

Seminar - Workshop
on

First Aid, Water Safety and

SPORTS PSYCHOLOGY

20-22 October 2016 | 2/F Balaga Bldg., Victory Center, Dakila, Malolos City, Bulac



SPORTS PSYCHOLOGY

GAIN THE WINNING EDGE

Sports Psychology

Is the scientific study of athletes and their behaviors in the context of sports

Competitive Anxiety led coaches to take interest in the field of sports psychology; focusing on techniques that athletes can use in the competitive situation to maintain control and optimize performance.

Psychology is a weapon in the athlete's armory in gaining the winning edge.

Stress: is experienced when an athlete feels he cannot cope with the situation, which in turn will affect athletic performance.

The coach, in turn, can assist the athlete to identify an appropriate coping strategy to limit the effect of competitive anxiety on performance.

SCAT (*Sports Competition Anxiety test*) by Marten 1990. Marten developed anxiety traits questionnaire tailored specially to sport; measure sports anxiety considering cognitive anxiety (negative thoughts, worry) and somatic anxiety (physiological response).

<https://www.brianmac.co.uk/scat.htm>

Symptoms of Anxiety

(Karageorghis 2007)

Three (3) Levels:

Cognitive: by particular thought process

Somatic: by physical response

Behavioral: by patterns of behavior

COGNITIVE	SOMATIC	BEHAVIORAL
Indecision	Increased blood pressure	Biting fingernails
Negative Thoughts	Sweating	Fidgeting
Fear	Butterflies in the stomach	Inhibited posture
Loss of Confidence	Need to urinate	Avoidance of eye contact
Defeatist Self Talk	Diarrhea	introversion
Images of Failure	Sleeplessness	Covering face with hand
Poor Concentration	Muscular tension	Lethargic movement

Main Mental Qualities Essential for Successful Performance in Sports

- 1. Concentration:** ability to maintain focus; having a routine helps; having a goal to achieve helps
- 2. Confidence:** belief in one's abilities; mental imagery helps; realistic goal setting helps
- 3. Control:** ability to maintain emotional control regardless of distraction; remain positive helps; understanding reason for the feeling helps
Two *(2) emotions vs control*: anxiety & anger
- 4. Commitment:** ability to sustain working on agreed goals; ownership of goal set helps; support group and positive feedback helps

Factors that work against commitment:

- lack of enjoyment
- Injury
- Perceived lack of improvement
- Anxiety about performance
- Coach & athlete not working as a team
- Boredom
- Lack of commitment by other athletes
- Do not understand objective of training program

Tips to Avoid Stress

- ❑ **Eat healthy:** vitamins & minerals in diet via fruits & vegetables
- ❑ Get enough **sleep**; you must know how much sleep you need
- ❑ Set **realistic goals** and objectives; work through one problem at a time in a logical way.
- ❑ **Say NO** to tasks & projects you cannot take on.
- ❑ View **mistakes as learning opportunities**; problems are opportunities in ‘work clothes’.

Tips to Avoid Stress

- Practice **positive visualization**; think of something that allows you to relax; a powerful tool in reducing stress & anxiety.
- Take **time for yourself**; do things in your life that are important to you.
- **Accept and like yourself**; understand that you cannot change anyone except yourself.
- Practice physical relaxation techniques; **progressive relaxation** contracting & relaxing all the body parts (effective way of removing tension)
- **Sports massage** is an alternative method for relaxing and for helping to relieve tension.

INTERVIEW with CHAMPION Elite ATHLETES: How they deal with Competitive Anxiety

Jose Renato Sacro Unso

PAL pilot: Boeing 777

UAAP Junior Record holder: won 9 golds and established 7 records

BPI Anak ng Expat Awardee: Sports

Former National Team Member

- ✓ Visualizes before his competition; watch videos of his successful runs and other successful athletes in his event
- ✓ Listens to music; upbeat; lyrics related to his situation “We are the champions”; “Living life in the fast lane” usually the night before his competition; lyrics have meaning for him to pump him up, enhance his attitude towards his game.
- ✓ On race day, before competition while in the car he has celebrated his victory already
- ✓ On competition day in my mind, I already won and people see me as the winner as well
- ✓ Confidence in self;” of all the things to believe in, why not yourself
- ✓ Prayer: my prayer is not to win; I pray for the whole competition & for all athletes since the Lord knows I like to win

INTERVIEW with CHAMPION Elite ATHLETES: How they deal with Competitive Anxiety

April Maria Sacro Unso

UP & Philippines national Women's basketball legend

UP Track & Field; sports letter awardee for 4 years

Palarong Pambansa NCR athlete

36 years of international school teaching: Physical Education

UP college scholar; elementary school class valedictorian

- ✓ I visualize how I will play excellently in my coming game like imagining I will steal many balls from opponents & it happens as I did visualize it the night before; it works exactly like my mental imagery all the time
- ✓ I trust and have strong belief in my coach; I know that he knows how I play & he knows when to put me in the game & when to pull me out. Our team is well prepared for our opponents; my coach knows our opponents' strength & weakness & he shares this with us via our game plays
- ✓ I live & enjoy stress; I love challenges & I get bored with no competition

As a coach, you are dealing with the whole athlete: physical, emotional, psychological. You are his teacher, coach, guidance counselor, parent, confidant, friend, protector, stage manager.

Remember “children are the messages we send to a time we may never see.” Neil Post.

Reynato G Unso
Secretary General
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