

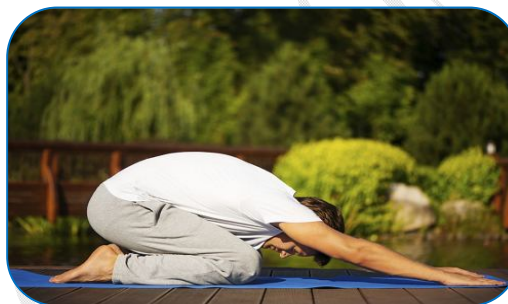


PSYCHOLOGICAL TECHNIQUES FOR STRESS MANAGEMENT IN SPORTS

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ABSTRACT :

Unwinding strategies are an extraordinary method to help with pressure the board. Unwinding isn't just about genuine feelings of serenity or getting a charge out of a leisure activity. Unwinding is a procedure that diminishes the impacts of weight at the forefront of your thoughts and body. Unwinding strategies can enable you to adapt to ordinary pressure and with stress identified with different medical issues, for example, coronary illness and agony. Regardless of whether your worry is spiraling of control or you have just got it restrained, you can profit by learning unwinding systems. Learning fundamental unwinding strategies is simple. Unwinding strategies additionally are regularly free or minimal effort, present little hazard, and should be possible about anyplace. This paper will provide detail information of psychological techniques for stress management in sports and its benefits.



KEYWORDS : *psychological techniques, stress management, sports.*

INTRODUCTION:

Stress is both good and bad. It is how we deal with stress that is important. We need stress in our lives to provide us with opportunity. However too much stress can lead to anxiety and an inability to perform. Positive stress encourages focus and maintains our ability to stay in tune of our emotions. Not all Stress is bad for your performance. Stress can effect your performance in two different ways. Stress can help you when it makes you more alert; more motivated to practice, and gain a competitive edge. In the right amount, stress help you prepare, focus, and perform at your optimal level. Conversely, too much stress, or bad stress, and cause performance anxiety, which hurts your health and does not allow you to play relaxed, confident and focused in competition.

An important goal for those under stress is the management of life stress. Elimination of stress is unrealistic, since stress is a part of normal life. It is impossible to completely eliminate stress, and it would not be advisable to do so. Instead we can learn relaxation techniques and other methods to manage stress so that we have control over our stress and its effects on our physical and mental health.

Some ways stress can affect the body:

- 1 stress is a hormonal response from the body
- 2 women appear more prone to stress than men.
- 3 stress can overburden your mind with incessant worries.
- 4 a lack of exercise is stress inducing.

- 5 being stressed can make you sweat
- 6 Digestive problems may occur.
- 7 stress can make you irritable and even angry.
- 8 long term stress can increase your risk of mental health disabilities.
- 9 chronic headaches are sometimes attributed to stress.
- 10 frequent stress decreases your immune system.
- 11 chronic stress can cause substance abuse
- 12 High blood pressure develops from chronic stress.

STRESS MANAGEMENT TECHNIQUES:

Athletes are under pressure to perform well. Self imposed expectations or those of coaches, teammates or family members can lead to anxiety, depression, insomnia and other forms of stress. It does not matter if you are a professional or a weekend warrior, stress management techniques are an important tool for any athlete.

Stress management refers to the environmental, physiological, cognitive and behavioral techniques employed by an individual to manage the factors and components that underline the stress process or experience of stress. A primary goal of stress management in sport is to allow the athlete to effectively regulate competition related demands to facilitate optimal performance as well as to enhance psychological well being. There are numerous stress management techniques that can be classified into various heuristic categories. Many of these are covered in this entry. However, to understand why these techniques are effective under specific conditions. it is important first to understand the stress and emotion process.

PHSICAL TRAINING:

Anxiety management training: anxiety management training involves an athletes learning to employ relaxation strategies under stressful or arousing situations, including those producing emotions such as anger and anxiety.

Applied relaxation: the aim of applied relaxation is to learn the skill of relaxation and develop the ability to apply it rapidly where needed in any situation.

Energizing techniques: some research suggests that athletes differ on the level of activation needed to produce optimal performance.

Biofeedback: observing physiological measurements such as heart rate and breathing rate allow the athlete to focus their attention on reducing these measures.

Breath control and deep breathing: breath control is a relaxation technique using the physical strategy of breathing. It is an effective and relatively easy stress management technique to apply.

Cognitive: thinking through and planning an event in the mind can help the athlete to deal with scenarios as they arise.

Progressive muscle relaxation: this involves the deliberate contraction of muscles followed by a greater relaxation.

Meditation: meditation is another method of raising self-awareness, allowing an athlete to better manage stress. Through meditation, the athlete becomes more attuned to physical sensations and builds an understanding of the connection between physiological functions and psychological state.

Confidence building: the certainty in the athletes mind of what they are going to do during the event, game plans etc can help reduce anxiety and increase motivation.

Neuromuscular: thinking through a movement produces the correct order and force of muscular contraction, much like a dry run.

Psychological training:

Mental preparing for the competitor should intend to enhance their psychological aptitudes, for example, self-assurance, inspiration, the capacity to unwind under incredible weight, and the capacity to think and as a rule has three expressions:

- 1- Training stage, amid which competitors find out about the significance of mental ability and how they influence execution.
- 2- Acquisition phase, during which athletes learn about the strategies and techniques to improve the specific psychological skill that they require.
- 3- Practice phase, during which athletes develop their psychological skill through repeated practice, simulations, and actual competition.

CONCLUSION:

A certain level of stress is needed for optimal performance. Too little stress expresses itself in feelings of boredom and not being challenged. What is becoming increasingly clear....that competitive stress does not necessarily impair performance and can in certain circumstances enhance it. At an optimum level of stress one gets the benefits of alertness and activation that improves performance. even while making such statements, it is important to realize that there is currently no conclusive evidence except for the fact that stress and anxiety do have an influence in performance.

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