



Emotions In Sport

Dieter Hackfort, Charles D. Spielberger



Emotions In Sport:

Emotions in Sport, 2000 Emotions in Sport is the first comprehensive treatment of how individual and team emotions affect athletic performance Edited by renowned Olympic advisor researcher and teacher Yuri Hanin the book provides you with a comprehensive understanding of emotional patterns such as anxiety anger and joy as well as their impact on individual and team performance solid methods for determining the optimal emotional state of individual athletes innovative strategies for avoiding overtraining burnout and fatigue while helping enhance performance an overview of injury management and the positive emotional states that can actually accelerate the healing process and a long overdue look at exercise emotions and mental health Created and developed by Dr Hanin during 30 years as a sport psychologist the Individual Zones of Optimal Functioning IZOF model is the key conceptual framework in Emotions in Sport The model can help you describe predict and explain the dynamics of emotion performance for individual athletes and provides you with strategies for creating optimal emotional states and enhancing athletic performance Appendixes to the volume include a reproducible IZOF model form and step by step data collection instructions for your use Emotions in Sport incorporates the insights wisdom and experience of authorities worldwide to give you a new perspective on this important subject and its impact on athletes

Feelings in Sport Montse Ruiz, Claudio Robazza, 2020-09-17 Feeling states including emotional experiences are pervasive to human functioning Feeling states deeply influence the individual's effort attention decision making memory behavioural responses and interpersonal interactions The sporting environment offers an ideal setting for the development of research questions and applied interventions to improve the well being and well functioning of the people involved This ground breaking book is the first to offer cutting edge knowledge about contemporary theoretical methodological and applied issues with the contributions of leading researchers and practitioners in the field Feeling states in sports are comprehensively covered by adopting an international and multi disciplinary perspective Part I covers most relevant conceptual frameworks including emotion centred and action centred approaches challenge and threat evaluations an evolutionary approach to emotions and the role of passion in the experience of emotion Part II focuses on interpersonal aspects related to emotions and regulation encompassing social and interpersonal emotion influence and regulation social identity and group based emotions and performance experiences in teams Part III presents applied indications surrounding emotional intelligence training and emotional regulation strategies including imagery self talk the use of music mindfulness motor skills execution under pressure self regulation in endurance sports and the use of technology Finally Part IV examines issues related to athlete well being including the role of emotions in sport injury emotional eating and mental recovery Feelings in Sport Theory Research and Practical Implications for Performance and Well being is an essential source for sport psychology practitioners researchers sports coaches undergraduate and postgraduate students

Emotions in Sport Iñaki L'vovich Khanin, 2000 Emotions in Sport is the first comprehensive treatment of how individual and team emotions affect athletic performance

Edited by renowned Olympic advisor researcher and teacher Yuri Hanin the book provides you with a comprehensive understanding of emotional patterns such as anxiety anger and joy as well as their impact on individual and team performance solid methods for determining the optimal emotional state of individual athletes innovative strategies for avoiding overtraining burnout and fatigue while helping enhance performance an overview of injury management and the positive emotional states that can actually accelerate the healing process and a long overdue look at exercise emotions and mental health Created and developed by Dr Hanin during 30 years as a sport psychologist the Individual Zones of Optimal Functioning IZOF model is the key conceptual framework in Emotions in Sport The model can help you describe predict and explain the dynamics of emotion performance for individual athletes and provides you with strategies for creating optimal emotional states and enhancing athletic performance Appendixes to the volume include a reproducible IZOF model form and step by step data collection instructions for your use Emotions in Sport incorporates the insights wisdom and experience of authorities worldwide to give you a new perspective on this important subject and its impact on athletes

Emotions in Sport and Games Alfred Archer,Nathan Wildman,2020-12-17 Emotions play an important role in both sport and games from the pride and joy of victory the misery and shame of defeat and the anger and anxiety felt along the way This volume brings together experts in the philosophy of sport and games and experts in the philosophy of emotion to investigate this important area of research The book discusses the role of the emotions for both participants and spectators of sports and games including detailed discussions of suffering shame anger anxiety misery and hatred It also investigates the issues of collective emotions in relation to sport such as the shared joy of a football crowd when their team scores a goal In addition this volume examines the role of pretence and make believe in emotional reactions to sport In so doing it makes important contributions both to the philosophy of sport and to the philosophy of emotions which will be of interest to researchers and students in both fields This book was first published as a special issue of the Journal of the Philosophy of Sport

