

PERSONALITY IN SPORT AND EXERCISE



The psychological characteristics (thinking, feeling, behaving) that differentiate from others.

Personality is made up of...



TRAITS
Relatively stable characteristics or quality that is a portion of one's personality.

STATES
Momentary feelings and thoughts that change depending on the situation.



Digman's model - BIG 5

All people can be described in terms of the prevalence of 5 global factors.

- Openness to experience
- Conscientiousness
- Extraversion
- Agreeableness
- Neurotism



Cattell's model

There are 16 personality factors that capture personality.

- vigilance, dominance, warmth, liveliness, sensitivity, self-reliance, reasoning, social boldness, rule consciousness, abstractedness, privateness, apprehension, openness to self-change, perfectionism, tension, emotional stability

HOW DOES PERSONALITY DEVELOP

Humanistic Psychology



Cognitive-Behavioural Approach

Behavioural patterns develop from reinforcement and punishment of specific behaviour over time.

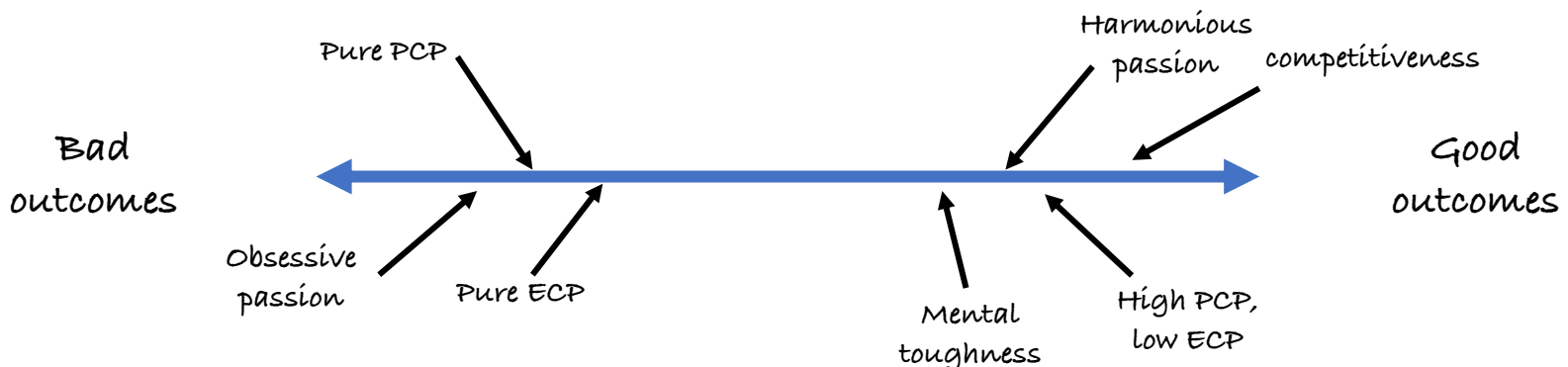
Behaviour is influenced by self-efficacy

