

Arousal

- A general psychological and physiological activation varying on a continuum from deep sleep to intense excitement. Bored, relax, asleep state of low arousal. Excited, angry, anxious state of high arousal.

Anxiety

- Anxiety is known as negative emotional state with feelings of nervousness, worry and apprehension associated with activation or arousal of the body

Stress

- Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous

Distress (negative stress)

Feels unpleasant.

Decreases performance

Can lead to mental and physical problems.

Can be short- or long-term

Is perceived as outside of our coping abilities

Eustress (positive stress)

Feels exciting.

Improves performance

Motivates, focuses energy.

Is short-term.

Is perceived as within our coping abilities

Cognitive and somatic anxiety

Cognitive anxiety

- Common symptoms of cognitive anxiety include negative thoughts, feelings of apprehension or nervousness , self doubts and images of losing and humiliation.

Somatic anxiety

- Common symptoms of **somatic anxiety** include, experiencing butterflies, sweating, heavy breathing or a elevated heart rate

COMMON SYMPTOMS OF ANXIETY

- ***Cognitive Anxiety-***

indecision, confusion, negative thoughts, poor concentration, irritability, loss of confidence, images of failure.

- ***Somatic Anxiety –***

Increased blood pressure, sweating, adrenaline boost, need to urinate, muscle tension, nausea, vomiting, diarrhea, loss of appetite, sleeplessness, loss of libido

- ***Behavioral Anxiety***

Biting fingernails, lethargic movements, fidgeting, avoidance of eye contact, covering face with hand

Effects of anxiety on sporting performance

- When an athlete experiences worry and negative thoughts (cognitive state anxiety) it causes decision making to become poor and concentration levels to drop, increasing the number of errors.
- This can be monitored by the increase in somatic state anxiety responses, which include an increase in heart rate, sweating and blood pressure. Some of these symptoms of anxiety are beneficial to sporting performance, but if the athlete perceives them as happening because they are unable to meet the demands of the activity they further increase cognitive state anxiety.

State and trait anxiety

- **state anxiety** is refers to the emotional state of anxiety (cognitive and somatic) typically experienced prior to and during competition.
- **Trait anxiety** is a personality characteristic that remains relatively stable over time, a person high in trait anxiety will be frequently anxious almost irrespective of the situation.

CAUSES OF ANXIETY IN SPORT

- fear of failing or a bad performance
- fear of bad feed back or evaluation points
- fear of the competition from the event
- fear of an injury occurring and the athlete having no control



Factors inducing anxiety and stress

- How anxious we feel at any time is a product of both individuals and situational factors

Situational factors

1. Event importance.

- The more important a sporting event is, the more stressful we are likely to find it. It is probably true to say for example that most footballers would find themselves more anxious competing in the world cup than in a friendly

2. Expectations

- It seems likely that both high and low expectations can be linked to anxiety. Team can be adversely affected by the pressure of high expectations.

Individual factors

- **Trait anxiety**

Some people are prone to suffer more anxiety than others whatever the situation. Individuals high in trait anxiety are likely to see competition as particularly stressful.

Performance concern

One way in which we vary as athlete is the manner in which we are concerned about our performance and it is a factor of inducing stress or anxiety.

Locus of control

Locus of control describes the extent to which we believe that we are in control of our lives. Individual low in locus of control are generally more vulnerable to anxiety and stress.

The relationship between arousal and performance


- Drive Theory
- Inverted U hypothesis
- Catastrophe Theory
- Zone of Optimal Functioning (ZOF) Theory

Drive Theory

- According to drive theory three factors influence performance; complexity of task , arousal and learned habit. the greater the arousal ,the more likely we are adopt the dominant response to a situation that is our habits. the higher the arousal the better will be our performance

Inverted U hypothesis

- This theory states that there is an optimal level of arousal (which will differ from sport to sport and athlete to athlete). Performance levels will be at their highest at the optimal point of arousal. If arousal is too low or too high performance will be lower.

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- **Catastrophe model**
 - This theory differs from the inverted U hypothesis by linking arousal and anxiety.
 - If the athlete is experiencing high levels of cognitive state anxiety as arousal rises towards the athletes threshold, the athlete experiences a dramatic drop in performance.
 - This theory does also rely on the need for both arousal and cognitive anxiety to achieve optimal performance.

Zone of Optimal Functioning (ZOF)

- The athlete's preferred anxiety level is called individual zone of optimal functioning .
- The relationship of stress, anxiety and arousal all impact upon motivation and the improvement of performance up to a point.
- However optimal performance has many other variables that impact upon arousal and the individual.