Research on Emotions in Sport ,1991

Emotions in Sport Coaching Paul Potrac,Andy Smith,Lee Nelson,2018-12-07 Emotions are widely acknowledged as an inextricable feature of human behaviour experience and interaction They are arguably the glue that can bind people together or alternatively drive them apart While social scientists have paid increasing attention to the centrality of emotions in social and pedagogical relationships the sport coaching literature has remained largely free of emotions Indeed there remains a paucity of scholarship exploring how emotions such as excitement joy anger anxiety guilt pride and embarrassment may be re produced in as well as through the social interactions and contextual relations that constitute coaching Similarly we know very little about how these and other emotions are embodied in the everyday practice of individuals and groups The aim of this book was to generate new and exploratory insights into the emotions that are an inherent feature of social relations and individual experience in coaching Using a variety of psychological and sociological frameworks the chapters in this book not only explore the interconnections between emotion identity cognition and learning

but they also serve as a platform for stimulating further inquiry in this topic area The chapters were originally published in a special issue of Sports Coaching Review *The Management of Emotions in Sports Organizations* Manuel Alonso Dos Santos, Ferran Calabuig Moreno, Irena Valantine, 2020-12-28 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org/about/contact **Emotion in Sports** Yunus Tuncel, 2018-08-31 Emotion is central to human character infiltrating our physiological functions and our mental constitution In sport athletes feel emotion in specific ways from joy to anger and despair This is the first book to examine emotion in sport from a philosophical perspective building on concepts developed by ancient Greek and modern philosophers For instance how is Aristotle's concept of catharsis applied to the sports field How about power as advanced by Nietzsche or existentialism as discussed by Kierkegaard Emotion in Sports explores the philosophical framework for the expression of emotion and relates it to our psychological understanding from the perspective of both athlete and spectator A fascinating and useful read for students researchers scholars and practitioners in the fields of sport sciences philosophy and psychology

Coping and Emotion in Sport David Lavallee, Joanne Thatcher, Marc V. Jones, 2004 It may come as a shock to some but possibly the most supremely confident athlete of modern times Muhammad Ali experienced emotions prior to competing that all of us can recognize What is also apparent given Ali's legendary status as a sportsman is that he was able to cope with these emotions clearly crucial in a sport such as boxing where failure to do so could have substantial consequences for the athlete The emotional highs and lows of competitive sport whether experienced as a competitor spectator or coach may be the essential ingredient that gives sport its universal and compelling appeal p 3 **Coping and Emotion in Sport** Joanne Thatcher, Marc Jones, David Lavallee, 2011-08-09 The emotional highs and lows of competitive sport whether experienced as a competitor spectator or coach may be the essential ingredient that gives sport its universal and compelling appeal Emotion is clearly a pervasive force within competitive sport and this is reflected in the burgeoning interest over recent decades in athletes emotions and strategies for coping with these emotions The interplay between emotion and coping is a critical factor in determining through its influence on key psychological functions an athlete's potential success in competitive sport This fully revised and updated edition of the classic text on coping and emotion in sport goes further than any other book in examining the central role that these two factors play in sports performance The book explores theory and measurement current research and contemporary issues and special populations respectively Each chapter closely integrates cutting edge research themes with discussion of practical and applied issues with case studies and reflections from practitioners working

