



## IMPORTANCE OF EMOTIONS FOR SPORTS PERFORMANCE

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### ABSTRACT :

*Emotions play a central role in sport performance. Accordingly, it is important that athletes are able to draw on a range of strategies to enhance emotional control. An athlete's emotional state may also affect the outcome of a competition by influencing performance both during training and while competing (Butler, 1996). This topic is to outline a range of psychological strategies that could be used by athletes to enhance their emotional control, resulting in improved performance levels. The first discusses how emotions arise, along with the characteristics of an emotional response follow by describes how emotions may impact sport performance, and a number of psychological strategies that could be used by athletes to enhance emotional control will be describes at the last section.*

**KEYWORDS :** *Emotions play , emotional control , sport performance.*

### INTRODUCTION:

Emotions or feelings are an important component of total human functioning and they are extremely significant for team and individual sport performance (Hanin, 2000). They can provide the athlete with the energy that triggers the joy and ecstasy of performance, or they can shift drastically toward despair and hopelessness when things go wrong or expectations are not met. Emotions can be easily observed; as a result, they can be used to the performer's advantage or disadvantage, the opponent's advantage or disadvantage. Intensifying emotions requires a stimulus (or trigger); once the trigger is removed, the performer can usually return to a more normal emotional state. Athletes need to understand the causes and consequences of their dominant emotions and moods, and they need to know how to control them effectively. The ideal emotional state (IES) is the condition in which the athlete experiences appropriate feelings and maintains them at optimum levels of intensity and functioning in a way that enhances performance. Eight emotions have been identified as important in sport: anxiety, anger, shame, guilt, hope, relief, happiness, and pride (Lazarus, 2000).

Understanding Emotion in Sport One definition of emotion previously applied to sport by Vallerand & Blanchard (2000) was first formulated by Deci (1980), who defined emotion as the following: . . . a response to an upgrade occasion (either genuine or envisioned). It includes change in the viscera and musculature of the individual, is experienced abstractly in trademark ways, is communicated through such methods as facial changes and activity propensities, and may intervene and invigorate consequent practices. (p. 85) The meaning of feeling by Deci (1980) states that a feeling is a response to an improvement, which can either be genuine or envisioned. For instance, on the rugby field, I feel glad since I scored an attempt, baffled since I missed a handle, terrified on the grounds that my adversary is ground-breaking.

**OBJECTIVES OF THE STUDY:**

The Objectives of This Topic are 1. To describe psychological strategies to enhance emotional control, resulting improved performance. 2. To explain how emotions arise during training and competition. 3. To discuss how emotions impact sport performance.

**DISCUSSION:**

Strategies to Enhance Emotional Control in Sports Given that an individual's emotional state can affect sport performance, techniques to help athletes achieve emotional control are clearly important. The role of cognition in the generation and maintenance of emotions has clear implications for such techniques. Positive self-statements have also been used in conjunction with other techniques (e.g., relaxation training) in sport settings to reduce levels of anxiety (e.g., Prapavessis, Grove, McNair, & Cable, 1992), distress (Mace & Carroll, 1985, 1989) and stimulate a more positive perception of anxiety symptoms (e.g., Hanton & Jones, 1999). Martin, Moritz, and Hall (1999) suggested that motivational general arousal (MG-A) imagery, which focuses on feelings such as relaxation, stress, arousal, and anxiety in conjunction with sport competition, could be an effective strategy for emotional control. Imagery could be used to generate a positive emotional state (e.g., recalling past success may result in happiness and excitement) or remove a stimulus that results in a negative emotion (e.g., images of the correct execution of the skill replacing images of failing). A number of strategies have been proposed that aim to regulate the physiological arousal of an individual and improve emotional control (e.g., progressive muscular relaxation, centering, quiet place, emotive imagery, upbeat music, exercise). Increasing or decreasing physiological arousal would appear to have a blanket effect on the intensity of emotions experienced by the individual (Hohmann, 1966; Zillmann, 1971; Zillmann, et al., 1972). Consequently, although a general arousal reducing technique (e.g., progressive muscular relaxation) may be targeted to decrease a particular emotion (e.g., anxiety), it may also influence the intensity of other emotions experienced (e.g., happiness). Strategies that influence physiological arousal need to be carefully considered because they may reduce the intensity of emotions important to success. Conversely, strategies that aim to increase physiological arousal (e.g., emotive imagery, up-beat music) may have the opposite effect and increase the intensity of a range of emotions. Clinician Jeff Simons has portrayed a standout amongst the most ideal approaches to compose the last 20-30 seconds before rivalry in what has turned out to be known as the brisk set everyday practice (5). This three-stage routine is intended to give a fast center that can be utilized just before rivalry or as a methods for refocusing Page | 32 rapidly following a diversion. It is insignificant in substance, which bids to numerous competitors, and includes a physical, passionate and center signal. A case for a sprinter could be: 1. Close eyes, clear your brain and keep up profound rhythmical breathing, in through your nose and out through your mouth (physical signal); 2. Envision a past race win, see yourself going too far first and reproduce those sentiments (passionate signal); 3. Return your concentration to the run begin, considering taking off on the 'B' of the blast (center prompt). Anyway fastidious your arranging, things frequently happen at the challenge site that are out of your control. Such occasions can possibly affect on your enthusiastic state, divert you from your objectives and drive you out of your ideal condition of readiness. In any case, recollect that things can possibly divert you in the event that you let them. They don't need to adversely impact your inclination on the off chance that you can figure out how to release them and refocus.

**CONCLUSIONS:**

a. Feeling is a response to an improvement, which can either be genuine or envisioned. b. Feeling includes three primary components: physiological changes, abstract understanding, and activity inclinations. c. Ideal feelings for execution guarantee effective utilization of accessible assets until errand fruition. d. Uneasiness can be useful and useless to the execution e. Adapting any physical aptitude requires some serious energy, exertion and practice. Mental aptitudes are the same in this regard, so don't anticipate wonderful medium-term changes in your execution. f. Positive self-

articulations, inspirational general-excitement (MG-A) symbolism and manage the physiological excitement of an individual are viable methods to direct the feelings of the competitor.

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