

Psychological factors

▲rousal is general physical and psychological activity. It is the readiness and excitement to perform. If a player's excitement is too high then they tend to make abnormal decisions during the game and their performance will drop completely. On the other hand if their excitement is not high enough, they will fail to be productive. This is referred to as the inverted U hypothesis. Some effects of arousal on sports performance include muscular tension, decision-making speed, concentration and focus, rhythm and coordination. ▲rousal increases muscular tension by stimulating blood flow. People with low arousal levels exhibit less tension than people with heightened arousal levels. Rhythm and coordination is necessary for performance during sports and athletic activities to complete precise and efficient muscular movements.

▲nxiety is a negative emotional state with feelings of worry, nervousness and apprehension that is associated with the activation of the body. The heavy breathing, chest pains, tension and sudden lack of confidence in routine athletic performance represent symptoms of anxiety in many athletes when playing sport. There are two types of anxiety, the first kind refers to the cognitive aspect. It deals with the mental state affecting performances such as worry and concern. The second type of anxiety addresses the emotional component. It manifests itself through feelings such as nervousness and tension. Cognitive anxiety affects the mind of an athlete and consumes his/her thoughts, thus affecting his ability to perform simple tasks such as serving the ball in tennis. Somatic anxiety affects athlete's physical ability to perform by altering his physical state such as increased heart rate or butterflies in the stomach.

Personality is the quality or condition of an individual. Personality can have a profound effect on the positive or negative experience of sports for those involved. Such effects can either help or hinder the athlete, depending on the emotion that the athlete chooses to express and the situation in which he or she choose to express that emotion. Personalities are often described by how introverted or extroverted the individual is. Introverted people tend to be quiet and thoughtful as extroverted people are more loud and excitable. Introverts tend to like sports which require concentration and individual performances. Extroverts prefer team sports which are exciting and fast paced.

Concentration is ability to focus mental effort on task at hand while ignoring distractions. If the athlete lacks concentration then their athletic

abilities will not be effectively or efficiently applied to the task. Common distractions are anxiety, mistakes, fatigue, weather, public announcements, opponent and negative thoughts. ▲An athlete that lacks concentration will find it difficult to effectively or efficiently apply themselves to the task at hand.

Motivation is the internal state which tends to direct a person's behaviour towards a goal. If a performer is not in a positive psychological state, mistakes will be made in the performance, and they will not perform at their best level. There are two types of motivation, intrinsic and extrinsic. Intrinsic motivation is innate, therefore an individual's interest is directed at certain activities. The more motivated an athlete is the more task they are likely to achieve. Extrinsic motivation is more common within sports, factors such as peer pressure and money. Motivation can have major effects on how an individual carries out a certain task and how much effort is put in to it. Motivational basis of achievement can be quite varied, as there are some individuals that although are highly motivated may not be very successful. ▲Athletes, who are motivated, are more likely to want to do their best, not only in the competitions, but also in the training.

Usain Bolt has been having problems moving out of the blocks at pace at the beginning of the race and he starting to doubt in his own ability. This is because of anxiety as his confidence is decreasing which could reduce his performance. The heavy breathing, chest pains, tension and sudden lack of confidence in routine athletic performance represent symptoms of anxiety in many athletes when playing sport.