



A REVIEW PAPER: EFFECT OF STRESS AND ANXIETY IN SPORTS PERFORMANCE AND INVENTIVE APPROACHES TO OVERCOME.

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ABSTRACT

Athletes' star reputation is respected in the sporting community. Athletic personality is similar to coping mechanisms and strategies. This helps athletes deal with stressors like anxiety. Due to trait dominance, individuals use different coping strategies. The relative dominance and coping mechanism that contribute to the achievement of that attribute can be necessary for a coach to comprehend. A competitive sports person may likely endure the pressure of competitiveness. Studying competitive anxiety symptoms improved effort, resisting opposing behaviors, and overcoming challenges, which included emotional and motivational effects. Engaged with feelings of defeat and/or disengagement. When nervous or afraid, work efficiency is inhibited. US Elite athletes use visualization to assist with motivation, concentration, and success. People who want a particular result stimulate their brains further. Olympic gold medalist Michael Phelps knows the importance of imagery. Setting tough targets produces more performance than trying to "do your job" (without established goals). The direct association between expectations and behavior is unwarranted. There are other approaches to attain results, such as striving tirelessly to meet your targets while always seeking to fulfill them. Numerous studies are focused on activities to enhance memory, different psychological factors, and sporting performance. Neurofeedback is used to increase cognition. Many studies show that anxiety has diminished and confidence improved when confronted with challenges. A way to relax and revitalize one's talents to feel more competitive. Athletics: Practicing yoga creates a calm state of mind, greater selective concentration, focusing, and willingness to cope with frustration. All the figures' factors affect the psychological variables during, before, and during the play. The figure 1 demonstrates the complex interdependence between various psychological strengths and performance-enhancing techniques in athletics.

previous experiments indicate how attentive and meditative activities affect attitude, athletic success, and flow. Both participants find meditation grounds and relax them. Normal exercise has been shown to impact brain performance. Martial arts utilize meditation techniques to perform better jobs. Clear-mindedness and cognitive control are critical factors. The study concluded that inventive approaches can mitigate the effects of stress and anxiety.

KEYWORDS: SPORTS PERFORMANCE, STRESS, ANXIETY, PROGRESSIVE MUSCLE RELAXATION, IMAGERY TRAINING.

INTRODUCTION

Sport and Performance Psychology, lets you reach your peak performance. Psychologists who work on sport and success use therapeutic criteria to support their competitors achieve their peaks. This technique aims to increase athletic fitness and reach optimum human capacity. Improving as an individual may be significantly helped by exercise and fitness psychologists. Dr. Richard Wilkinson's novel, titled "Sports and Performance psychologists: Delivering Peak Performance, Sport and Performance Psychology, lets you reach your peak performance. It aims to increase athletic fitness and reach optimum human capacity. By incorporating behavioral and emotional game training and mindset changes can boost your capacity to do your performance. The correct difficulty zone must be sought for your sport, as well as the willingness to cope with mistakes and setbacks. You need to stay "up" and positively charged, but you also need to stop getting too excited. According to Dr. Mark Johnson, it is vital to strike the delicate balance between being optimistic regarding the accomplishment of a mission and not being too excited. He asserts that the longer a team operates as an integrated entity, the greater the outcomes for all concerned. The building of stress and anxiety during the performance are familiar emotions that an athlete faces. Hence, to understand the complexity of emotions some inventive approaches are understood.

STRESS AND STRESSORS...

In athletics, it is thought that athletes' personality is essential to success. Another aspect of sports performance linked to personality is that of coping behavior and strategies. This relates to the ability or techniques used by an athlete to deal with psychological stressors such as anxiety. Allen et al. (2011) have discussed how different

trait dominance results in different coping strategies being displayed. This could be important from a coach's perspective because understanding their trait dominance and the coping strategy which is associated with bringing the best results for that trait, it is possible to individualize direction given to players regarding coping. In return, an athlete who can cope with the psychological pressure present in sport is likely to perform better. Athletes may also create a lack of confidence in their skills or convince others that they aren't capable of

