

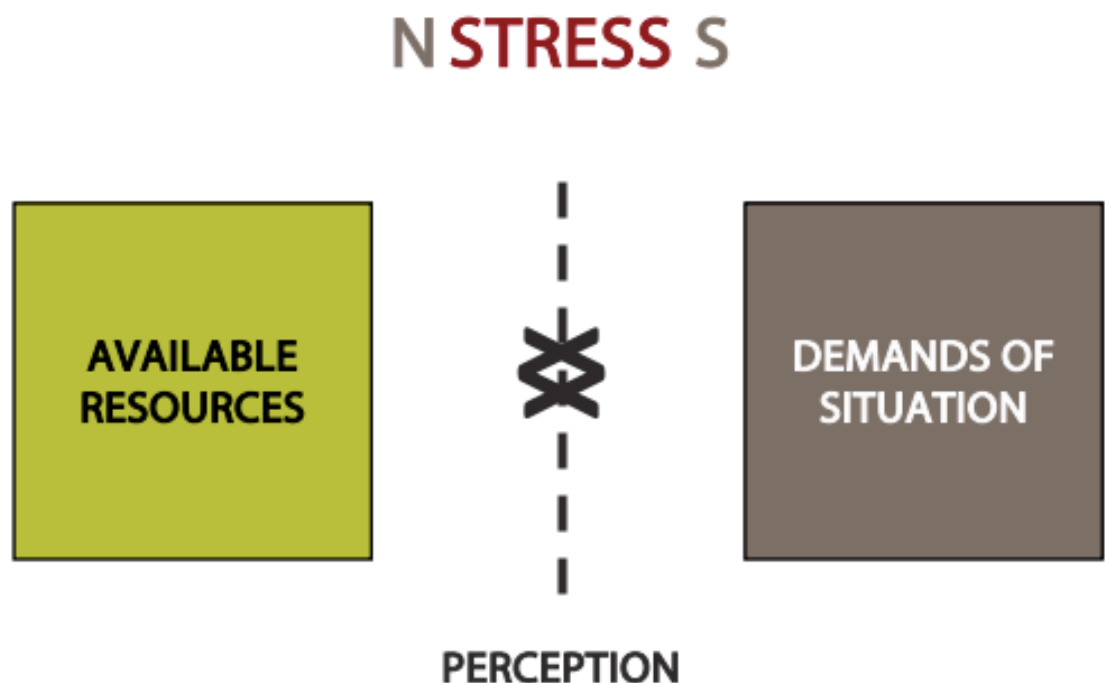
Chapter 4 - Stress, Emotion and Coping in Sport and Exercise

Wednesday, September 25, 2019

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*How is the topic of **stress, emotions and coping** relevant to your short-term or long-term objectives?*

STRESS: An experience that is produced through a person-situation relationship that is perceived as taxing or exceeding the person's resources.



The Concept of Stress:

- Stress response is multidimensional and adaptive
 - Physiological (cascade of hormones, increased heart rate)
 - Cognitive (intrusive thoughts, narrowed attention)
 - Affective (anxiety and fear)

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- Behavioural (reduced fine motor skills and gaze control)
- Stressors are external events, forces and situations that have the potential to be interpreted as stressful
- Refers to our interpretation of a situation
- Two step appraisal process
 - Primary: what is at stake in a situation
 - Secondary: what can be done in the situation
- Types of stressors
 - Chronic
 - Acute
 - Expected
 - Unexpected
 - Competitive
 - Non-competitive
 - Organizational

EMOTIONS is Our appraisal of a current event in influenced by our ancestral past

Understanding Emotions:

- Adaptive to deal with fundamental life tasks
- Direct us towards goal achievement and learning
- Eckman's (1992) basic universal emotions:
 - Happiness
 - Sadness
 - Anger
 - Fear
 - Disgust
- Basic emotions and goal achievement:
 - Happiness - a goal is attained or maintained
 - Sadness - a failure to attain or maintain a goal
 - Anger - an agent causes a loss of a goal
 - Fear - expectation of failure to achieve a goal
 - Disgust - unpleasant or toxic disruption to goal pursuit
- Basic emotions and learning:
 - Happiness - do more of that
 - Sadness - there's been a loss
 - Anger - there's been an injustice
 - Fear - there's uncertainty and potential risk

- Fear - there's uncertainty and potential risk
- Disgust - do less of that
- Distinguishing characteristics
 - Distinctive universal signals
 - Distinctive physiology
 - Distinctive antecedent events
 - Quick onset
 - Brief duration
 - Distinctive subjective experience

COPING is cognitive and behavioural efforts to manage specific external or internal demands that are appraised as taxing or exceeding the person's resources.

Coping in Sport and Exercise:

- Management skills
 - Behaviours or cognitions that are routine
 - Help us to avoid problems
 - Help to prevent stress from happening
 - What are important management skills for students
- Coping strategies
 - Problem-focused coping
 - Emotion-focused coping
 - Avoidance coping
- Coping dimensions
 - Task-oriented coping
 - Distraction-oriented coping
 - Disengagement-oriented coping
- Coping and Emotion Regulation Intervention
 - Stress reduction
 - Self-compassion
 - Self-kindness
 - Common humanity
 - Mindfulness
 - Factors influencing coping
 - Gender (limited, self-presentation)
 - Culture (limited, cultural meaning)
 - Individual (expertise, confidence, optimism)
 - Social environmental (coaching, teammates)

- expressive writing
- Gratitude journaling or reflections

