




UNIT 13

ASSERTIVENESS IN ATHLETES

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- ▶ **It is the expression of one's personal rights and feelings.**
 - ▶ **You are assertive when you stand up for your rights without stepping on the rights of others.**
 - ▶ **Assertiveness is a skill that can be developed.**

ASSERTIVENESS

A grayscale background image of a baseball game. A batter in a white uniform with a helmet is in the center, swinging a bat. A catcher in a dark uniform is crouched behind him. Spectators are visible in the background.

▶ **Passive**

- ▶ **Passive style withholds opinions or feelings and pays attention mainly to the needs and opinions of others. Results in sense of impotence, low self-esteem.**

▶ **Assertive**

- ▶ **Assertive style clearly states opinions and feelings while respecting the rights of others.**

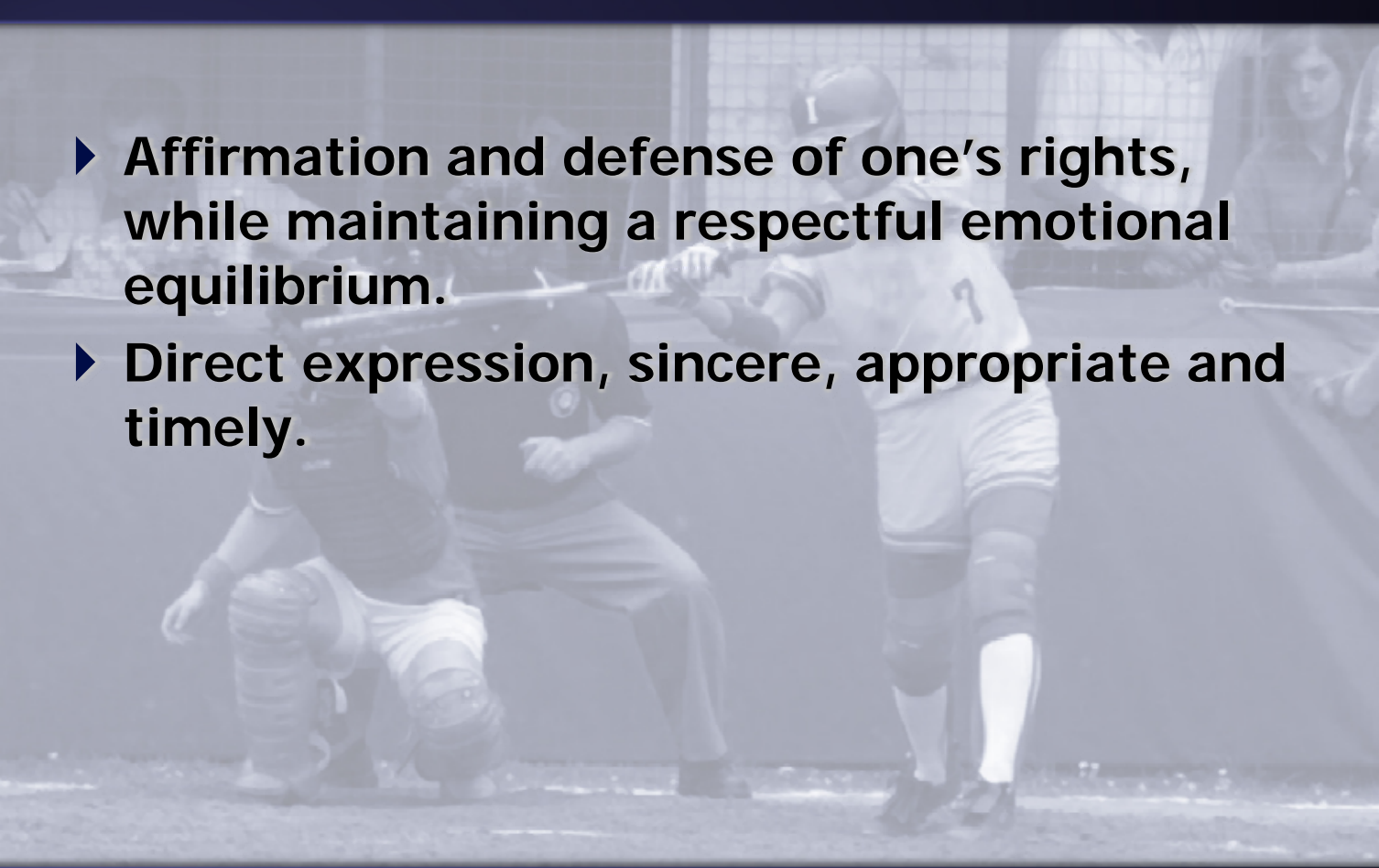
▶ **Aggressive**

- ▶ **Aggressive states clearly opinions, feelings and wants but disregards the rights of others. Negative climate and poor interpersonal relationships.**


