TESKAL
Enjoy the pressure

UNIT 5
COMPETITIVE STRESS

- **Activation Stress, Arousal**
  - **Based in the relationship between the athlete and the competition.**
- **Psychological Stress**
  - **Appears if the athlete evaluates the competition as a danger or overwhelming, and something that threatens his or her well being.**

WHAT IS COMPETITIVE STRESS?

- Primary Evaluation
  - Is this hurtful or helpful?
  - Now or in the future?
- Threat
  - Increased psychological vulnerability
  - External locus of control
  - Decreased expectations of efficacy
  - Decreased confidence in ones' own abilities
- Challenge
  - Decreased psychological vulnerability
  - Internal locus of control
  - Increased expectations of efficacy
- Increased confidence in one's own abilities

THE PROCESS OF STRESS (1)
Athlete → Competition

- They express that which is important for someone.
- They reflect values, preferences and wishes.
- The higher the intensity the longer the goal persistence.
- The higher the intensity the bigger the psychological vulnerability.
- The athlete who is committed to the competition is also committed
  - To practice
  - To personal improvement
- Your commitment
  - To overcome adversity

The Process of Stress (2)
Athlete → Competition

- They express that which is important for someone.
- They reflect values, preferences and wishes.
- The higher the intensity the longer the goal persistence.
- The higher the intensity the bigger the psychological vulnerability.
- The athlete who is committed to the competition is also committed
    - To practice
    - To personal improvement
- Your commitment
    - To overcome adversity

PERSONAL FACTORS
Commitment

- ▸ Cognitive constellations either individually formed or shared by society.
- ▸ It has to do with what one relieves to be true, independently of one's opinion about it.
- ▸ In the evaluation phase they determine "how things are" and "what is their meaning".
- ▸ About personal control: Locus of control.
- ▸ Self-efficacy: expectation.

PERSONAL FACTORS
Beliefs

▶ **Internal**

  ▶ Belief that events are contingent on our behavior.

    ▶ If I put the effort in, I will improve.

▶ **External**

  ▶ Belief that events are NOT contingent on our behavior.

    ▶ They were lucky and they beat us.

LOCUS OF CONTROL

- Expectations of efficacy or success
  - The belief that one can successfully carry out a behavior to achieve a certain outcome.
- Outcome Efficacy
  - The belief that a certain behavior will result in a specific outcome.
- The perception of lack of efficacy tends to go with anticipatory fear. If we increase the perceived efficacy, fear decreases.
- When our expectations of success increase and our resources seem. adequate, the situation becomes controllable.

SELF-EFFICACY

- ‣ Situations were we lack previous experience.
- ‣ We usually face situations where only some aspects are new. Absolute novelty is very rare.
  - ‣ Absolute novelty is very rare.
- ‣ A new situation can become stressful only if there is a previous relationship with danger, pain or dominance.

SITUATIONAL FACTORS
Novelty

▸ The probability that an event will or will not happen as expected.

▸ Its relationship with stress depends on our coping strategies.

▸ Why can it be stressful?

  ▸ Because it paralyzes our anticipatory coping mechanisms.

▸ Uncertainty

  ▸ Anxiety (Threat)

  ▸ Hopelessness (confusion)

SITUATIONAL FACTORS
Uncertainty

- **Imminence**
  - **Time before an event. It's the interval during which anticipation occurs.**
    - **As the event gets closer, the evaluation becomes more intense.**
- **Duration**
  - **Length of time that a stressful event lasts.**
    - **Long time stressors allow for new coping mechanisms and a reorganizing of previous commitments.**
- **Temporal Uncertainty**
  - **Do we know when the event will take place?**
    - **If we know when the event will happen, we can take anticipatory coping measures.**

SITUATIONAL FACTORS
Temporal factors

- Competitive situations tend to be very ambiguous. We often ignore
  - When will it happen?
  - What will happen?
  - How long will it last?
- Situational factors
  - Novelty
  - Uncertainty
  - Temporal Factors: Imminence, duration and incertitude.
- Personal factors
  - Commitments
  - Beliefs

CONCLUSION