



“STRESS MANAGEMENT IN SPORTS: A BIRD EYE VIEW”

Physical Education

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ABSTRACT

Learning techniques for managing stress in sports should be an important part of any athlete's training regimen. Intense training places the human body under physical stress. It's important for athletes to incorporate tips and strategies for managing stress into daily their daily lives so they don't experience the negative emotional and health side effects that can develop as a result of unchecked stress. Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke. With the death of a loved one, the birth of a child, a new relationship, we experience stress as we readjust our lives. In so adjusting to different circumstances, stress will help or hinder us depending on how we react to it. In this paper we are attempt has been made to analyze the some issues of stress management in sports and in general.

KEYWORDS

Crisis, Mind, Stress, Stable, Negative, Emotional, Wear,

INTRODUCTION:

Whenever managers implement changes, they should be concerned about the stress they may be creating. If the stress is significant enough, it may well cancel out the improvement that was anticipated from the change. In fact, stress could result in the organization being less effective than it was before the change was attempted. This section defines stress & discusses the importance of studying & managing it. The bodily strain that an individual experiences as a result of coping with some environmental factor is **stress**. Hans Selye, an early authority on this subject, said that stress constitutes the factors affecting wear & tear on the body. In organizations, this wear & tear is caused primarily by the body's unconscious mobilization of energy when an individual is confronted with organizational or work demands.

Need of the study:

There are several sound reasons for studying stress:

- Stress can have damaging psychological & psychological effects on employees' health & on their contributions to organizational effectiveness. It can cause heart disease, & it can prevent employees from concentrating or making decisions.
- Stress is a major cause of employee absenteeism & turnover. Certainly, such factors severely limit the potential success of an organization.
- A stressed employee can affect the safety of other workers or even the public.

Helping Your Physical Self

When your body experiences a crisis of any kind, physiological changes take place. Your blood pressure rises, your heart rate increases, and you may breathe faster. If you are under a crisis for a long period, your body will not be able to calm itself down as easily as it did before. This means you will have to train your body to understand that a crisis is over and it can return to a relaxed state.

Exercise:

A great way to help reduce tension in your body is exercising regularly. Aerobic or cardiovascular exercise is a great form of exercise because it increases your heart rate and will provide you with those good feeling endorphins so many people talk about after working out.

Meditation:

Meditation is using your mind to slow down your physiological responses. You will learn how to clear your mind and train your muscles to relax and slow down your heart rate and bring down blood pressure.

Yoga:

Yoga is a lot like meditation but there is rhythmic breathing with stretching. Stretching your body and putting yourself in different positions can help you become much more flexible as well as find inner calmness.

Breathe:

Some people scoff at the thought of breathing during a stressful situation but it can help reduce anxiety levels. When your anxiety levels rise you may notice you will start taking shallow breathes, counting down helps you bring your breathing back to a normal rate. Remove yourself from the crisis as much as possible and count down from 10, slowly. As you count down, take a deep breath in and out.

Mantras:

Mantras are a good way to help you stay focused. Think of something motivating or inspiring and repeat this to yourself whenever you feel yourself losing control.

Take a break:

Don't forget to take a break regularly. Some people continue to work even though they are tired or overwhelmed. This decreases productivity, puts you at risk for injury and increases mistakes. Instead of pushing yourself, take a walk or do something else you enjoy. You will feel refreshed and ready to take on so much more when you return.

The Total Stress Load

The concept we have to bear in mind is the Total Stress Load. For the athlete the formula is: Lifestyle Stress + Emotional Stress + Training Stress + Competition Stress = Total Stress Load. The fit athlete should be able to withstand stress better than the ordinary person because he or she is trained to perform well under pressure. However, if the athlete is training too hard or competing too much, a slight increase in the total stress can push them over the top. It is a sad fact that fitness is not the same as health; the highly tuned athlete may be less healthy than the club athlete who maintains a high degree of fitness without going over his physical limits.

Lifestyle stress

The sportsman needs an economically stable base. He should not be adding to his stress by worrying about mounting debts. Thus a part-time job which pays enough for basic living but allows time for training is better than a well-paid but demanding job - and better than having no job at all and growing financial worries. Other factors such as where you live and how much travelling you have to do must also be considered. The college-based athlete in America, the state supported athlete in the old East Germany or the heavily sponsored athlete in Western Europe have all had this stress removed from their lives.

Emotional stress

This is something we can rarely *control*, but we can adjust other aspects of our lives so as to diminish the total stress load. During times of great stress, one should use training as a form of therapy. As Kipling said: 'If you can fill the unforgiving minute with 60 seconds worth of distance run. I would have recommended 40 minutes worth, myself. One should avoid serious competition when under great stress, though non-serious competition is fine.

Training stress

Training must be progressive, and very gradually progressive at that. The increase in volume and the introduction of new training methods must all be done gradually, with one phase merging into the next (as I described in the December PP). There must be regular pauses to make sure that the body can adapt to the extra load before increasing it further. Each hard session must be followed with *recovery* time before the next one is attempted. It is a mistake to try to improve quality and quantity at the same time. Train first for the distance, then improve the quality.

Competition stress

Since competition is at the heart of sport, one would never say 'avoid competition', but I would say 'select competition', and the selection must take into account the other stresses in your life. One can train to cope with competition stress and the thinking athlete - or the thinking coach - will plan out a competitive series in which the challenge gradually increases. As each challenge is successfully met, the athlete's confidence grows, until he is ready for the highest level. One must realise that going into this level carries with it the strong possibility of failure - something which the up-and-coming young athlete may never have met. Being able to handle failure and come back again is the most v Everyday stress

Keys to Reducing Stress Manage Your Psychological and Physical Well-being

1. One way to manage your psychological and physical well-being is to have people you can turn to for emotional support. This support might come from family, church members, friends, or others who have experienced the kind of stress you are experiencing. Emotional support involves give-and-take. You must be willing to support other people in addition to receiving support from them.
2. Diet also appears to influence a person's ability to cope with stress.
3. Elevated blood cholesterol levels combined with hypertension or high blood pressure increase your chances of stroke and heart attack.
4. Be moderate in your consumption of coffee, tea, soft drinks, and drugs containing caffeine. Caffeine stimulates the sympathetic nervous system and may promote even more nervousness and tension.

Tips to avoid stress

1. Aim to exercise regularly. Exercise dissipates the adrenaline that builds up in stressful situations and leaves us feeling with a sense of achievement and control.

Eat healthily

2. Ensure you are getting adequate vitamins and minerals in your diet. One recommendation that very few of us manage is to eat 5 servings of fruit and vegetables daily.
3. Make sure you are getting enough sleep. People need varying amounts ranging from 5 or 6 hours to 10 hours a night. By trial and error, you will know how much sleep YOU need to perform at your best.
4. Learn to think clearly and set yourself realistic goals and objectives. Work through one problem at a time in a logical way.
5. Remember that you are human and mistakes are inevitable. Learn to view mistakes as learning opportunities and problems as challenges.

CONCLUSION:

An athlete who is moving, breaking up with a partner, or going through other life-changing events will experience stress which will have an effect on performance. Since there is no way to really get rid of the stress, the best way to combat it is to cut down on stress in other areas. If lifestyle stress is high, cut down on competition, and see training as therapy. Do only as much as makes you feel good. Never completely avoid physical exercise when you are stressed, as exercise, as long as there is no over-training, reduces overall stress. Especially during tough times, athletes should exercise at least 30 minutes a day five days a week. Always monitor your eating and sleeping patterns, which have a direct effect on stress. Eat healthfully and get the correct amount of sleep. Regular patterns will help keep the stress level in check.

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