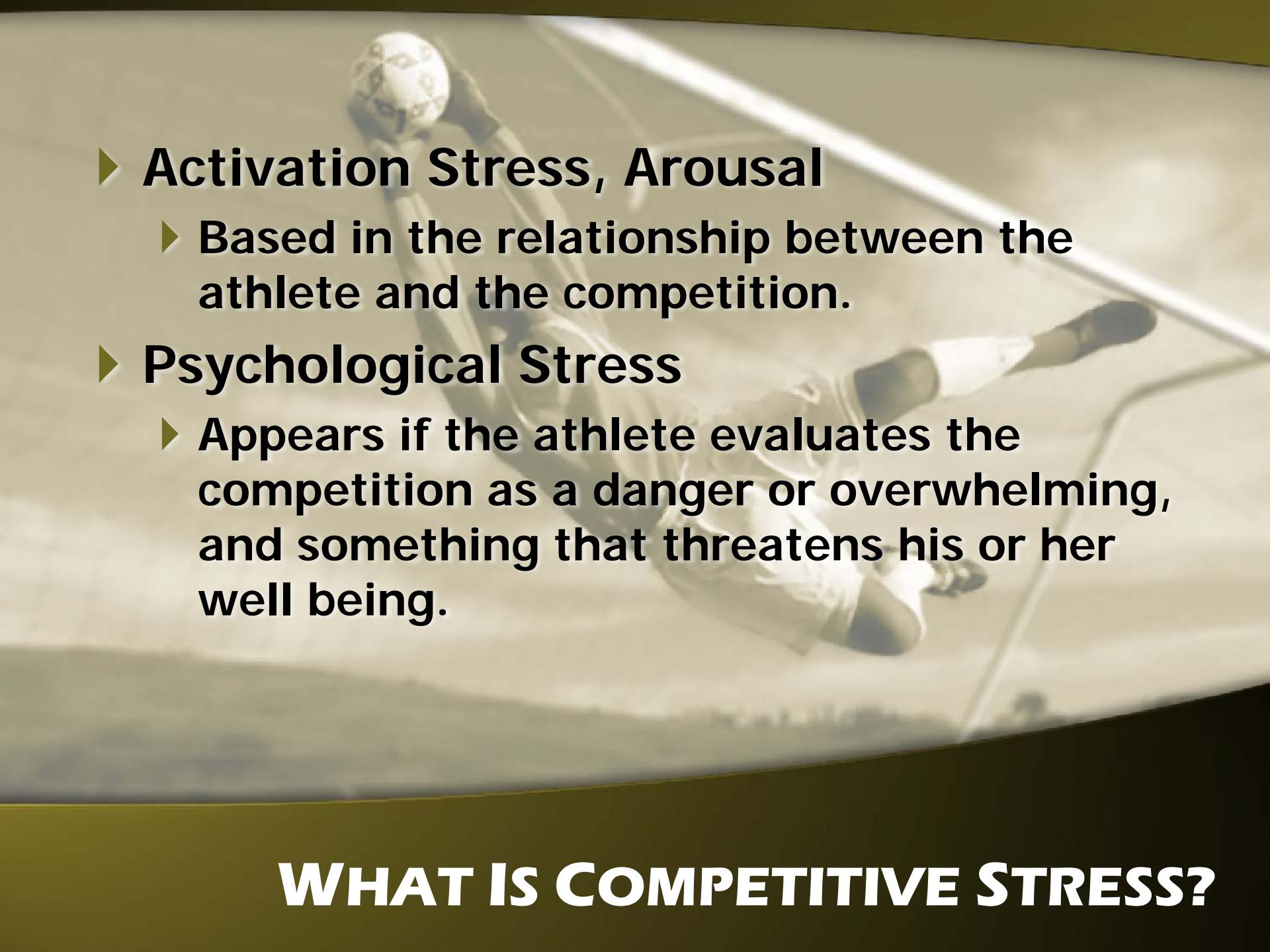


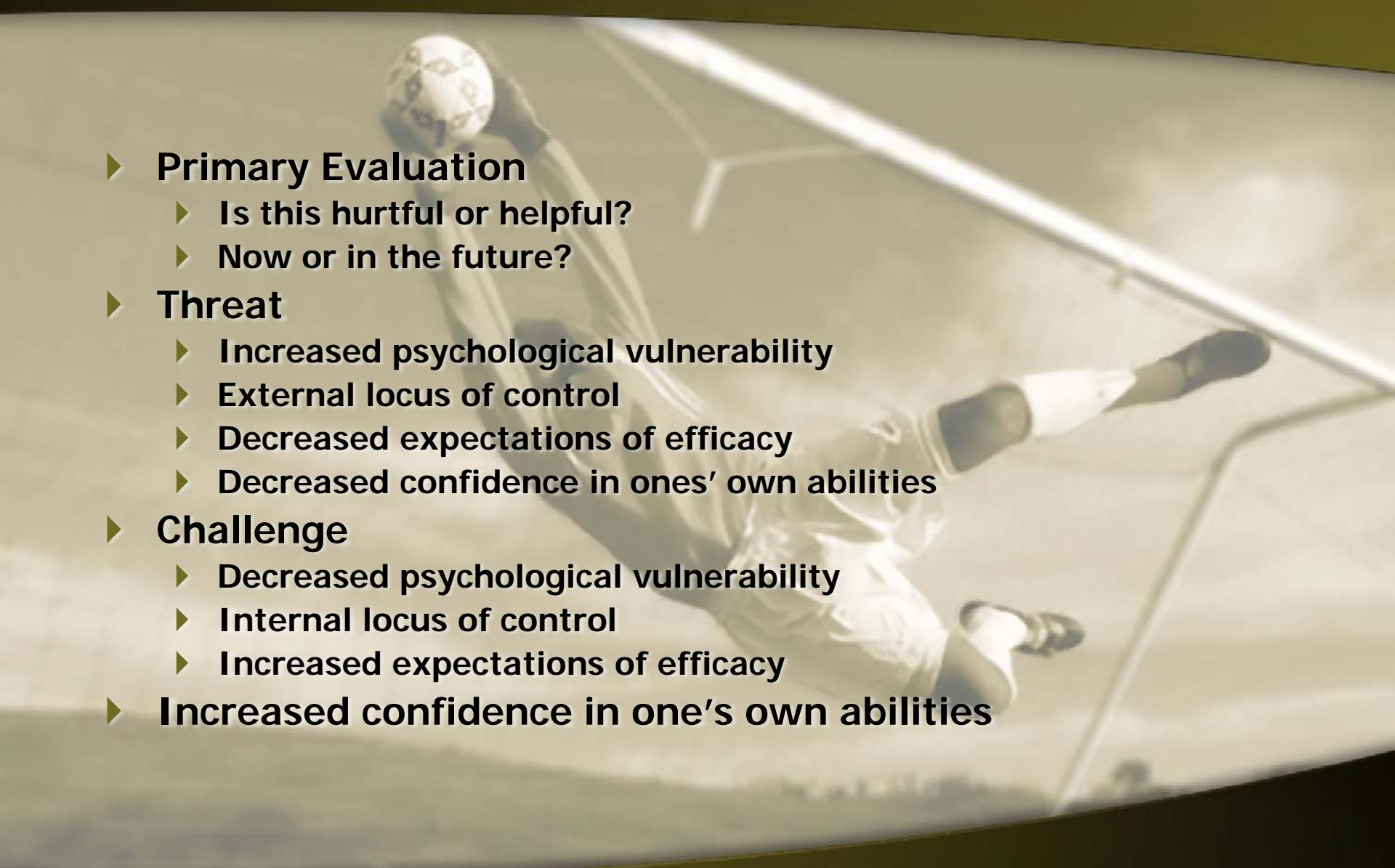


# UNIT 5

# COMPETITIVE STRESS

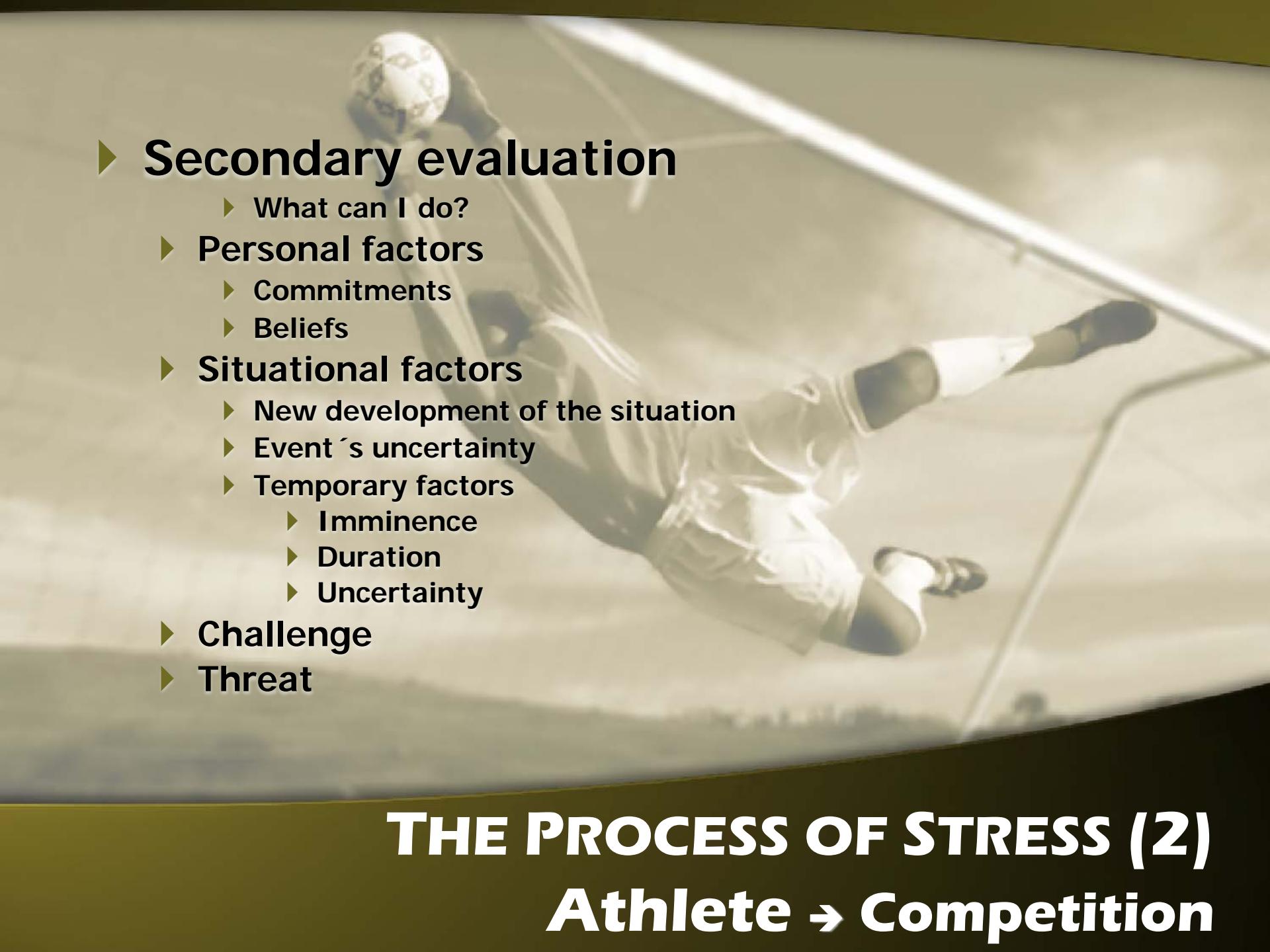
- 
- ▶ Activation Stress, Arousal
    - ▶ Based in the relationship between the athlete and the competition.
  - ▶ Psychological Stress
    - ▶ Appears if the athlete evaluates the competition as a danger or overwhelming, and something that threatens his or her well being.