Interactionist Approach

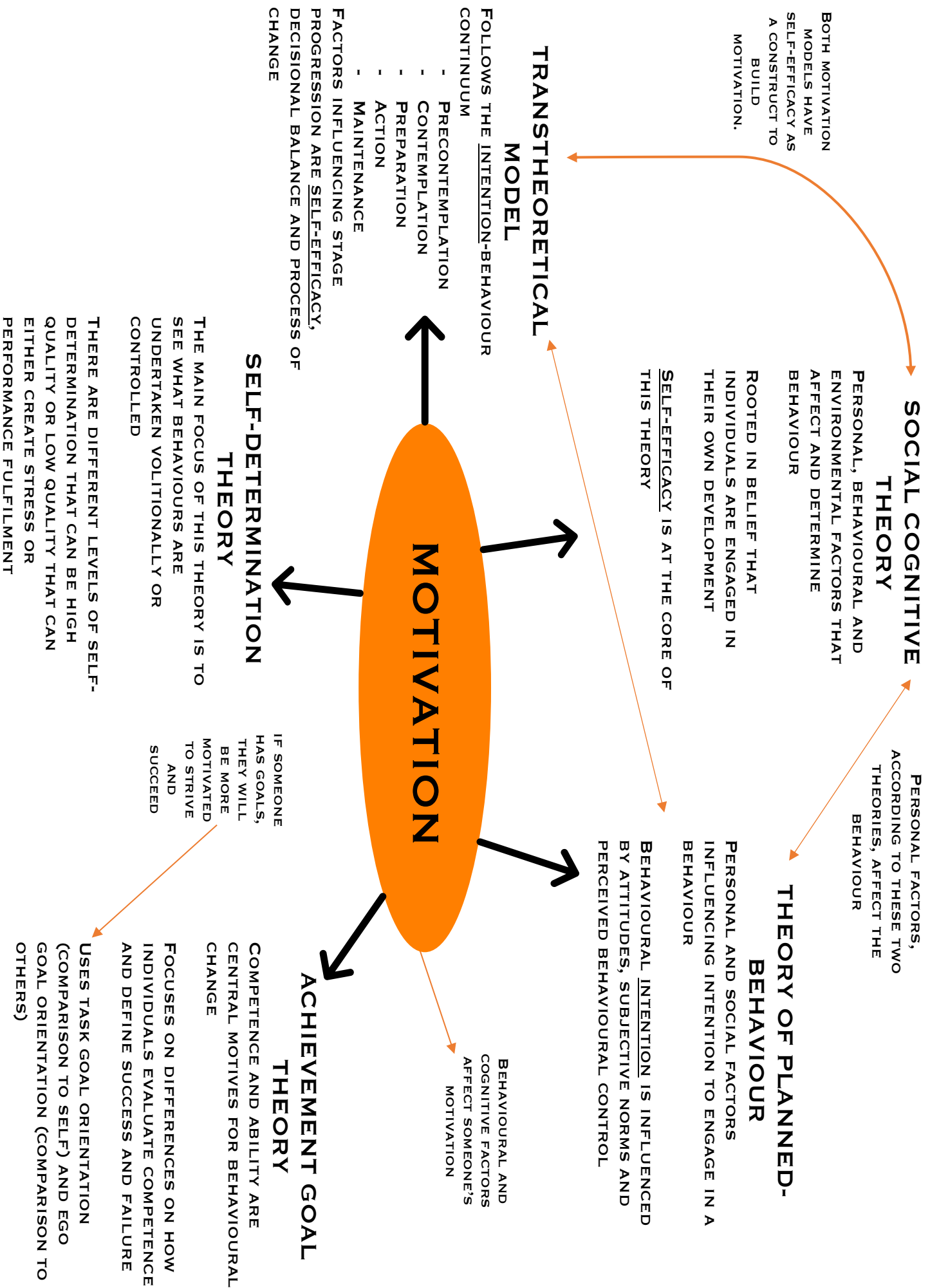
Interplay between a person and the environment/situation

How TRAITS affect behaviour depending on the situation

HOW PERSONALITY TRAITS EFFECT SPORT AND EXERCISE



HOW TO EXPLAIN MOTIVATION



STRESS

- o An experience that is produced through a person-situation relationship that perceived as taxing or exceeding the persons resources.

- o **Stress** response is multidimensional and adaptive



- o Stressors are external events or forces that can be interpreted as stressful (ex: being yelled at or playing in a championship match)

EMOTIONS

- o Natural instinctive states of mind deriving from situations, mood, and relationships with others. They are adaptive to deal with fundamental life tasks.

- o Basic universal emotions



Emotions adapt to deal with life tasks and experiences to avoid stress

Stress and emotions have similar physical responses

When we are stressed about something, we are referring to emotions like guilt, anxiety and fear

Both depend on cognitive appraisal and the resources to cope with the situation

What is at stake?
What can be done in the situation?

