

- Activation Stress, Arousal
 - ▶ Based on 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.

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

- Secondary evaluation
 - What can I do?
 - Personal factors
 - **Commitments**
 - **Beliefs**
 - Situational factors
 - New development of the situation
 - Event 's uncertainty
 - Temporary factors
 - **Imminence**
 - Duration
 - Uncertainty
 - Challenge
 - Threat

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 believes 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.

- Situations where 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**