## 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**

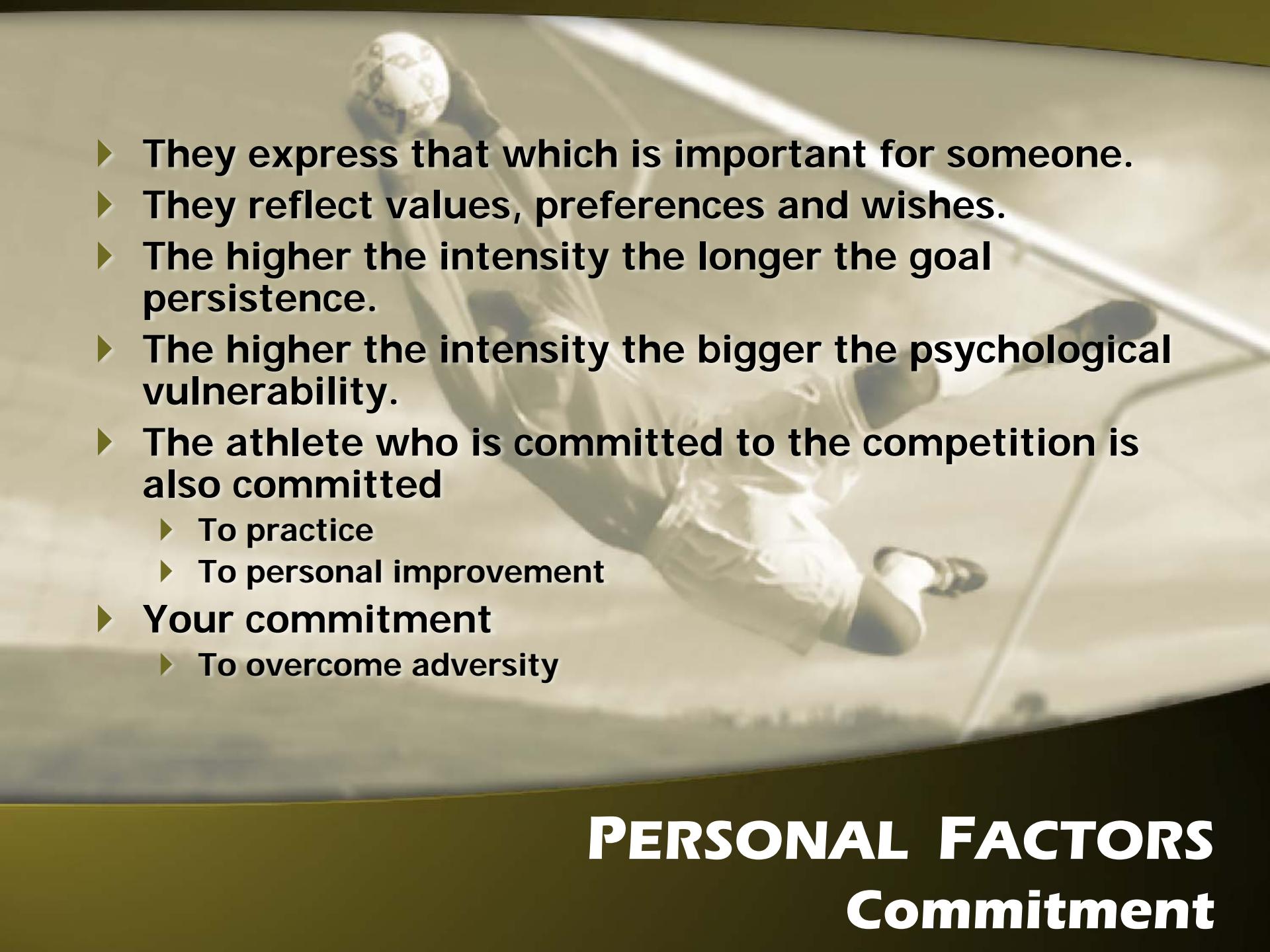


## ► Secondary evaluation

