

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

- Valuation biological condition.
- 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.

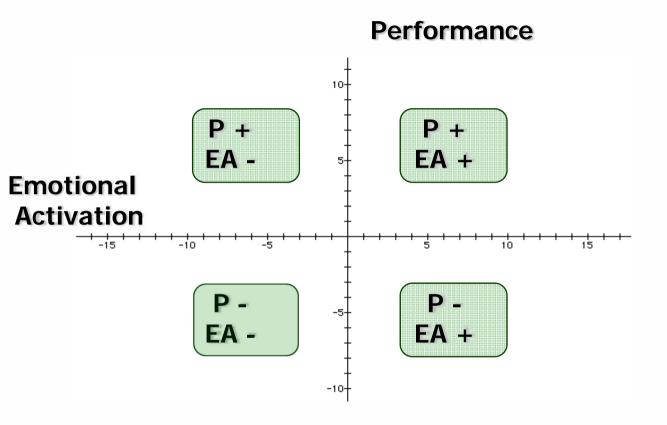
Cognitive

- 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.
- Degree of Confidence.
- **▶** Level of Perceived Effort.
- Degree of Importance.

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

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

OPTIMAL ZONE

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

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

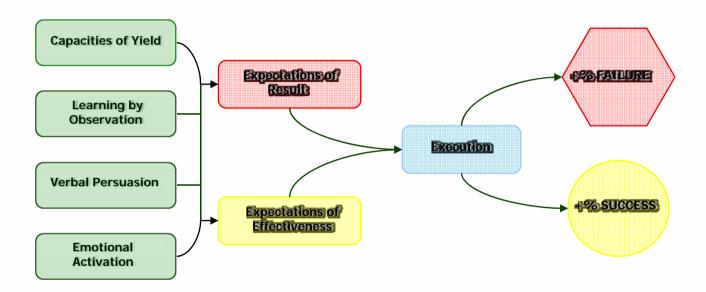


ACTION PLAN

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

SITUATIONAL REEVALUATION

Relationship between perceived self-efficacy variables and athletic success.





PERSONAL STABILIZERS