



STRESS MANAGEMENT TECHNIQUES FOR PLAYERS DURING COMPETITION

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ABSTRACT

Competition may be a stimulating challenge for athletes, effecting the physical and cognitive emotions. In normal life if we talk about stress, then almost every second person suffering from stress. But in the environment of competition it reaches the peak level. In sports we learn about how we manage the condition of stress, but when players face any competition they also suffered from it. Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. So when players enter in the environment of competition they think about their performance, expectation of coach and social demands. If we don't control stress on time it converts into depression with time. Research finds many techniques to manage the stress during, after and before competition. Stress not effects not only effects the player performance it is bad for their mental health as well. Psychologically if player is not fit, it effects their performance and the stress disturbs their personal life. Meditation and music is very helpful for stress management and with some other technique they handle stress very gracefully. It is not only important for their performance but also important for their health.

KEY WORDS: Stress, Stress Management, Competition, Stressor.

INTRODUCTION:

Stress is among factors which have caused human troubles for a very long time. It has also affected his behavior and actions. The word stress was first used in 15th century, it was only referring to physical pressure and it had no application in social and behavioral sciences. However in 17th century the word over generalized to non-engineering sciences, too; It was used to refer to pressure and individual's tolerance against hardship. Stress is the negative environment around our mind which not only affects our performance but also our physical health. Success in sports fields is not only the outcome of physiological and bio-mechanical function, but also psychological factors play an important role in their carrier. Athletes accomplish their duties with different levels of stress. Emotional and competitive condition of different sports matches, create unique situations and causes different types of stress. However, individual differences can also affect the athletic function and the relation between stress and athlete's performance. Obviously, most of the athletes face psychological stressors. Stress in sports can be defined as a physical, mental or emotional demand which can lead to negative arousal in athlete's body or it might cause another athlete to experience a positive arousal. This is why some skilled athletes succeed during stress, while others fail (Arunjot, 2001).

SYMPTOMS OF STRESS:

Stress affects us all. You may notice symptoms of stress when disciplining your kids, during busy times at work, when managing your finances, or when coping with a challenging relationship. Stress is everywhere. And while a little stress is OK, some stress is actually beneficial; too much stress can wear you down and make you sick, both mentally and physically. The first step to controlling stress is to know the symptoms of stress. There are some symptoms of stress:

- Dizziness or a general feeling of "being out of it." Sometime an athlete feels that he is completely out of competition and the feeling of winning the match fades from his conscious mind.
- General aches and pains. Stress often leads to pains in different parts of an athlete body, hence bringing his moral down.
- Grinding teeth, clenched jaw an athlete under stress some time grinds his teeth and is unable to move his jaw properly. This condition often leads to decrease in the athlete's performance.
- Headaches, stress often leads to headache which hampers the athlete's concentration and focus.
- Increase in or loss of appetite. The changes in the appetite of an athlete due to stress change the metabolism of the body and hence decrease their performance.
- Muscle tension in neck, face or shoulders. Muscle tension in the body is often the result of stress and can completely affect the fitness of the athlete during the match.
- Problems sleeping. Changing sleeping pattern is mostly the result of the

pressure on an athlete minds and results in decreased performance of the athlete.

- Racing heart, the increased heart rate often leads to unstable mind and hence results in loss of focus and concentration. This leads to drop in the athlete performance.
- Cold and sweaty palms, cold and sweaty palms are results of decreased confidence because of stress.
- Tiredness, exhaustion, stress often leads to your body getting exhausted and makes you feel as if your stamina in getting depleted.
- Weight gain or loss, an athlete often feels changes in his appetite which results in is gaining or losing weight.
- Upset stomach, diarrhea, an athlete under excessive stress may sometime upset his stomach which can have consequences such as diarrhea or vomiting, that can completely upset your fitness.

EFFECT OF STRESS:

In stress condition the performance of the player decreases and become unstable. In stress, a player does not play their game because they feel down in mentally and it also effects their health. In stress a player cannot sleep properly, their sleeping pattern is disturbed by stress which leads to fall in their performance. They think about the competition and their result. In this their heart rate is increased and their body shivering. All these changes effects the performance of an athlete negatively.

TECHNIQUE FOR REDUCING STRESS:

There are number of techniques which we can follow for reducing our stress. The following few techniques could help us in releasing the stress from our mind:

- **Breathe Deeply:** Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.
- **Keep a positive attitude:** Keeping the positive attitude keeps the moral of the player high and increases his self-confidence. Positive attitude always results in better performance and increased confidence.
- **Accept that there are events that you cannot control:** Accepting that there are events that you cannot control. Keeps your mind calms and a calm mind always results in a positive performance.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Meditation keeps your mind calm and composed. A peaceful mind results in better focus and performance. It's simple. Sit up straight with

both feet on the floor. Close your eyes. Focus your attention on reciting - out loud or silently - a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

- **Yoga:** A healthy mind resides in a healthy body. Doing yoga regularly keeps are body and mind fit which results in increased performance in the field.
- **Listen music:** Listening to music is a very effective way of controlling your stress. It makes your mind calm, free from any external disturbances and hence the results in a healthy body and mind.
- **Eat healthy:** Nutrition is the ultimate path to a healthy body and healthy mind. Healthy eating habits give your body the nutrition it requires and makes the body capable of fighting stress.
- **Take proper sleep:** A proper 6 to 8 hours sleep is required by our body for the healthy functioning of the mind. Proper sleep is as important as nutrition.
- **Seek out social support:** Spend enough time with those you love and share your problems with them. It results in bursting your stress.
- **Imagination:** One must imagine the positive outcomes of one's action and must visualize the positive things happening around us. A mind full of positive thoughts will always be stress free.
- Self-talk and introspection is very effective ways of realizing are mistakes and chart out positive actions for our future.
- **Diversions:** We should always keep our mind on the positive aspects of our life and divert ourselves from the negative environment. Diversion from negative thoughts keeps our mind positive.
- **Tune In to Your Body:** Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. "Simply be aware of places you feel tight or loose without trying to change anything," For 1 to 2 minutes, imagines each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

CONCLUSION:

If stress is not controlled at right time than it is very dangerous for players performance, also harmful for their health and personal life. It is the duty of the coach and physical education teacher to manage their stress on starting point so that it does not convert in depression. In recent time in physical education and sports there are many techniques to manage the stress in initial stage. It is the responsibility of coach to manage their stress. If they teach about the stress management with game skill, then the player can not suffer from this. For this coach should be polite with players so they can share everything with him. Win and loss in games makes a player emotionally strong and hence results in a positive mind set. If stress is not control in initial stages it can prove fatal for a player carrier. We must follow the tips for reducing stress effectively and keep our mind in high spirits.

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