performing at a high level. Irritability, uncertainty, and a lack of trust are also factoring that go along with cognitive anxiety. An indication of somatic fear is when someone feels a spike in blood pressure, sweating, shaking, dry mouth, and clammy hands and feet. Anxiety may often be an aspect of someone's personality to interpret circumstances that are non-life-threatening as a threat. The research performed by Ntoumanis and Biddle (2000) revealed that promoting explanations of competitive anxiety symptoms were connected to the improved effort, avoidance of conflicting behaviors, and problem-focused coping that included positive emotional and motivational results. An unwillingness to control feelings and mental disengagement were shown to be related to crippling experiences of symptoms. Anxiety has two significant functions suggested by the PET studies: First, high trait anxious performers will be more vulnerable than low trait anxious performers to the harmful effects of anxiety, which grow with the complexity of the task. Also, anxiety impacts efficiency more than effectiveness. If there are no additional tools to buffer fear, anxiety impairs efficiency. To be "aroused" may be considered to mean feeling "aroused", being "ready", "lucid", or "enthusiastic". To achieve maximum performance in sport or exercise, arousal is required. The physiological processes that occur during arousal. Changes in physical activity can affect hormone levels, blood flow, and other bodily processes, thus resulting in arousal. Athletes have different reactions and coping strategies when feeling anxious and aroused. An inability to perform at previous levels of excellence is referred to as choking. It is generally believed that the

The term originated during the Salem Witch Trials. One's potential to choke varies based on the circumstances and the athlete. Choking is generally known as the clutch in the US. The phrase "under extreme pressure" means that someone is not doing well. Yu Rongjun (2015) To give another example, being a standout performer in a critical game of tennis or football, for example, the athlete is concerned about how others perceive his/her performance, for example, Adversary, coach, teammates There is a large gap between their current performance and their competition goal. A top athlete is so driven to win that his/ her anxiety increases, making him/ her sluggish to react when the starting pistol goes off, so the other team will win the race. Loud support, shouting, and booing from the audience could lead to an increase in the athlete's attention and, as a result, poor performance. In tennis, football, or a similar sport, athletes may miss an easy shot/goal, and if they make the same mistake again, their performance may suffer.

CONFRONTING THE POSSIBLE MEANS TO EXCELLENCE:

At the highest levels of competitive competition, elite athletes utilize imagery to maximize performance, gain trust, and control anxiety. To excel in practice, envision yourself doing the physical actions you will do to win. When it comes to a character's imagined existence, one can try to render the experience as genuine as possible. By staring at the situation (the audience, the field) as though you were there, you would get the full effect of the event. The following quote by Michael Phelps, 18-time gold medalist, and 22-time Olympic medalist also

understands the importance of imagery,

“Before the Olympic trials, I was doing a lot of visualization. And I think that helped me to get a feel of what it was going to be like when I got there.”

Goal Setting-In the industrial and organizational domains, Locke et al. (Locke, 1966, 1968; Locke & Latham, 1990; 2006) established a philosophy of target seeking that has inspired virtually hundreds of experiments, including studies of sport and fitness environments. It has been argued that difficult goals result in higher success than easy goals, and setting hard goals produces efficient outcomes than attempting to "do your utmost" with no target objectives. Although Locke has established that the people aim toward affecting their actions, the clear assertion that there is a clear connection between goals and behavior cannot be trusted.

Cognition and sports performance-Cognitive sports training is still a developing area of research. These mental tasks have been used to improve upon the various psychological factors known to contribute to successful sports performance, such as mindset, self-efficacy, self-confidence, motivation, and mental toughness. EEG provides spatial resolution about the origins of neural activity, it has an exceedingly high temporal resolution – making it ideal for tracking the rapid execution of sensory, cognitive, and motor processes inherent to sporting behavior. Indeed, from a historical perspective, researchers have long appreciated that EEG methods are highly suited to identifying the neural mechanisms critical for sports. Joanne I. et.al. (2015) Neurofeedback training, which facilitates recognition and modification of mental states associated with particular patterns of cortical arousal and concomitant behavioral outcomes is also used to enhance mental and cognition skills.

Progressive muscle relaxation (PMR) is an anxiety-reduction technique first introduced by Edmund Jacobson in the 1930s. The technique involves alternating tension and relaxation in all of the major muscle groups. Jacobson’s full progressive relaxation procedure involves systematically tensing and relaxing specific groups in a predetermined order. The ultimate goal of any relaxation training program is to evoke the relaxation response to counter stress in a specific situation. A study on seeing the impacts of three different relaxation techniques on mood states among athletes was studied and the result showed that the three relaxation techniques beneficial to regulating mood response in adult athletes.

It appears that PMR was the most effective relaxation technique to regulate mood response followed by AGR and MR. Therefore, these relaxation techniques were suitable to use at the university level to enhance athlete performance. Hazliza et.al. (2017) Studies have also shown a decrease in negative and pessimistic thoughts, a lower level of anxiety, and a positive way to approach situations.

