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Dr. Rajwant Singh
Assistant Professor, University
of Delhi, Sri Guru Nanak Dev
Khalsa College, Dev Nagar, New
Delhi, India

Stress Role in Sports Performance of Athlete's

Dr. Rajwant Singh

Abstract

The study depicted stress affects the sports performance of athlete's in daily life. There are various aspects that shows stress create issues in the sports performance of athlete's that are disorder in the athlete lives. The various disorders are obsessive-compulsive disorder (OCD), depression, and post-traumatic stress disorder (PTSD). There are various steps that can be managed these all disorders through to recognised stress that effects the sports performance, sports management and stress-relieving benefits. That all steps help the athlete's to overcome the stress during their sports performance and their training result that never want by athlete's that are cause of overstressed which includes overload, burnout, dropout, and maladaptive fatigue syndrome. Similarly they involve some mental health related exercise in their training schedule to manage psychological, emotional, and behavioral problems experiences.

Keywords: Stress, Sports performance

Introduction

Sports are ingrained in our culture, especially here in Buckeye Nation.

We outfit our babies in team onesies, buy them soccer balls and footballs long before they can kick or catch and get them involved in organized play often before they start school.

We hope that, as they grow, playing sports helps them form healthy habits that carry long into adulthood.

Fast-forward to today's student athletes, who put as much effort into excellence on the field as they do in the classroom. And that can be stressful – kids in competitive sports can feel pressure from coaches, recruiters, even themselves.

All athletic trainers should be concerned with how stress and anxiety affect their athletes. Many athletes struggle with stress and anxiety on a daily basis. Each athlete reacts to the stress and anxiety differently. The purpose of this paper is to explore the differences between stress and anxiety, as well as how these conditions affect athletes.

What is Stress

Martens, Vealey, and Burton (1990) [7] stated, "stress has been defined as stimulus, intervening and response to variables by different researchers. As a stimulus variable stress is a precipitator; as an intervening variable, a mediator; and as a response variable, a behavior." There are many factors which can cause stress for an athlete. There are two ways these are demonstrated, the stress model and the stress response process. See the diagrams below.

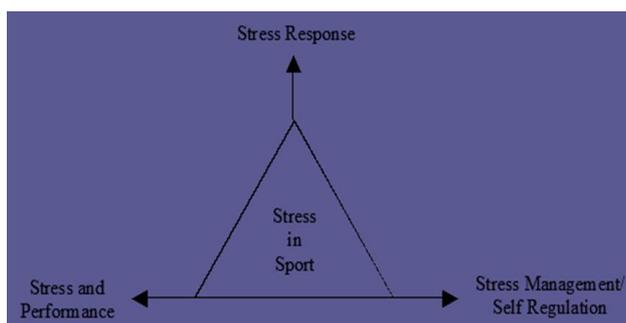


Fig 1: Stress Model, Graham-Jones & Hardy (1990) [5]

Correspondence
Dr. Rajwant Singh
Assistant Professor, University
of Delhi, Sri Guru Nanak Dev
Khalsa College, Dev Nagar, New
Delhi, India

The stress model demonstrates what factors affect stress in sport. Stress can affect performance, the way an athlete responds to the stress can affect it, and the management of the stress can negatively or positively affect the athlete's stress level.

Unfortunately, another potential source of stress for young athletes is their parents.

Of course, most parents mean well, and kids often need encouragement to persevere when training is tough or their team faces a loss. Have you caught yourself saying, 'We just want you to play to your full potential?'

“But sometimes, parents can place too much of their own self-worth on the performance of their kids, and

the pressure can lead to increased psychological stress, higher rates of injury and burnout.”

The stress response process consists of five stages. Every stage depicted the demands that are essential for athlete performance. The various stages are explore below:

Stage 1 is the environmental demand;

Stage 2 is the athlete's perception of the environmental demand;

Stage 3 is the stress response to the environmental demand;

Stage 4 is the behavioral consequences of the stress response to the behavioral demand;

Stage 5 is the return to a homeostatic position.

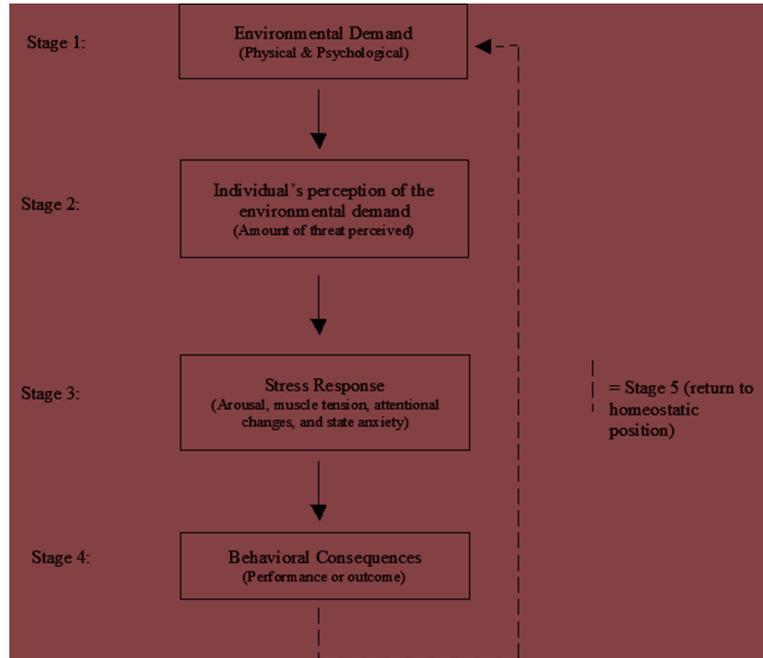


Fig 2: Stress Response Process, Reilly & Williams, 2003 [11]