- ▶ 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

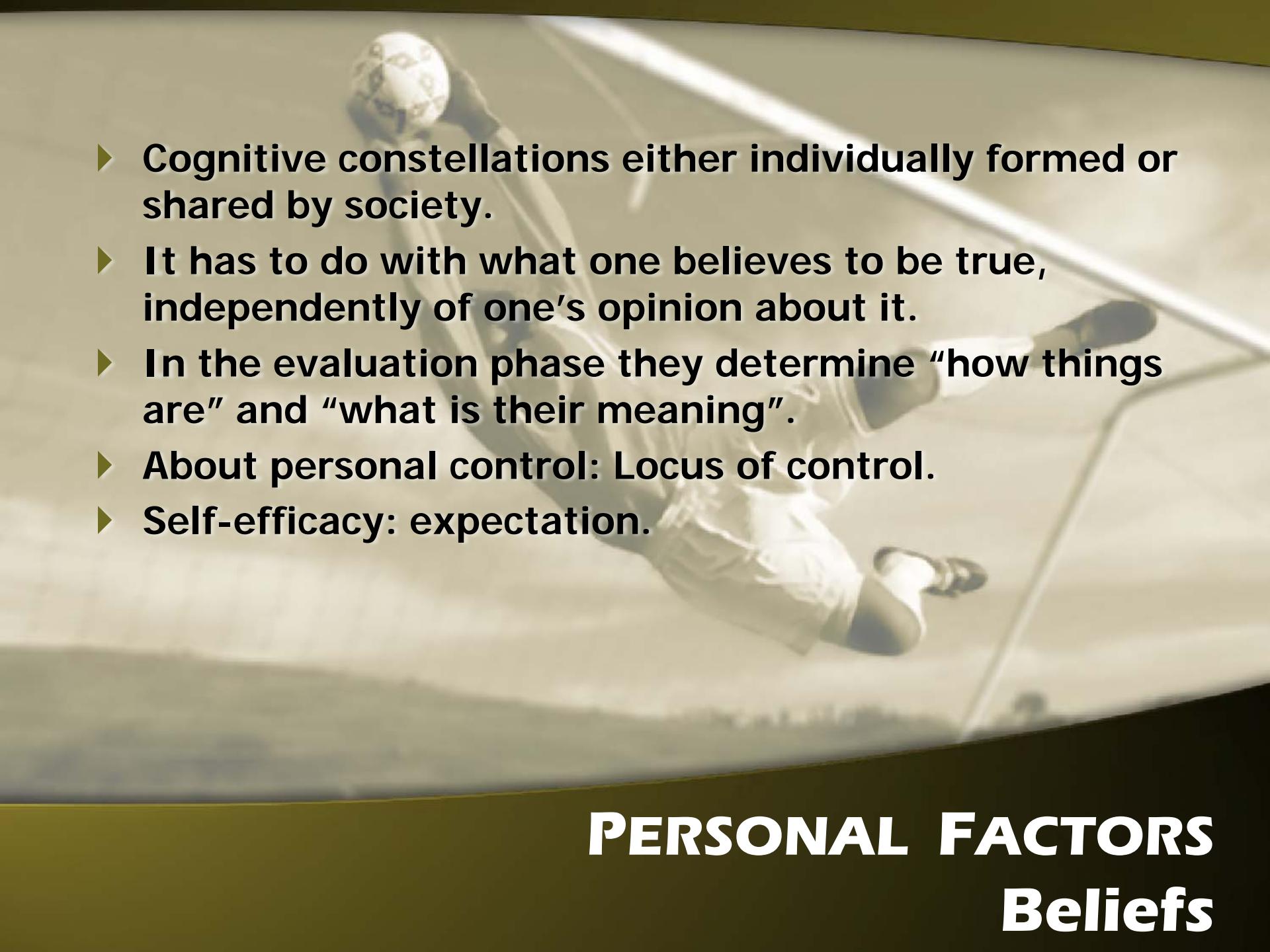
# THE PROCESS OF STRESS (2)

