



Stressful Aspects of Sports, Community and Organizational Environments.

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Abstract

Stress while playing sports or competition an exclusively environmental factor? If so, then it doesn't take into consideration that the same external elements maybe either extreme or common for different persons. Different factors and situations can provoke the same physiological and psychological responses while these responses itself may be extreme for one person and usual for another.

In contemporary high-level sport failure or success depend on small differences between athletes technical, physical and creative abilities. While most of competitors have equal physical and technical potential, the victory to great extent depends on the ability to use it during tournaments at right time. Often such peak moments are inseparably connected with the highest psychological tension, which can greatly influence sportsmen ability to perform at the level where they are actually able to do. Such tension is commonly called stress. Psychological condition as influence by various and different factors community is one of measure factor, as well environmental condition at the time of performance delivery at the pick time affect most. It is difficult to find more often used term in relation to psychological aspect of sports performance than stress. You can hear it from athletes, coaches, journalists and sport scientists.

Key word – Stress factors physiological psychological environment

Introduction

When one thinks of stress in sport mind is usually drawn to the worries or nerves that are typically experienced before performing in competition.

Keeping a healthy attitude about sports and learning to deal with the stress that comes from competition, which can help you perform your better and better. With competition, other things can make athletes feel stressed out, such as too much pressure, expectation to win. The right amount, stress helps athletes prepare, focus, and perform at higher level. But, too much stress, or bad stress, can cause performance anxiety, which hurts athlete's health and does not allow athletes to play with confident, and focused in competition. The best athletes in the world spend countless hours on their fitness level outside the court or field. By working on your strength, endurance and ability, as it pertains to your particular sport, you can be more assured during the heat of a game that you have the fitness level to compete with the best.

Sports are a great way to have fun while staying fit. Sports also teach important life lessons like:

- Working as a team
- Learning how to be a good sport
- Overcoming challenges
- Controlling emotions
- Taking pride in accomplishments

It's not easy to keep it always on top when it feels like winning is every time. Having a healthy attitude towards sports and learning to deal with the stress that comes with competition can help you perform your better.

Aspects of stress in sports

Competition always leads to some stress. And that can be good, a bit of stress helps the body face a challenge. But too much stress can take away the joy of a sport and make it hard to perform. Other than competition, some other things can also make athletes feel stressed out, such as too much pressure from parents or coaches and community to win, having too much on the

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schedule, not wanting to play the sport. If we find stress around because of competition, some thoughts can make positive change that like,

- Change your focus from winning to give the best effort and keeping positive attitude.
- Check your schedule. If you have too many going on, think about limiting practice time or only doing one sport or activity per season.
- If you want to remain away from sports for some time talk to your parents, friends about your feelings and make a decision together

Dealing with stress in positive way

There will always be some stress in sports, so it's important to know how to deal with it. Trying different ways during practice helps you know what will work best for you during competition.

- Deep breathing: Take a deep breath and hold it in for some seconds, then release it slowly. Repeat again and again for some times.
- Muscle relaxation: Contract a group of muscles tightly. Keep them flexed for some time, then release. Repeat the exercise again and again, then move to a different muscle group.
- Going to a happy place: Picture a peaceful place or event. Imagine stress flowing away from the mind and body. Find a training partner who can help remind you of your abilities. A training partner will understand your particular sport and be able to support and lift your spirits when your confidence is falling.
- Visualizing success: Imagine completing a pass, making a shot, or achieving a goal. Imagine yourself succeeding in your sport. Visualization is a powerful confidence booster. When you mentally picture yourself making the shot, basket or serve you can feel the power running through your mind and body.
- Mindfulness: Focus on the present instead of worrying about the future or the past. The word can bring you out of your negative thought patterns and remind you that you are capable and strong.
- Having a routine: Focus on the routine to keep stress in control. Hold that feeling and take it into the game. Create a positive word or short phrase that you can say to yourself whenever you have feelings of doubt.

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- Thinking positively and developing positive self-talk: Keep talking with yourself about achieving self-goals and doing better.
- **To keep stress levels down when you are away from competition:**
- Eat well and take enough sleep, especially before competition.
- Keep busy with some funny things and relax. Take a break from competition and go for a walk, ride, movie or spend quality time with friends.
- Always remember no one is perfect, everyone makes mistakes during competition it's part of the game. Be quick to forgive mistakes and move on.

Because of sports we remain active all the time, feel proud, develop as a player, and make friends. Above all, whether you play the professional tournaments or at a recreational game, the point is to have real joy or fun. By keeping that as the priority, you can learn to manage the stress level that is a natural part of competition.

Not all stress is bad for your performance. Stress can affect your performance in two different ways. Stress can help you when it makes you more alert, more motivated to practice, and gain a competitive edge.

