

# UNIT 7 PSYCHOLOGICAL TOLERANCE

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# SPORTS PERFORMANCE (1)

- Motor Area
  - Motor Expression
    - > Simulation.
    - Masking.
  - Motor Action
    - ▶ Perceptual-Motor Factors.
    - ▶ Neuro-Motor Factors.
    - Physical Factors.
- Psychological Area
  - **Emotional factors.**
  - Self-referred Processes.
  - Mental Capacities.
- Biomedical Area
  - ▶ Biological V.C ..
  - Recovery support.
  - Nutritional factors.

## SPORTS PERFORMANCE (2)

- In search of optimal performance.
  - Individual
  - Collective
- Coach and athlete.
- "Non-explicit" Influence.
- ▶ Integration in training plans.

### RELEVANT ASPECTS

- Maximal external demands.
- Great personal meaning.
- Limited duration.
- Cognitive, emotional and behavioral.

## PSYCHOLOGICAL TOLERANCE (1)

#### Emotional

- Tension.
- Hostility.
- Vigor.
- Fatigue.
- Anxiety.

#### Cognitive

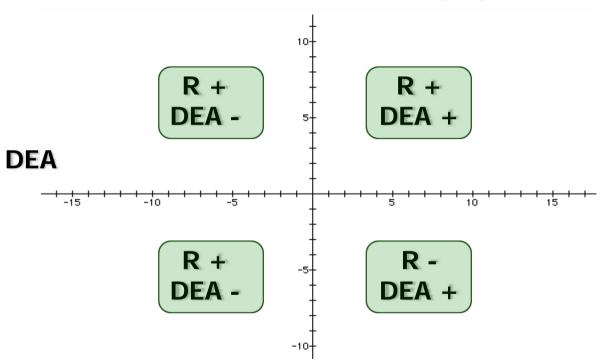
- Perceived Difficulty.
- Degree of Confidence.
- **▶** Level of Importance.
- Range of perceived effort.

#### Behavioral

- Uncertainty of events.
- Adversity.
- Results more or less even.

## PSYCHOLOGICAL TOLERANCE (2)





# EMOTIONAL ACTIVATION AND SPORTS PERFORMANCE

Vigor **Tension** Depression **Hostility ▶** Fatigue

- Estimate of Perceived Difficulty (EPD).
- **▶** Degree of Confidence (DECO).
- ▶ Level of Perceived Effort (LPE).
- ▶ Degree of Importance (DOI).

- Uncertainty of events.
- **Event Adversity.**
- Outcome Adversity.

- Positive and pleasant sensations
- Anticipation excitement.
- Favorable outcome.
- Extrinsic concentration.
- Execution control
- M.T. consolidated
- Invulnerability
- Optimism
- Maximal degree of confidence.

## OPTIMAL ZONE

- Unpleasant sensations.
- Nervousness.
- Even-Favorable Outcome
- Start of negative self-dialog.
- Execution difficulties.
- Vague M.T. or in early stages .
- Personal Vulnerability.
- Pessimism.
- Pressure over confidence

- Action Plan.
- Situational Reevaluation.
- **▶** Self-Efficacy.
- Personal stabilizers.



**ACTION PLAN** 

- **Evaluation.**
- Acceptance.
- **▶** Emotional rationalization.
- Contextual Analysis.

### SITUATIONAL REEVALUATION

Relationship between perceived self-efficacy variables and athletic success.