## 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**

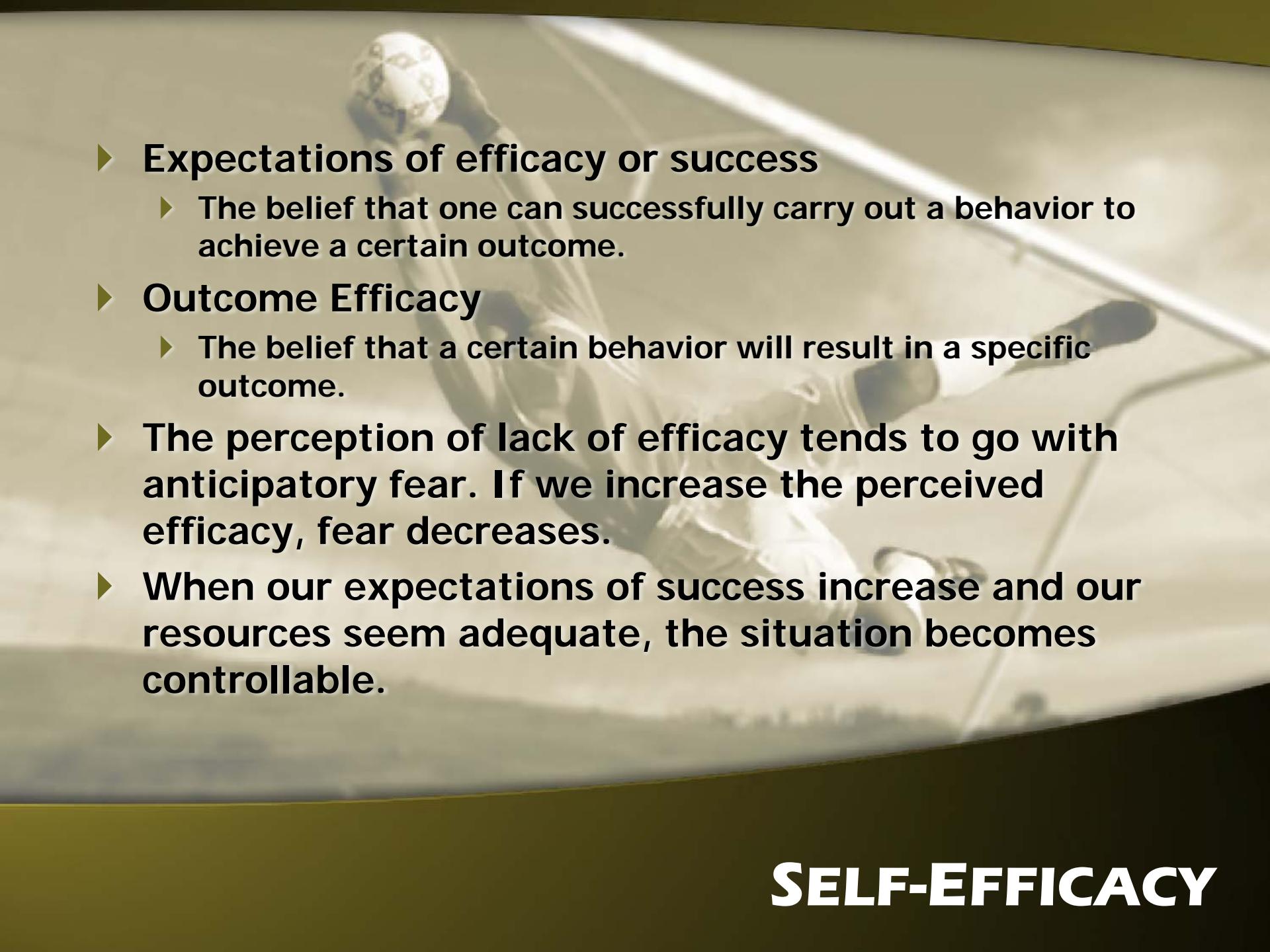
- 
- ▶ Cognitive constellations either individually formed or shared by society.
  - ▶ It has to do with what one believes to be true, independently of one's opinion about it.
  - ▶ In the evaluation phase they determine "how things are" and "what is their meaning".
  - ▶ About personal control: Locus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