Disorder of Stress in Athlete's Life

The study of stress in sport lies within the realm of sport psychology. There are many disorders which are related to stress. These disorders include, but are not limited to, obsessive-compulsive disorder (OCD), depression, and post-traumatic stress disorder (PTSD). Stress can be manifested in people with OCD because the person will become so obsessed with their traditions, whether it is the number of times they must turn a light off, or clean their hands, if the person does not do it the correct number they will become stressed and will consume their thoughts until they go and correct it.

There are many signs and symptoms of stress, and everyone is different, so one sign or symptom described by one athlete may not be what another athlete experiences. Ray and Weise-Bjornstal (1999) [10] described seven categories in which an athlete may experience stress. These categories are: affective, behavioral, biological/physiological, cognitive, imaginal, interpersonal, and sensory (Ray and Weise-Bjornstal, 260). Each category has its own signs and symptoms. Affective signs and symptoms include: anxiety, anger, guilt, depression, shame and feeling sorry for oneself. Behavioral signs and symptoms include: sleeping disturbances, restlessness, aggressive behavior, alcohol or drug abuse, sulking, crying, poor performance, absenteeism, and clenched fists. Biological or physiological signs and symptoms include muscle tension, increased heart rate, indigestion, stomach spasms, pain and

headaches.

Cognitive signs and symptoms are frustration, worries, distortion, exaggeration, unrealistic performance expectations, self-defeating statements and self-handicapping. The imaginal signs and symptoms include images of failure, images of reinjury, flashbacks of being injured, images of helplessness, and images of embarrassment. The interpersonal signs and symptoms include withdrawal, manipulation and argumentation. The last category, sensory, includes tension, nausea, cold sweat, clammy hands, pain and butterflies in the stomach (Ray and Weise-Bjornstal, 260). There are many signs and symptoms of stress, which are not all experienced by each person, and each person can experience a variety of signs and symptoms.

Result

There are various issues to recognise the reason of stress in athletes that effects the performance. The various studies try to proof/manage the level of stress in athlete's sports performance.

There are a few results that athletic trainers never want to have happen to their athletes if they are overstressed or anxious which includes overload, burnout, dropout, and maladaptive fatigue syndrome. Hackfort and Spielberger (1989) [6] found that burnout results from "high or conflicting demands, that results in overload, low social support, low

autonomy, low rewards, low demands which leads to boredom.” Overload and burnout are common among athletes especially at the higher levels of sports, such as collegiate athletes. “Elite athletes have dropped out of sports at the peak of their careers maintaining that they are ‘burned out’ and that participation has become too aversive for them to continue” (Hackfort and Spielberger, 1989) ^[6].

Summary and Conclusion

Stress affects everyone daily, but research has found that many athletes struggle with these conditions more than the rest of the population. “Despite the well-documented benefits from exercise and sports participation on mental health, some athletes will at times experience psychological, emotional, and behavioral problems” (Mann, *et al*, 2007).

Whereas according to “money instructor.com” article on Sports Training and Exercise:

Stress Management for Athletes shows stress is impossible to avoid. But it can be managed by some key points:

- a. **Managing training stress.** A big mistake that athletes make is to train too hard too fast. Instead, training should be gradually progressive. Make sure the body can handle its current load before you increase the load, and always give the body adequate rest between sessions.
- b. **Managing competition stress.** If the athletes finds competition stressful she shouldn't avoid it, she should just select it more carefully. You'll have more success if you plan your competitions so that the challenge increases each time out. The athlete's confidence and self-esteem will grow every time she is successful. There will be times she will be unsuccessful as well, and these should be recognized as great learning experiences.
- c. **Managing everyday stress.** An athlete who is moving, breaking up with a partner, or going through other life-changing events will experience stress which will have an effect on performance. Since there is no way to really get rid of the stress, the best way to combat it is to cut down on stress in other areas. If lifestyle stress is high, cut down on competition, and see training as therapy. Do only as much as makes you feel good. Never completely avoid physical exercise when you are stressed, as exercise, as long as there is no over-training, reduces overall stress. Especially during tough times, athletes should exercise at least 30 minutes a day five days a week. Always monitor your eating and sleeping patterns, which have a direct effect on stress. Eat healthfully and get the correct amount of sleep. Regular patterns will help keep the stress level in check.

Similarly, “Ashley Miller” study How Does Participating in a Sport Relieve Stress engaging in a solitary sport can also provide stress-relieving benefits.

- a. Regular exercise should be a part of everyone's regular stress-management routine due to its numerous physical and mental rewards.
- b. Socialization is a necessary part of any stress-management routine. According to an article on the Volunteer Behavioral Health website, socialization helps stress relief by promoting the release of the hormone oxytocin, which increases feelings of relaxation and reduces anxiety.
- c. Increase feelings of self-esteem and self-efficacy, which can significantly reduce your overall level of stress. If you've ever remained inactive for an extended period of time, you're familiar with that sluggish, apathetic feeling that can quickly turn to

feelings of self-loathing or even depression, which can further exacerbate your stress levels.

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