Every competitive athlete experiences some stress, good and bad. Your stress may be positive and helpful or instill anxiety and apprehension. Pregame jitters can cause some athletes to not sleep well the night before competition. Some athletes can not eat the morning before a big game. You want to feel excitement or thrill in anticipation for competition which we call positive pregame jitters. A high level of activation will help you perform your best up to a point where you may be too jacked up to play well. Too little or too much stress can cause your performance to decline. Your ability to cope effectively with pregame nerves is critical to consistent peak performance. Many sports are just as much a mental game as they are a physical one, so strategic thinking is an important factor for success. Thinking strategically means you understand how players interact on the field or court and how you can employ plays that will help you defeat your opponents. By anticipating the moves of your opponents and reacting to plays as they develop, you can greatly improve your chances of winning.

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Learn powerful pre-competition mental game strategies athletes use to stay calm, focused, and perform with poise. Being confident in yourself, your teammates and your skills is vital for sports performance. Having confidence will give you a positive attitude and help you visualize and achieve success. If you are not confident that you can beat your opponents or improve upon your previous performance. Everyone who participates in competitive sports can have problems with self-confidence at one time or another. Even more than raw talent, your level of confidence and belief in yourself can determine whether you succeed or fail. Self-confidence is built over time and if you find that yours is lacking, there are several steps that you can take to improve your mental strength and belief in your own ability.

Playing sports at any level of competition, from pickup games in your backyard to college and professional levels, provides many benefits. From improving cardiovascular health to improving your feelings of self-esteem, sports can impact your life in significant ways. But your success in sports, and even what you can expect to get out of the experience, is dependent on many different factors. Both mental and physical factors affect your performance in sports, so if you believe your performance is lagging, try to consider as many factors as you can as possible causes.

Sources of stress in sports**Social / Community**

Today sports events attract multi-million audiences. Very often, failures or successes in the major competitions are connected with the country's prestige. It puts an immense psychological pressure on the main elements on the stage athletes. Even though there are no direct punishment for unsuccessful performance in civilized countries, like it might be in totalitarian, anyway, athletes still are concerned with what people think about them. A few studies have found a negative influence of an audience's presence on performance. However such influence can be supportive as well. We can see many examples of positive support from the community during competitions in different sports.

Why is influence of the community on performance so different? One of the most important on the field is drive social facilitation theory.

Award

Though contemporary Sport suggests huge financial incentives, especially on a top level, probably, their influence is just another side of social pressure. Indeed, social success means better financial reward, whereas failure in public's eyes often followed by decrease in income. I think it is difficult to separate these two sources of stress in high level Sport. Influence of the financial reward was investigated mostly on ordinary people and definitely not during high-rank competitions. Very often such influence was negative.

Self-estimation

Threat to one's self-estimation is probably one of the most powerful sources of stress.

Most of the people have some opinion about themselves. It gives them necessary support in their community realization. However, in short-term, high self-esteem can give to the person sense of safety, self-importance and make him or her sure that they can find deserved place in the community. Self-estimation connected with how others evaluate us but it is different from social evaluation. It is essential for people to perform successfully in the areas which they consider important even if they are doing tasks alone, without spectators or anonymously. So when task's outcome threatens to one's level of self-estimation it may put psychological pressure on the performer and impair the results.

Physical condition (workload and injuries)

Fear of pain and injury is one of the fundamental feelings of the living creatures. Athletes can experience this fear in contact sports like boxing, rugby, wrestling, judo in technically complicated sports with high injury risks in gymnastic, jumping events in athletics, adventure sports or when they have previous injury's history. Huge physical workload becomes very common in contemporary Sport. Day by day athlete has to tolerate it. This cumulative effect may result in chronic psychological exhaustion.

Positive environment for sport

The important point is that stress-resistance already defines, and will define even more, success in the high-level sport. And if you want to win you have to develop stress resistant athletes from beginning. While ideals in community, and therefore goals for our children are success, social approval and high self-estimation bringing up stress-resistant athletes would be difficult.

One of the ways to overcome stress problem is to bring up athletes in specialized sport factories, in relatively closed environment. It is arguably the most efficient way of growing up champions. It allows concentrating on goals, reducing distracting social influence, effective selection and competitive environment. Best scientist and coaches will be working with the students. They won't be vulnerable to competitive stress because competing will be their instinct.

To conclude all that was said about stress in sports, it probably would be correct to say that effect of the stress on performance is very complex. But it's true that normal or little amount of stress is always keep sportsmen attentive and focus to perform at highest level. The moment sportsmen come under greater amount of stress it gives negative impact on performance. Again, it's up to an individual that how you react or deal with any stress and that lead to success or failure.

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