FIGURE-1-

INTERDEPENY OF ATTRIBUTES



In the above chart, we want to show the interrelated dependency of certain psychological attributes and other techniques for performance enhancement. A large no. of studies have shown how different attributes are affecting individual performance.

MEDITATION IN THE GAME...

The benefits of meditation are immense and so as when sports is concerned, it helps to develop a calm state of mind, better selective attention, concentration, and ability to cope up with raging emotions. It is a method to relax and rejuvenate the skills which one has and vitally use them for the enhancement of skill and performance. The previous studies show how practicing mindfulness and meditation affect mental attitude, sports performance, and increase in the flow state. One of the best reasons to include meditation in daily practice is because of its higher range of compatibility between body and mind and in this way one can thrive

calmly and serenely. A significant aspect of the effectiveness of meditation is how successful it is at centering and healing all that utilize it. Meditation is tremendously beneficial since it has been shown to ground and calm all those who perform it. Martial arts in their various forms, use the techniques of meditation for higher performance. A calmer mind and control over emotions are important since they are crucial factors in executing the moves the right way. To achieve this, it includes various breathing techniques that are also considered meditation. It often allows the individual to organize and reconfigure their thoughts, and it has been clinically shown many times to affect the brain function of those who exercise daily. And also in the last couple of decades, we have seen that meditation has proven effective for many athletes in achieving par excellence. From a similar perspective, many players have kept their point of view in the meditation context.

“Jordan Burroughs, "I think the best athletes in the world, really the people in the world that are excellent at what they do are the people who can control their emotions." - London 2012 Olympic freestyle wrestling champion. "Controlling them doesn't mean just blocking them out completely. It means feeling them and acknowledging them, but also not letting them affect your performance."

Thomas Rohler "You could grow your business better just by visualizing where you want to be." - Rio 2016 javelin gold medalist.

Ai Ueda, Japanese triathlete "The first one is to have a dream to achieve. The second is to always stay positive and have a smile on your face. The third is not having limits. Don't create limits for yourself."

Sindhu said, "We need to be both mentally and physically strong. I would rate it as 50-50, equally important. "Imagine when you are down or when you tend to lose points. That is when you need your mental strength. I've been working on that - I've started doing meditation which keeps me calm and composed. That is very important during a match. You shouldn't get distracted, you have to be there focused all the time. "I enjoy it. I used to just have a vision of my game before but I never meditated as such. "It can be anytime in the morning or the afternoon, whenever I have time. For me, mindfulness is when you think something in your mind, you have to just go with it."

Novak Djokovic "I do [meditation and yoga] out of a need to have an optimal state of mind and peace and calm, and at the same time happiness and joy. Everybody has their ways to reach that state of consciousness where you're in a good mood and you feel love towards yourself, towards people around you, towards the planet. So I try to be aligned with this kind of approach and mindset in life. Because it was not an easy period for me in the last 7-8 months. The results were not there in the big tournaments. But more than the results, it was that lack of balance on the court emotionally.

DISCUSSION

There have been many discussions and debates upon stress and anxiety being the overpowering factors that affect performance. In our approach towards enhancing sports performance, we thought of mitigating the factors responsible, as we cannot eliminate them from our daily lives through using some inventive approaches such as visualization, imagery, goal setting, cognition, progressive muscle relaxation, and last but not the least meditation. Jhansi and Krishna Rao (1996) found that transcendental meditation improves attention regulation. The practices are found to yield maximum benefit if they become a part of the individual's lifestyle and are sustained over long periods. By keeping this approach in view we had found many studies relating to it. Hence, it can be inferred that if an athlete works upon himself/herself through visualization and by being aware of the emotions and not letting them pile up and hinder the performance, in this way one can increase the performance.

CONCLUSION

The conclusion of the finding in this study explores stress and anxiety's impact on some sport-related success scenarios (Khan,2017). There is plenty of research suggesting that distress triggered by participating in sports-related events has a significant function in these situations. After coming across several pieces of works of literature it was found that meditation, progressive muscle relaxation, visualization/imagery training, goal setting, and cognitive restructuring have a significant impact on the decrement of stress and anxiety. The study concluded that stress and anxiety have a great impact on the performance of an athlete. Regarding which it concluded that the negative effect of stress and anxiety can be mitigated up to a certain extent but with the help of innovative techniques for the conditioning and training on individuals' psychological attributes one has a greater edge in massive leverage into the sports performance.

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