

Stress Management in Sports

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Introduction:

Stress Management techniques developed by expert sportspychologist are ideal for coping with one field stress golfers generally experience extreme stress because of situational factors such as the prestige of an ongoing or coming tournaments. Stress can also result from the pressure of mounting expectations or about competitors winning performance. Sports psychology conditions to deal with challenging situations and facilities prioritization of goals. The pressure or strain could be caused by a number of factors like personal social political job related etc. stress is a psychological stress body stress In psychology, stress refers to a particular kind of state of human resulting from some interaction between him/her and the environment.

Definition of stress management:

Stress management bodies' reactions to change that require a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrate, angry, nervous or anxious.

Stress management in simplest terms the opposite of relaxation. Both positive and negative aspects of life can be equally stress full. Stress comes from the external forces in our lives that push our buttons and provoke extreme emotions. Although we commonly think of stress coming from the frustration and low points in life, high points and achievements are stressful as well.

The Physical activities were important of present work. physical education is the ability to carry out daily task with alertness, without undue fatigue with ample energy to enjoy leisure time pursuit and to meet unforeseen emergencies (Clarke, 1971)

A persons is considered fit for a particular degree of talks activities to accomplish with a reasonable degree of efficiency, without undue fatigue and with rapid recovery from the effects of exertion.

Objectives of the study:

- The effect and enable the sports players to know the meaning of stress management.
- To enable them to know and understand physical fitness and benefits of stress management, players improve the performance and skill.
- Stress can be managed by thinking positive and handling the situations with ease by their own will and perseverance.
- At the time of sports tournament sports psychology of the players stays stressful, immense pressure is there.

Hence stress management study plays an important role. There are numerous stress management skill such as physical activities, play in games, meditation, skill trainings and camp other psychological skills, progressive muscles relaxation, yoga class. Symptoms of stress can be emotional behavior, physical stress, muscles tension, headache, fatigue etc...

Benefits of stress management:

1. Improve the concentration
2. Improve the performance
3. Enhance the memory
4. Become happy and healthy
5. Increase the working efficiency and time saving.

Easy stress Managements Tips:

- Always take time for yourself, atleast 30 minutes per day.
- Be aware of your own stress meter know when to step back and cool down
- Concentrate on controlling your own situation