

- 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.

### 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 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**