in elite sport woven throughout the book With contributions from leading international scholars and consultant psychologists this book is vital reading for all students and professionals working in sport psychology Applying Sport Psychology Jim Taylor, Gregory Scott Wilson, 2005 Covering the five psychological areas considered to have the most influence on athletic performance motivation confidence intensity focus and emotions this work provides a comprehensive approach to sport psychology *Motivation And Emotion In Sport* John H Kerr, 2013-10-15 First Published in 2004 Why did Michael Jordan quit basketball and take up baseball Why was Martina Navratilova so successful as a professional tennis player Why did Diego Maradona take performance enhancing drugs during the 1994 soccer World Cup Why did ice skater Tonya Harding involve herself in physical attacks on her Olympic rival Nancy Kerrigan These and many other questions about aspects of motivation and emotion in sport are addressed in this book The theoretical background to the book is provided by reversal theory a general psychological theory which is demonstrating its usefulness and versatility as it is being increasingly applied within sport psychology Reversal theory's systematic conceptual framework allows a unique perspective for interpreting behaviour in sport contexts Topics discussed include the motivation behind individual participation in different types of sport and the special attraction of dangerous sports the psychological processes involved in winning and losing in competitive sport the enjoyment of being aggressive and violent in team contact sports the maintenance and enhancement of individual well being including stress management and coping through sport and exercise problems which may arise as result of over participation and stress burnout and overload in competitive sport Real life examples are combined with research findings to provide an understanding of the emotional background and changes which accompany the individual's unique experience in sport In addition suggestions as to applications of reversal theory in new areas of sport psychology and the future direction of reversal theory based sport research are outlined For those interested in a truly insightful understanding of human behaviour in sport this book will be required reading **Handbook of Sport Psychology** Gershon Tenenbaum, Robert C. Eklund, 2007-10-05 Endorsed by the International Society of Sport Psychology this classic reference draws on an international roster of experts and scholars in the field who have assembled state of the art knowledge into this thorough well rounded and accessible volume It is completely updated to reflect the latest research and is an indispensable resource for any student or professional interested in the field of sport psychology *Handbook of Sports Studies* Jay Coakley, Eric Dunning, 2000 An authoritative cast of international and inter disciplinary contributors present the best of current thinking in sports studies as the subject matures and develops academically **Motivation and Emotion in Sport Reversal Theory** J. H. Kerr, 1997 The theoretical background to this book is provided by reversal theory a general psychological theory which is demonstrating its usefulness and versatility as it is being increasingly applied within sport psychology

Performance-related Emotions in Highly Skilled Soccer Players Pasi Syrjä, 2000 Yhteenveto Suoritukseen liittyvistä tuntemuksista huipputason jalkapalloilijoilla pitkittävistä tutkimusten perusteiden IZOF malliin Mood and Human Performance

Andrew Michael Lane, 2007 Situations that are perceived to be personally important typically evoke intense mood states and emotions individuals will try to control mood states and emotions and mood and emotions influence our thoughts and behaviours Providing the sound knowledge base is a driving factor behind a great deal of the ensuing research and forms the content of many of the chapters of this book The book covers many aspects of mood in performance settings Chapters focus on the nature of mood the validity of mood measures and applied research Theoretical issues on the nature of mood and a conceptual model of mood performance relationships in sport is reviewed Chapters include research on relationships between mood and performance motivation coping strategies personality eating attitudes humour and emotional intelligence Mood responses to intense exercise extreme environments aqua massage and interventions to enhance mood are also covered Each chapter provides recommendations for future research Anxiety In Sports Dieter Hackfort, Charles D. Spielberger, 2021-04-14 This work offers an investigation of sports related anxiety research including studies from both Eastern and Western Europe International authorities have combined chapters to focus on three key areas of interest theory and assessment anxiety and performance and anxiety control in sports Routledge Companion to Sport and Exercise Psychology Athanasios G. Papaioannou, Dieter Hackfort, 2014-03-26 Written by an international team of expert contributors this unique global and authoritative survey explores in full but accessible detail the basic constructs and concepts of modern sport and exercise psychology and their practical application The book consists of 62 chapters written by 144 contributors deriving from 24 countries across the world The chapters are arranged in nine cohesive sections sport and exercise participants the influence of environments on sport and exercise motor skills performance enhancement building and leading teams career life skills and character development health and well being enhancement clinical issues in sport psychology and professional development and practice Each chapter contains chapter summaries and objectives learning aids questions exercises and references for further reading Its comprehensive scale and global reach make this volume an essential companion for students instructors and researchers in sport science sport and exercise psychology psychology and physical education It will also prove invaluable for coaches and health education practitioners *Spirituality, Sport, and Doping: More than Just a Game* Tracy J. Trothen, 2018-10-24 This book explores the deeper meaning of sports Drawing on contemporary research the author makes a strong case for why we should see sport not only in terms of religion but more importantly as a possible location for spiritual meaning Taking this a step farther she considers how gene editing robotics and other biomedical technological enhancements affect not only sports performances but experiences of sport as sacred In addition the author explores what difference it might make to the enhancement debate if sports spirituality is taken seriously The author is not afraid to explore the issue in all its complexity Yet the argument she presents is both meaningful and accessible This investigation applies insights from Christian theology applied ethics psychology and sports studies From lightweight tennis racquets to anabolic steroids athletes have long used technology and science to improve their

performances But until now no one has asked how biomedical technological enhancements might affect the undervalued spiritual dimension of sport This book presents rich insights into the connection between sports spirituality and human enhancement technologies It will appeal to researchers athletes and sports followers and undergraduate and graduate students in ethics sport religion or theology

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