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CONCENTRATION AFFECTS SPORTS PERFORMANCE



Rajani Dalvi

ANOREXIA AFFECT SPORTS PERFORMANCE?

Anorexia will adversely influence sports execution. An absence of legitimate sustenance and hydration can prompt weakness as the body does not have enough fuel to perform taking care of business, lack of hydration, loss of center, diminished engine aptitude capacities, and a high inclination to feel bleary eyed or swoon.

SMOKING AFFECTS SPORTS PERFORMANCE?

Smoking fundamentally diminishes your donning capacity principally through your lungs. As it declines your lung limit which implies you can't get enough oxygen to your muscles. one of the primary effects of smoking on athletic execution is a lessening in lung capacity, prompting an abatement in stamina and execution as muscles that get deficient oxygen get to be exhausted more quickly.

AMPHETAMINES AFFECT YOUR SPORTS PERFORMANCE?

Amphetamines are stimulants and will

ABSTRACT

Concentration is the ability to completely focus your attention on something for a period of time. When athletes concentrate well they can take in all the information they need to make good decisions like responding to their opponent or adapting to their environment. Ideally, you'll reach a state where your performance just flows. These tracks will help you learn to cope with distractions and focus on competing well in sport. There are Concentration affects on Sports performance.

KEYWORDS : Anorexia affect sports performance ,medication ,legitimate sustenance .

SHORT PROFILE

Rajani Dalvi
Director Physical Education, A.R.Burla mahila mahavidyalaya, Solapur.

increase heart rate. The mixture of sports (already a heavy load on the heart) and amphetamines can be deadly. If you are taking an amphetamine for ADD or ADHD, you should ask your doctor if the sport you want to play is contraindicated while you are taking the medication.

Stimulants such as caffeine will also increase your heart rate, but are not as dangerous as street drug stimulants. If you have no caffeine

tolerance (i.e., you don't ever consume any thing with caffeine), it is unhealthy to take caffeine tablets and then exercise or play a strenuous sport.

Ephedra is a stimulant which has been used as a nasal decongestant for thousands of years. Several deaths have been reported in teens who were taking this stimulant and other street drugs. Taking any form of stimulant for any purpose without the supervision of a physician is not recommended. Some of the long term effects of stimulants can be paranoia, schizophrenia, weight loss, hair loss and heart

Director Physical Education ,A.R.Burla mahila mahavidyalaya, Solapur.

problems.

Stimulants may temporarily increase your performance in a sport, but you may lose your life experimenting. There are reports of people dying from heart attacks while practicing sports. Adding stimulants and the adrenaline that you get from the real game is an excess of stimulation and the heart will suffer.

HOW WILL ALCOHOL AFFECT YOUR SPORT PERFORMANCE?

The consumption of alcohol makes you thirsty, plus long term use can affect your reflexes, conditioning, etc. Overall its really bad to consume especially if you are into high level sports, best to leave it till after you win the trophy.

Alcohol can affect your fitness because it slows down your actions and you can't think properly for example if you have alcohol before a football match you will be running around the pitch, not knowing what you doing.

Alcohol has the following effects on motor skills:

- Delayed reaction time
- A decrease in hand-eye coordination
- Less precision and balance
- A decline in athletic performance as a whole
- Decreased times in cycling and running
- Weakened pumping power of the heart
- Impaired temperature control while exercising
- Weakening of grip strength

ATHLETES AND PERFORMANCE STRESS

Concentration is the ability to completely focus your attention on something for a period of time. When athletes concentrate well they can take in all the information they need to make good decisions like responding to their opponent or adapting to their environment. Ideally, you'll reach a state where your performance just flows. These tracks will help you learn to cope with distractions and focus on competing well in sport.

ANXIETY AFFECT SPORTS PERFORMANCE?

Execution tension is not extraordinary in

games, as to some degree, apprehension of execution aides in accomplishing fancied focus. Be that as it may, the abundance will prompt a surge of adrenaline termed as uneasiness. At whatever point you feel shy of breath, sweating, shaking or high heart beat rate. You lose focus, your activities get to be incoherent and you feel incapacitated toward the start of an imperative brandishing occasion. These are side effects of execution nervousness. You no more feel positive about yourself and don't trust that you will have the capacity to achieve anything effective. To manage such contemplations you should figure out how to oversee tension and to do as such, it is basic to see how dons execution and nervousness are interrelated.

Nervousness influences a games players' execution in physiological, intellectual and behavioral ways. On the off chance that you experience the ill effects of uneasiness before an essential athletic rivalry, your games execution will be influenced. At the point when your body is strained and circulatory strain high, it is troublesome for your body to move in a liquid and facilitated way. Your activities will be jerky and lost, influencing your execution in a negative way. Recorded beneath are the courses in which nervousness can influence sports execution.