Stress and negative **emotions** can be avoided with management skills and coping strategies to continue a good sport performance

COPING

Cognitive and behavioural efforts to manage specific external or internal demands that are appraised as taxing or exceeding the persons resources.

Specific coping strategies to deal with stress and emotions in sport...

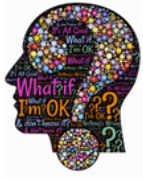
- o **Avoidance coping** is used when an athlete attempts to remove themselves from the stressful situation
- o **Task-oriented coping** is when an athlete deals directly with the source of stress and the resulting emotions
- o **Emotion-focused coping** is when a person changes to way a situation is interpreted to deal with emotions
- o **Distraction-oriented coping** is when an athlete focuses stimuli that are unrelated to the stressful event

Anxiety

A "negative" emotion that is elicited following an appraisal of a situation or event

Trait Anxiety

A trait in your personality that can make you more anxious or less anxious than others



Cognitive Anxiety

Mental component of anxiety like worries and concerns

Social Anxiety

Occurs when people believe they will receive a negative evaluation from others



Somatic Anxiety

Physical component of anxiety like increased heart rate or butterflies in the stomach



State Anxiety

Anxiety that is experienced at a specific moment or situation

Competitive Anxiety

Occurs when athletes worry about their performance

Social-Physique Anxiety

Occurs when people are worried about receiving a negative evaluation about their body

What causes anxiety

Gender can affect anxiety because females are more likely to experience **social physique anxiety**

Personality traits are known to influence an individual's **competitive** and **social physique anxiety**

Self-confidence can influence anxiety if an athlete is not confident in their abilities

Temporal patterning is a cause of anxiety because athletes will get more anxious the closer their competition gets

Exercise influences anxiety when mirrors are present and will increase state and social anxiety

The presence of **other people** influences **state anxiety**

How to avoid choking

Choking in sport is an increase in anxiety that causes a decrease in performance

You can avoid choking by:

- Practicing under pressure
- Distracting yourself
- Meditating
- Expressing your emotions
- Change the way you see and talk about yourself

Responses to anxiety

Anxiety symptoms are different in every athlete, and can have different levels of intensity and effect athletes in different ways

Another response is the amount of time that thoughts and feelings about the competition occupy the mind. Thoughts before competition are a common kind of anxiety for athletes.

Sometimes anxiety can be perceived as positive and facilitative such as readiness for competition and excitement but could also be debilitating depending on the athlete and their skill and confidence level



INTERVENTIONS TO INCREASE SPORT PERFORMANCE

IMAGERY

- Imagery can include images of game plans, specific sport skills, emotions, individual goals, arousal/stress, mental toughness and control
- Imagery should always be positive to maximize performance

GOAL SETTING

- Set goals or objectives to strive for in competition, and don't forget to follow up and track progress
- Realistic goals help manage stress and overcome adversity
- Goals enhance self-confidence and performance

Start your journey here!
Understand how to use these intervention skills to optimize your performance!

START

"I will remember these skills and use them"

"think of how much this will help you"

SELF-TALK

- Can be instructional or motivational
- Positive self-talk increases confidence, helps skill development and to increase effort and drive

"deep breath. Keep going"

AROUSAL REGULATION

- An athlete can hype themselves up or calm down before a game, depends on what can give them optimal performance
- To decrease arousal, athletes can use breathing, meditation and progressive relaxation
- To increase arousal athletes can use pep talks, verbal cues or music

"you can do this"

"stay focused. You're almost there"

ATTENTION CONTROL

- It is important to control attention because a loss of focus or a distraction can be the difference between winning and losing
- Athletes can benefit from having attentional cues to refocus themselves

FINISH

Congratulations! You have mastered these intervention skills and will see improvement in your performance!