

Administration of Stress Management in Sports

Dr. V.A. Manickam

Assosiate Professor

Department of Physical Education & Health Science

Alagappa University, Karaikudi

Meaning and Definition

Stress can be defined as a state we experience when there is a mismatch between perceived demands and our perceived ability to cope.

- Everyone whether men, women or child suffers from stress at one or other point in their lives. We feel stress when we are dealing with our family problems.
- We feel stress when we are facing financial or health problems. We feel stress when we get stuck in traffic. Children feel stress in school age and employees feel stress due to increasing workload.
- The Dictionary meaning of stress is any affair requiring mental or physical energy. It is a condition which causes perturbation of both mental and physical health of individual.
- It is a demand of circumstances on mind when mind tries to adjust with continual changes in life. Stress is not synonymous to negative conditions.
- Stress does not necessarily have a negative effect on a person. For example, a certain level of tolerable stress improves performance on many tasks. Also, work can be stressful if it is not sufficiently challenging.

மலர்: 11

சிறப்பிதழ்: 1

மாதம்: ஏப்ரல்

வருடம்: 2024

P-ISSN: 2321-788X

E-ISSN: 2582-0397

DOI:

[https://doi.](https://doi.org/10.34293/sijash.v11iS1-April.7747)

[org/10.34293/sijash.](https://doi.org/10.34293/sijash.v11iS1-April.7747)

[v11iS1-April.7747](https://doi.org/10.34293/sijash.v11iS1-April.7747)

Signs and Symptoms

- The body and the mind react to any stress factor. A large number of physical changes take place at the time of stress induced arousal.
- All these changes take place in a split second under the direction of the nervous system. If the stress factors are immediately removed, no harm accrues and all the changes are reversed.
- It is essential that these symptoms are recognized early by the patients of their care takers and remedial measures are taken to overcome them.

Physiological Signs

- Diarrhea
- Dry mouth
- Rapid heartbeat or palpitations
- Insomnia

- Headaches
- Indigestion
- Palpitations
- Breathlessness
- Nausea
- Muscle twitches
- Tiredness
- Vague aches and pains
- Skin irritation or rashes
- Susceptibility to allergies
- Excessive sweating
- Clenched fist or jaws
- Fainting
- Rapid weight gain or loss

Mental Signs

- Indecision
- Memory failing
- Loss of concentration
- Tunnel vision
- Bad dreams or nightmares
- Worrying
- Less intuitive
- Less sensitive
- Persistent negative thoughts
- Impaired judgement
- Hasty decisions

Emotional Signs

- Irritability or anger
- Inability to concentrate
- Fear of being “crazy”
- Feeling unreal and not in control of your actions which is called depersonalization
- More suspicious
- More gloomy, depressed
- Feeling under attack
- Cynical, inappropriate humour
- Feeling nervous, anxious apprehensive, Feelings of pointlessness
- Loss of confidence
- Less satisfaction in life
- Demotivated
- More fussy
- Feeling tense
- Drained, no enthusiasm

- Alienated
 - Job dissatisfaction
 - Reduced self esteem

Behavioural Signs

- Unsociable
- Restlessness
- Loss of appetite or overeating
- Loss of interest in sex
- Disturbed sleep or insomnia
- Drinking more alcohol
- Smoking more
- Taking work home more
- Too busy to relax
- Not looking after oneself
- Lying
- Anti-social behaviour
- Unable to unwind
- Low productivity
- Accident prone
- Bad driving
- Impaired speech
- Voice tremor
- Increased problems at home
- Poor time management

What Causes Stress

Stress may be caused by a variety of factors both outside the body and within. External factors include loud noises, blinding lights, extreme heat or cold, x-rays and other forms of radiation, drugs, chemicals, bacterial and various toxic substances, pain and inadequate nutrition. The factors from within the body include feelings of hate, envy, fear or jealousy.

There are many causes of stress in our daily lives. Our expectations of others are a major cause of stress. Below is an outline of some common causes of stress:

- Emotional Distress
- Relationship Conflicts
- Job Related Stress
- Public Speaking Stress
- Raising Children
- Travel Stress
- Litigation Stress

How can stress affect Sports Performance?

- Stress is a feeling that's created when we react to particular events with the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength of rising to a challenged alertness. A little stress or the right kind of positive stress case helps keep you on your toes, ready to rise to a challenge.
- The events provoke stress are called stressors, and they covers a whole range of The events that everything from outright danger to stepping up to takes the foul shot that could win the game. Stress can also be a response to change or anticipation of something that's about to happen - good or bad. People can feel stress over positive challenges, like making the varsity team, as well as negative ones.
- Distress is a bad type of stress that arises when you must adapt to too many negative demands. Suppose you had a fight with a close friend last night, you forgot your homework this morning, and you're playing in a tennis match this afternoon. You try to get psyched for the game but can't. You've hit stress overload! Continuous struggling with too much stress can exhaust your energy and drive.
- Eustress is the good type of stress that stems from the challenge of taking part in something that you enjoy but have to work hard for. Eustress pumps you up, providing a healthy spark for any task you undertake.

Healthier Ways to Manage Stress

- Deep breathing
- Muscle relaxation
- Visualization
- Positive self-talk
- Music
- Yoga
- What laughter can do against stress and its effects

- Laughter lowers blood pressure and reduces hypertension.
- It provides good cardiac conditioning, especially for those who are unable to perform physical exercise.
- Reduces stress hormones (studies shows, laughter induces reduction of at least four of neuroendocrine hormones-epinephrine, cortisol, dopac, and growth hormone, associated with stress response)
- Laughter cleanses the lungs and body tissues of accumulated stale air as it empties more air than it takes in. It is beneficial for patients suffering from emphysema and other respiratory ailments.
- It increases muscle flexion, relaxation and fluent blood circulation in body.
- Boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and disease-destroying antibodies called B- cells.
- Laughter triggers the release of endorphins-body's natural painkillers.
- Produces a general sense of well-being.

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 is 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 on performance.