TYPES OF INTERPERSONAL BEHAVIOR

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- ▶ **Honesty and respect.**
 - ▶ **Truthfulness and loyalty.**
 - ▶ **Optimism and opportunity.**
 - ▶ **Emotional regulation.**
 - ▶ **Communication.**
 - ▶ **Talking and listening**


CHARACTERISTICS OF ASSERTIVENESS

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- ▶ **Affirmation and defense of one's rights, while maintaining a respectful emotional equilibrium.**
 - ▶ **Direct expression, sincere, appropriate and timely.**

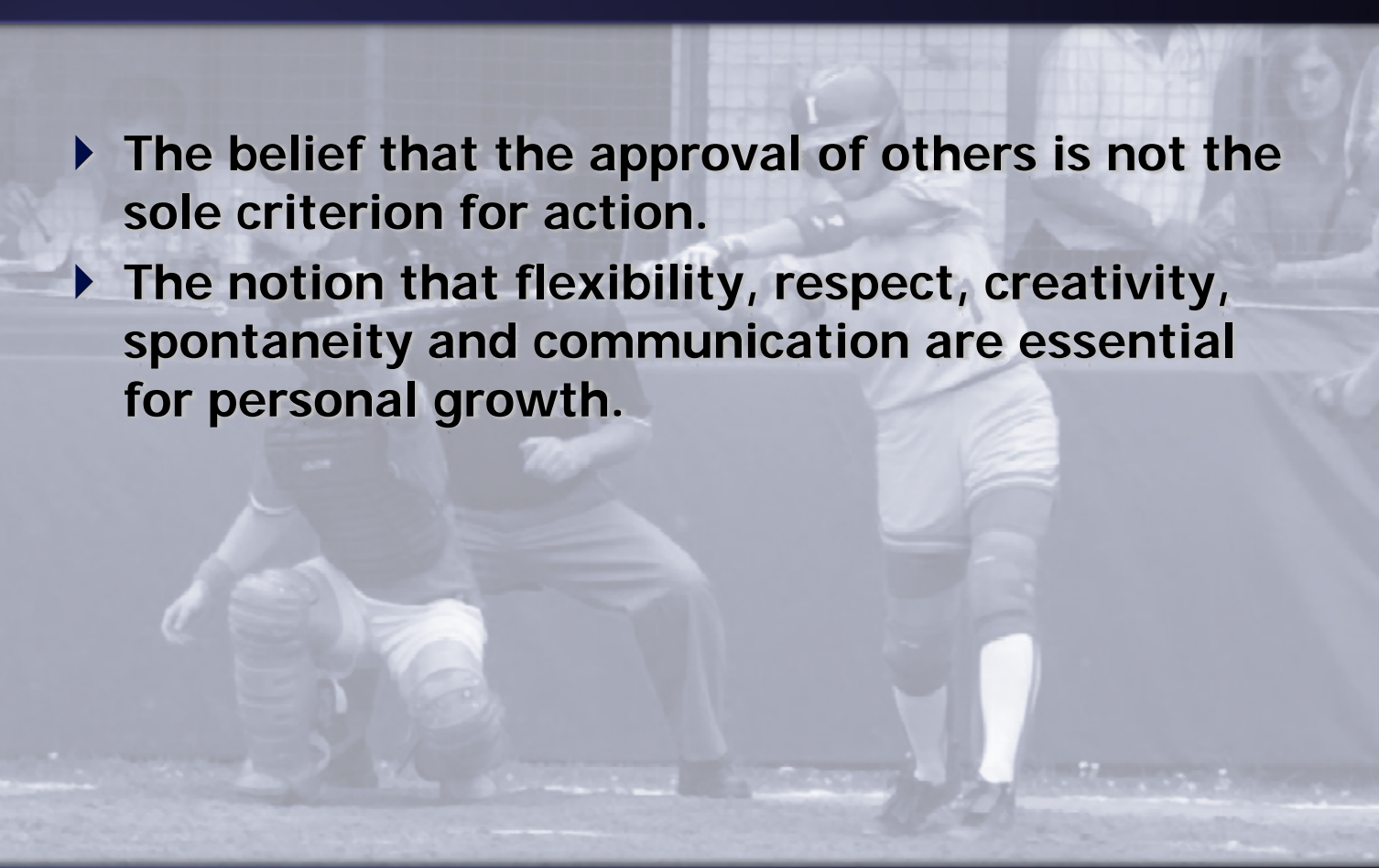
IT IMPLIES

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- ▶ **Security and Confidence**
 - ▶ **What one feels and thinks.**
 - ▶ **Empathy and collaboration.**
 - ▶ **Invulnerability.**
 - ▶ **Flexibility in the face of change.**

IT CONVEYS

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- ▶ **To adapt to reality and focus on improvement.**
