



Anxiety Control Measures Before The Competition

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Abstract

Anxiety can affect both psychologically (cognitively) and physiologically (somatic). Poor concentration, lack of confidence, increased heart rate and feeling of apprehension or sickness are common negative effects of anxiety. There are various strategies players can employ to help you control pre competition anxiety and overcome any negative side effects. Competition anxiety does not need to be a problem. With practice of relaxation techniques, you can control your pre-competition nerves and prevent them negatively affecting performance, and allowing you to reach your full potential. No matter how much you've trained, performance anxiety before or during a competition may occur, hindering the results of your match. Colloquially referred to as "choking," performance anxiety is a result of overwhelming perceived stress, which leads to a decrease in athletic performance. Whether these anxieties stem from past experiences or a fear of failure, it's an important emotion to identify and deal with. Here are a few ways to overcome performance anxiety.

Key Words: Anxiety, Sports person.

Introduction

Everybody gets somewhat anxious before a major event or athletic occasion. Be that as it may, for the individuals who experience the serious indications related with uneasiness the nature of their athletic presentation will regularly endure. The connection among uneasiness and athletic execution is solid to the point that an entire field of brain science sports psychology has been dedicated to helping competitor's battle anxiety. To defeat execution tension, a sports therapist, mentor, and coach may attempt to enable the competitor to understand why those contemplations

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and emotions create and then attempt to change or alter that procedure with constrained measures of achievement. Competitors who are coming back from wounds regularly have intense subject matters that undermine certainty. Why such contemplations emerge might be of intrigue, however realizing the appropriate response isn't constantly important to beat them.

Effects of Anxiety

Competition can cause athletes to react both physically (somatic) and mentally (cognitive) in a manner which can negatively affect their performance abilities. Stress, arousal and anxiety are terms used to describe this condition. The major problem in a competition are letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance. Galway (2000) explains the elements of interference that impact on performance.

Symptoms of Anxiety

Anxiety can be recognized on three levels (Karageorghis 2007)

- Cognitive - by a particular thought process
- Somatic - by a physical response
- Behavioural - by patterns of behaviour

Cognitive	Somatic	Behavioural
Indecision	Increased blood pressure	Biting fingernails
Sense of confusion	Pounding heart	Lethargic movements
Feeling heavy	Increased respiration rate	Inhibited posture
Negative thoughts	Sweating	Playing safe
Poor concentration	Clammy hands and feet	Going through the motions
Irritability	Butterflies in the stomach	Introversion
Fear	Adrenaline surge	Uncharacteristic displays of
Forgetfulness	Dry mouth	extroversion
Loss of confidence	Need to urinate	Fidgeting
Images of failure	Muscular tension	Avoidance of eye contact

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Defeatist self-talk	Tightness in neck and shoulders	Covering face with hand
Feeling rushed		
Feeling weak	Trembling	
Constant dissatisfaction	Incessant talking	
Unable to take instructions	Blushing	
Thoughts of avoidance	Pacing up and down	
	Distorted vision	
	Twitching Yawning	
	Voice distortion	
	Nausea Vomiting	
	Diarrheal Loss of appetite	
	Sleeplessness Loss of libido	

Control Measure for Anxiety

- Be prepared: practice, practice, practice.
- Limit caffeine and sugar intake the day of the performance. Eat a sensible meal a few hours before you are to perform so that you have energy and don't get hungry. A low-fat meal including complex carbohydrates -- whole-grain pasta, lentil soup, yogurt, or a bean and rice burrito -- is a good choice.
- Shift the focus off of yourself and your fear to the enjoyment you are providing to the spectators. Close your eyes and imagine the audience laughing and cheering, and you feeling good.
- Don't focus on what *could* go wrong. Instead focus on the positive. Visualize your success.
- Avoid thoughts that produce self-doubt.
- Practice controlled breathing, meditation, biofeedback, and other strategies to help you relax and redirect your thoughts when they turn negative. It is best to practice some type of relaxation technique every day, regardless of whether you have a performance, so that the skill is there for you when you need it.

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- Take a walk, jump up and down, shake out your muscles, or do whatever feels right to ease your anxious feelings before the performance.
- Connect with your audience -- smile, make eye contact, and think of them as friends.
- Act natural and be yourself.
- Exercise, eat a healthy diet, get adequate sleep, and live a healthy lifestyle.

Conclusion

Keep in mind that stage fright is usually worse before the performance and often goes away once you get started.

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