to remove all sources of stress in the Sports.

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