



Stress and Anxiety among Sports Person

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Abstract: Many sports persons experience stress and anxiety during their career.. The increased stress and anxiety can cause athlete negativity (physically and mentally) That might affect their performance. This research paper is focused on anxiety and stress level felt by some athletes meet ahead or during their performance. My research work explains how stress and anxiety is defined, how different sports persons respond to it and how it can be prevented.

What is Stress?

Martens, Vealey, and Burton (1990) stated, “stress has been defined as stimulus, intervening and response to variables by different researchers. As a stimulus variable stress is a precipitator; as an intervening variable, a mediator; and as a response variable, a behavior.”

Stress Disorders

The subject of stress in sport lies within the land of sports psychology. There are many disorders, which are linked to stress. Normally an athlete is diagnosed with general stress disorder. Depression can cause a sports person to become stressed, and stress can cause depression because a sports person will become worried with what is stressing them out. Physical symptoms of stress Symptoms of stress are aggravating, exaggeration, impractical performance hopes Irrational anger, restlessness. The marginal signs and symptoms include fear of failure, injury, helplessness, flashbacks of being injured, and images of embarrassment. The interpersonal signs and symptoms include withdrawal, manipulation and argumentation. The last category, sensory, includes tension, nausea, cold sweat, clammy



hands, pain. There are many signs and symptoms of stress, which are not all experienced by each person, and each person can experience a different of signs and symptoms.

WHAT IS ANXIETY

Young Minds is the UK stated in there website-

“Anxiety is the feeling of fear or panic. Most people feel anxious, panicky or fearful about situations in life, such as money problems or exams, but often once the difficult situation is over, you feel better and calmer. Sometimes the feelings of fear or anxiety continue after the difficult situation or sometimes you may feel a stronger sense of fear than other people and this is when anxiety becomes a problem and can affect you doing every day things.”

Physical symptoms of anxiety include:

Heart palpitations or chest pain, sweating, stomach upset or dizziness, frequent urination or diarrhea, nausea or stomach cramps, shortness of breath, tremors and twitches, muscle tension, headaches, fatigueinsomnia, fatigue.

Affect on Sports Person

There are many ways sports persons respond to stress and anxiety. Sometimes they do not handle it suitably and they do not know even cope up or overcome with that.

Any sports person who suffers stress and anxiety over extensive periods of time may have negative health related outcomes. They are likely to develop heart disease, high blood pressure, diabetes, depression and panic disorder.

Trainer Awareness Program

Sports academies should start an awareness program to how to overcome with stress and anxiety among trainers.

Their coach or a trainer should also know how to identify that their players are in stress and feeling anxiety and what are available sources to get the sports person overcome with stress and anxiety.

How to overcome from Stress and Anxiety.

There's always a solution for any problem. "If you remain passive, thinking, 'I can't do anything about my problem', your stress will get worse," says Professor Cooper. "That feeling



of loss of control is one of the main causes of stress and lack of well being." Avoid this, always try to look for solutions to avoid wasting time in I Can't Do Anything.

There are many different stress disorders, many which need specialised treatment. At any time an athletic trainer feels like the athlete's stress level is becoming too high and unmanageable, then the athlete needs to set up with a counseling center so they can get proper help, and tools to help lower their stress level.

Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping. "Men more than women are likely to do this. We call this avoidance behavior," says Professor Cooper. In sports we found situations where others offer you some unhealthy things. One have to avoid them from their life, a sports person never had these things and these things will ruin their career.

You can also use mind relaxation techniques which work well.

Mind relaxation technique

There is some mind relaxation technique like

Meditation

Deep breathing exercises like Pranayama speciously work wonders for relaxing stress. If someone is practicing these breathing exercises regularly this will enable them to overcome with stress and anxiety.

Visualize your competition.

What is likely to happen? Who might be there? Imagine everything in your mind.

What will you do? How will you feel?

Focus your attention on your success. Imagine yourself successfully completing all parts of the event.

Do not allow feelings of failure to sneak into your thought practices to lower your confidence. Always focus on your success at the competition. Imagine what it might feel like, look like, and smell like when you realize your goals for the competition. Reevaluate your goals again for an event.

Help other people



Professor Cooper says evidence shows that “people who help others, through activities such as volunteering or community work, become more resilient.

"Helping people who are often in situations worse than yours will help you put your problems into perspective," says Professor Cooper. "The more you give, the more resilient and happy you feel."

If you don't have time to volunteer, try to do someone a favour every day. It can be something as small as helping someone to cross the road or going on a coffee run for colleagues.

Positive Thoughts

Sports person must look for the positive thoughts in their life. They should have a company of people with positive thoughts.

Accept the things you can't change

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

"If your company is going under and is making redundancies, for example, there's nothing you can do about it," says Professor Cooper.

"In a situation like that, you need to focus on the things that you can control, such as looking for a new job."

Summary and Conclusions

Stress and anxiety affect everyone daily, but it has been found in many sports persons struggle with these conditions more than the rest of the population. Many sports persons are unable to handle stress and anxiety.

As we all know that a player's success not only depends on their physical and technical abilities, but also their mental toughness, which is why one has to work hard to teach and develop these effective ways to cope with competitive stress and anxiety

Athletic trainers should also help their trainees to help them by taking them to the counseling center.

As a research scholar, I meet many sports persons who suffered from stress and anxiety I have learned a lot from this research, this will enable me to help me help my sports persons to



overcome with stress and anxiety. I also learned in India there are very few counseling centers.

Largely this research paper helped me to learn about stress and anxiety among sports persons and some methods so I can help my sports persons to cope with their stress and anxiety.



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