 - ▶ **To succeed if it can find, by experience or with others, the right response.**
 - ▶
 - ▶ **Improves communication at all levels.**


IT SEEKS

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- ▶ **The belief that the approval of others is not the sole criterion for action.**
 - ▶ **The notion that flexibility, respect, creativity, spontaneity and communication are essential for personal growth.**


IT REFLECTS

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- ▶ Exerts power and shares it freely with others.
 - ▶ Democratic decision making style, helps others to reach their own.

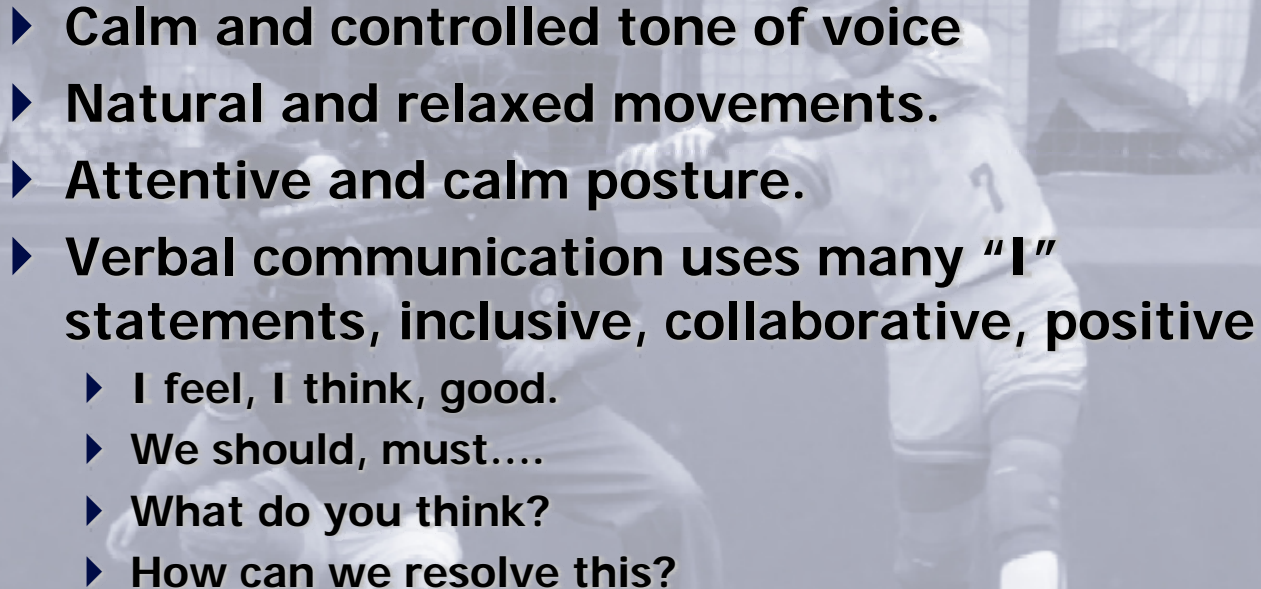
AUTHORITY AND DECISSION MAKING

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- ▶ **Respectful, trying hard, ready to tackle difficulties, with great strength in its convictions.**
 - ▶ **Pleasant, takes calculated risks.**
 - ▶ **Recognition and acceptance.**