## **PERSONAL FACTORS**

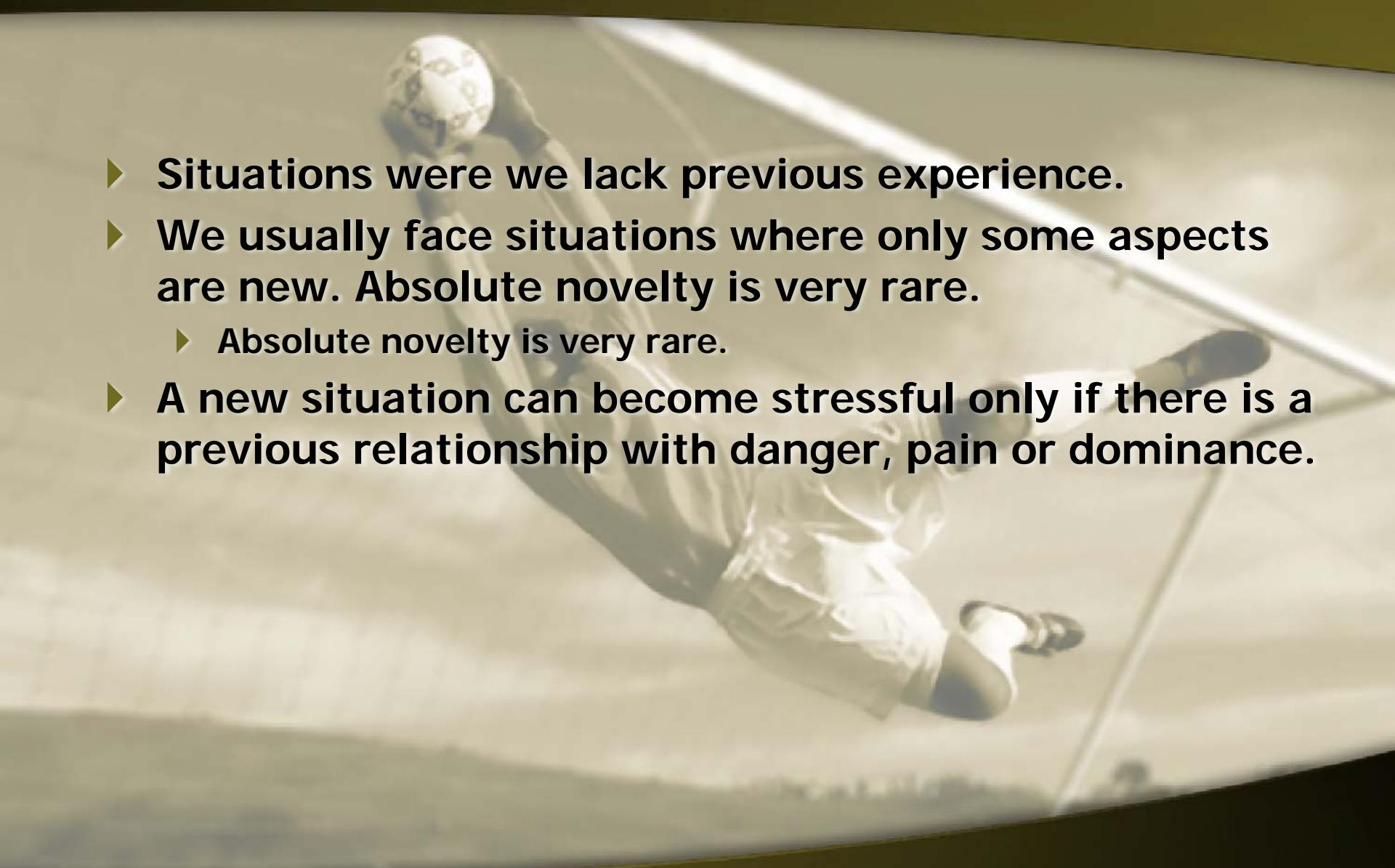
### **Beliefs**

- 
- ▶ **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**

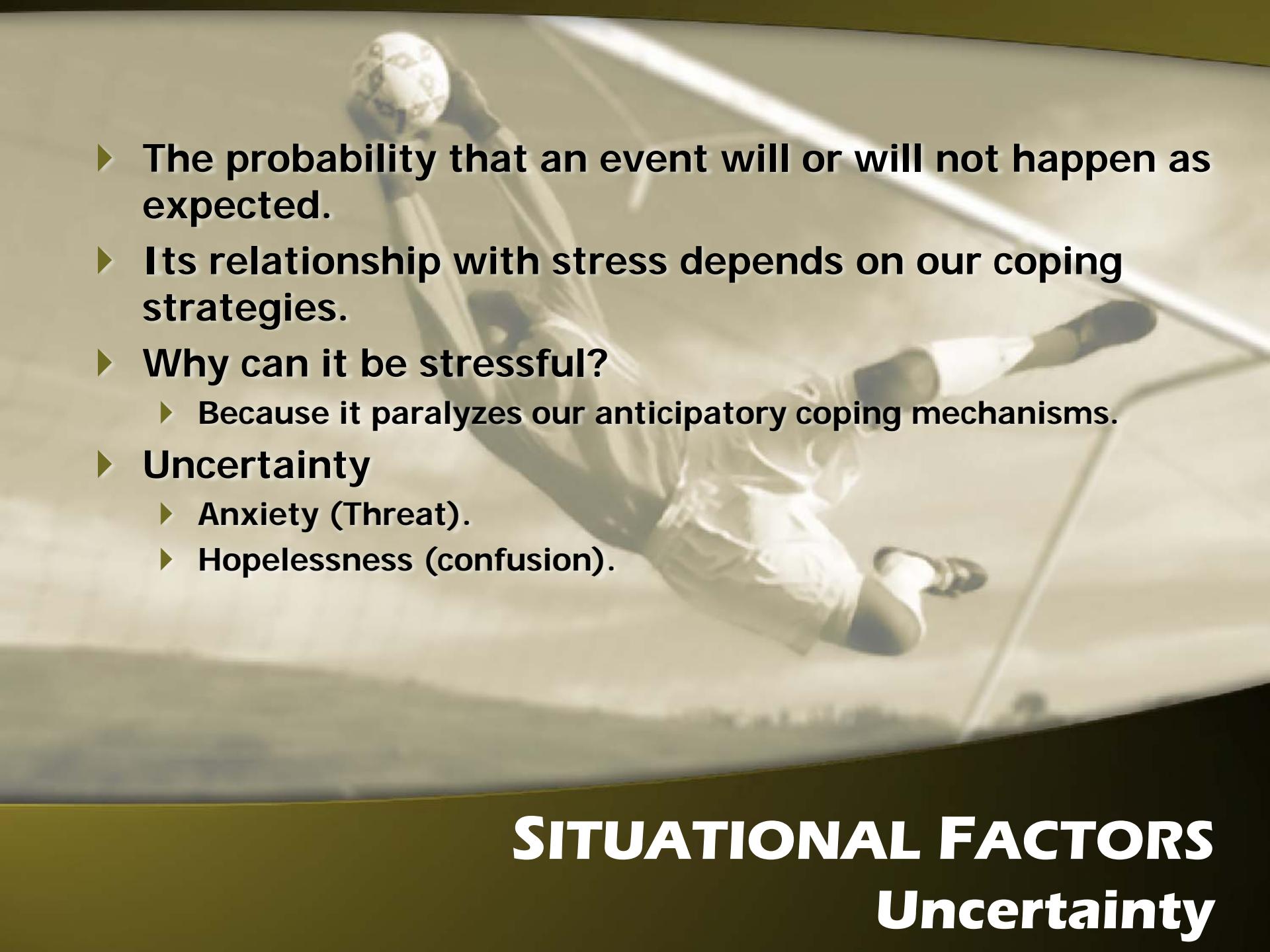
- 
- ▶ **Expectations of efficacy or success**
    - ▶ The belief that one can successfully carry out a behavior to achieve a certain outcome.
  - ▶ **Outcome Efficacy**
    - ▶ The belief that a certain behavior will result in a specific outcome.
  - ▶ **The perception of lack of efficacy tends to go 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.**

**SELF-EFFICACY**

- 
- ▶ **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

# CONCLUSION