1) Fear

When you fear a specific circumstance, you may encounter body loss of motion once you get yourself present in that circumstance. This demonstrates serious tension. A case of this is the point at which a competitor experiences stage alarm, which they may encounter just before an expansive, open rivalry. At the point when feeling overpowering apprehension, the competitor might be not able move, talk or act by any means.

2. Unable to Concentrate

Pre-focused uneasiness additionally creates as a powerlessness to think before an up

and coming occasion or rivalry. The competitor can't focus on the current workload and hence can't give their execution full consideration. The main driver of the failure to focus is sentiments of trepidation.

Anxieties cause the person to feel that they will fall flat or abatement their trust in their capacity. These negative musings will attack the individual's brain and make them lose focus, which results in stirring up undertakings and overlooking what is should have been done in the current circumstance.

3.Sweating

The tension makes the competitor over aware of his circumstance and the misgivings make him feel uneasy. Thus, the body may feel sudden blasts of warmth and will discharge a ton of sweat when the body gets signals from the mind. Over the top sweating can happen anyplace on the body however for the most part on the hands and the face. The individual will start to feel uncomfortable and this only strengthens the nervousness they are as of now feeling

4. Racing Heart

As an aftereffect of uneasiness the heart rate of a competitor may likewise build complex. This might be because of the over the top arrival of adrenaline in the body. Expanded heart rates are additionally identified with frenzy. In the event that the competitors turn out to be progressively terrified, the heart rate will likewise increment.

5. Shortness of Breath

Breathing quick or gasping is another indication of nervousness. In some cases the competitors encounter a shortness of breath and battle to take in oxygen. It is not unprecedented for competitors to hyperventilate because of serious uneasiness. This thus can deny the cerebrum of enough oxygen, which would prompt dazedness and/or blacking out.

6. Dizziness

At the point when a competitor is experiencing serious tension and is freezing, the cerebrum may not get as much blood and oxygen as it ordinarily does. This outcomes in wooziness, which if extreme can bring about the competitor blacking out. Sentiments of unsteadiness can impair the competitor to such a degree, to the point that they might be not able perform.

7. Shaking

Prior to an opposition or imperative occasion, a competitor may encounter extreme shaking of the hands or knees. This is because of an expanded spike of adrenaline in the body, which is brought on by serious uneasiness. In the event that the tension holds on, the body may crumple

How to Prevent Anxiety in Sports Performance

1.Diaphragmatic Breathing

The stomach is a muscle between the mid-section and the stomach depression. The breathing done by getting this muscle is known as diaphragmatic relaxing. It requires basic practice to learn and after that it ought to be rehashed a few times day by day. The connection will manage you to take in the system

2.Relaxation Technique

At the point when the competitor feels the side effects of nervousness, for example, expanded heart rate, expanded circulatory strain or troublesome breathing, an unwinding strategy can help in controlling the tension. In one unwinding method, the competitor is requested that rests in an obscured room and consider unwinding his body from the outside internal. Accordingly, the circulatory strain, breathing and hearth rate standardizes. In the event that the uneasiness assault is more serious, then kneading the body can unwind the person as it were.

3. Visualization

Perception is a system, utilized by the competitors to control their tension. In this system one imagines himself in a circumstance like the real occasion. The competitor pictures himself winning before the whole group where the occasion is to happen. The following are more ways you can utilize perception to battle execution uneasiness.

4. Muscle Relaxation

Tension results in solidness of the muscles. Muscle unwinding practices are done to stay away from this occurrence amid the genuine diversion. In this system, the competitor tenses a specific muscle of the leg, belly, hands or face for 10 seconds with the eyes shut. Following 10 seconds of strain, 20 seconds of unwinding ought to be drilled before moving to the following muscle.

5. Focusing on What Can Be Controlled

Competitors ought to advise themselves that they are better prepared, they have grown better procedures, however ought not attempt to control things that are not in their control, for example, the group of onlookers or the adversary.

CONCLUSION:

An absence of legitimate sustenance and hydration can prompt weakness as the body does not have enough fuel to perform taking care of business, lack of hydration, loss of center, diminished engine aptitude capacities, and a high inclination to feel bleary eyed or swoon. One of the primary effects of smoking on athletic execution is a lessening in lung capacity, prompting an abatement in stamina and execution as muscles that get deficient oxygen get to be exhausted more quickly. Stimulants may temporarily increase your performance in a sport, but you may lose your life experimenting.

There are reports of people dying from heart attacks while practicing sports. Adding stimulants and the adrenaline that you get from

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Rajani Dalvi
Director Physical Education ,A.R.
Burla mahila mahavidyalaya,
Solapur.

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