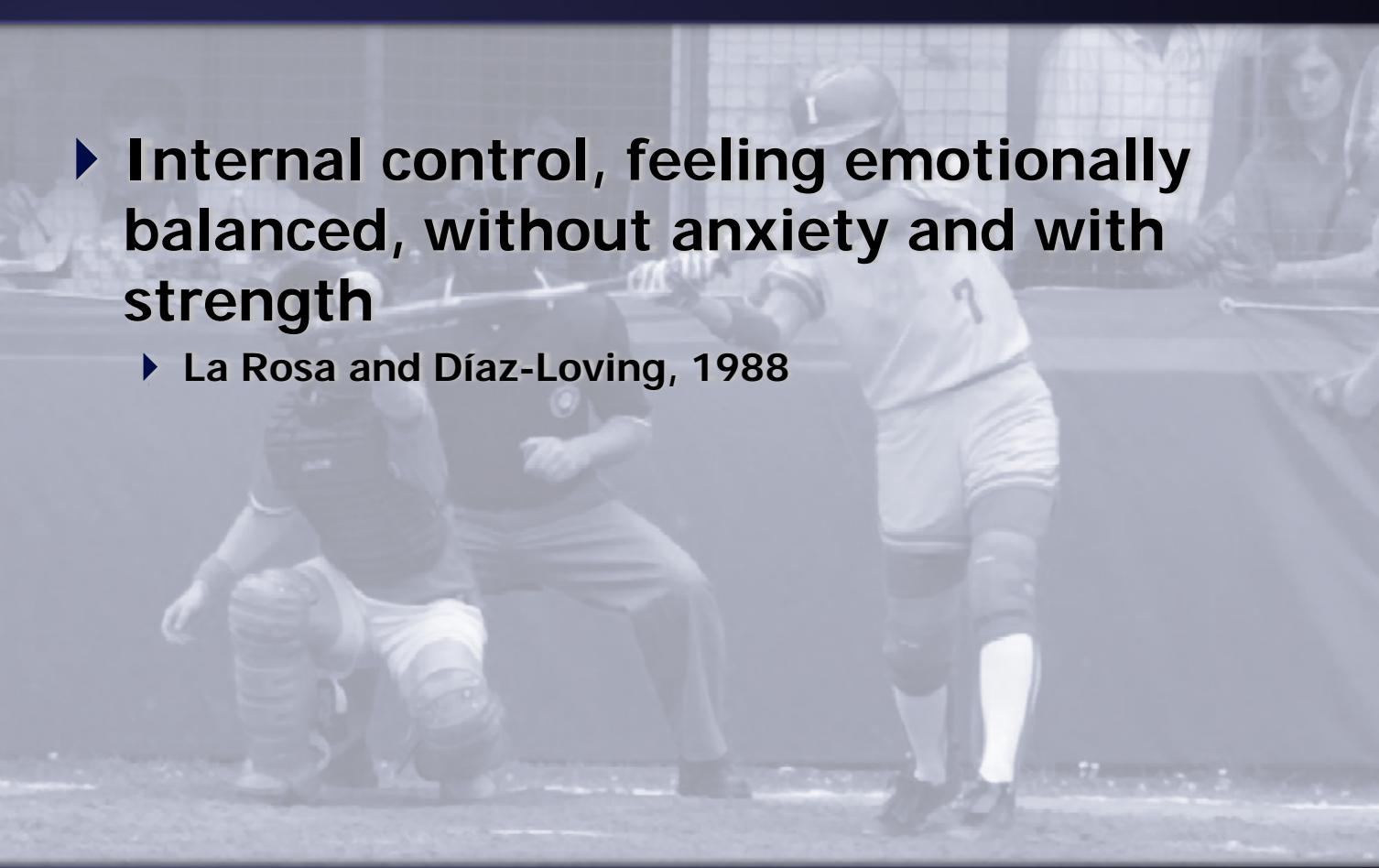
ATTITUDE

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- ▶ **High level of personal achievement and enthusiastic expectations.**
 - ▶ **Great capacity for team work.**
 - ▶ **Enjoys the experience, has great capacity to achieve any set goals.**

ATHLETIC PROFILE

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- ▶ **Calm and controlled tone of voice**
 - ▶ **Natural and relaxed movements.**
 - ▶ **Attentive and calm posture.**
 - ▶ **Verbal communication uses many “I” statements, inclusive, collaborative, positive**
 - ▶ **I feel, I think, good.**
 - ▶ **We should, must....**
 - ▶ **What do you think?**
 - ▶ **How can we resolve this?**

BEHAVIOR



▶ **Internal control, feeling emotionally balanced, without anxiety and with strength**

▶ La Rosa and Díaz-Loving, 1988


LOCUS OF CONTROL

A grayscale photograph of a baseball game in progress. A batter is in the middle of a swing, wearing a helmet and a jersey with the number 1. A catcher is crouched in front of him, wearing protective gear. An umpire stands behind the catcher. The background shows a crowd of spectators behind a fence.

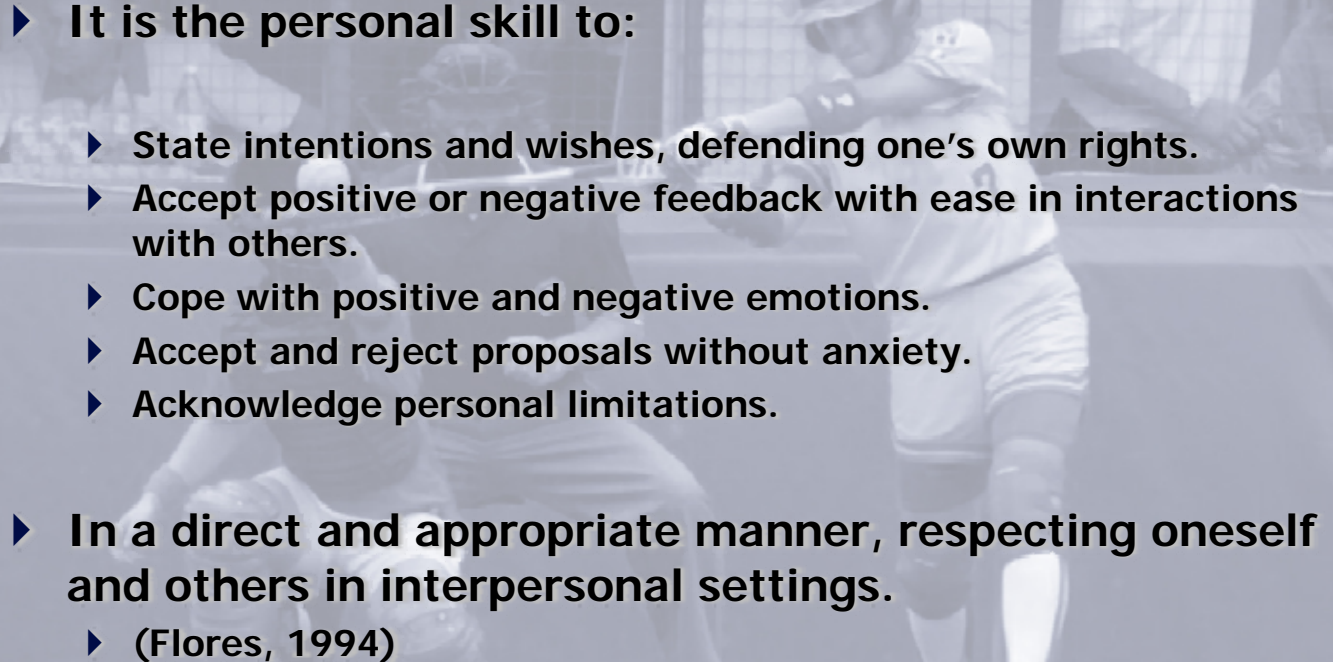
► Task-Oriented

- Gets stronger in difficult situations, positive attitude towards effort, high degree of perseverance, competing with oneself all the time.

MOTIVATIONAL DISPOSITION

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- ▶ They perceive themselves as pleasant, honest, sociable, warm, responsible, happy, extroverted, uninhibited, active and with initiative.
 - ▶ La Rosa and Díaz-Loving, 1988
 - ▶ Assertive individuals have high self-esteem, internal locus of control and high Task orientation.

SELF-CONCEPT

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- ▶ **It is the personal skill to:**
 - ▶ State intentions and wishes, defending one's own rights.
 - ▶ Accept positive or negative feedback with ease in interactions with others.
 - ▶ Cope with positive and negative emotions.
 - ▶ Accept and reject proposals without anxiety.
 - ▶ Acknowledge personal limitations.
 - ▶ **In a direct and appropriate manner, respecting oneself and others in interpersonal settings.**
 - ▶ (Flores, 1994)

CONCLUSION