

Hello everyone! Today we are going to talk about how emotions are related with sport. What emotions include? In sport emotions are everything which help or affect our results. We all know that atmosphere by which we are surrounded means a lot not just in sport but in the daily life as well.

What are emotions? Emotions seem to rule our daily lives. We make decisions based on whether we are happy, angry, sad, bored, or frustrated. We choose activities and hobbies based on the emotions they incite.

Why we have chosen this topic ? Because me, i used to be a professional tennis player and as Polina knows me since we are 6 and so she used to watch my matches often. So like this we can analyse emotions related to sport from different sides by proving it with examples from our life.

To be started. Have you ever watched a football match? Or have you ever played football in the team? Regarding 2 questions bellow we can say that in both cases we feel the emotions but in different ways.

Lets make a research about the second question and see how different emotions can influence our match or even practice.

At the top of the Prime Sport Pyramid

(link is external)

sits emotions. It's closest to the top of the pyramid (above motivation, confidence, intensity, and focus) because emotions will ultimately dictate how you perform throughout a competition.

Emotions during a competition can cover the spectrum from excitement and elation to frustration, anger, and disappointment. Emotions are often strong and, most troublesome, they can linger and hurt your performances long after you first experience them.

Negative emotions can hurt performance both physically and mentally. They first cause you to lose your prime intensity. With frustration and anger, your intensity goes up and leads to muscle tension, breathing difficulties, and a loss of coordination. It also saps your energy and causes you to tire quickly. When you experience despair and helplessness, your intensity drops sharply and you no longer have the physical capabilities to perform well.

Negative emotions can also hurt you mentally. Your emotions are telling you that, deep down, you're not confident in your ability to perform well and achieve your competitive goals. Your confidence will decline and you will have negative thoughts to go along with your negative emotions. Also, since your negative emotions are so strong, you will likely have difficulty focusing on what will help you to perform well; the negative emotions draw your attention onto all of the negative aspects of your performance. Finally, negative emotions can hurt your motivation to perform because you just don't feel good and it's no longer fun.

Emotions come from past experiences in similar athletic situations in the form of beliefs and attitudes you hold about performing and competing. The emotions associated with these beliefs and attitudes are commonly known as the "baggage" you carry from your past. Your perceptions from the past impact your present even though the emotions may not be appropriate or useful in the present situation. One of the most difficult aspects of emotions is that they become habits that can cause you to automatically respond with a certain emotional reaction to a particular circumstance even when that emotional response does more harm than good. When you see professional athletes on TV, for example, totally "lose it" and get ejected from a game, you are likely seeing emotions that are self-destructive to both the athlete and their team.

Negative emotions can be provoked by many occurrences during a competition including bad calls, senseless mistakes, making an error at a crucial point in the competition, and just performing poorly. All of these events share two common elements that lie at the heart of what causes the negative emotions: You feel that the path to a goal is being blocked and you don't seem to have control over removing the obstacle. For example, a tennis player is losing to an opponent that he believes he should beat and, no matter what he tries, he can't seem to turn the match around. The tennis player is likely to experience frustration and anger initially. These emotions can be helpful at first because they motivate him to fight to clear the path to his goal and regain control of the match. But if he's unable to change the course of the match, then he may experience despair and helplessness, in which he accepts that he can not win, so he just gives up.

Sportsmen have to Be sure that their emotions are proportional to what causes them. Ask yourself whether a few mistakes are worth the ill feelings you might experience. Are you being fair to yourself? When the severity of the punishment exceeds the seriousness of the crime, you have lost perspective on how important your sport is in your life. It might be worth getting really upset if you didn't get into the college of your choice or you lost your job, but are these strong negative emotions worth feeling over some unimportant mistakes?

It's okay to be disappointed when you make mistakes or perform poorly. In fact, you should feel that way. It means that you care about your sport and want to do better. But when your negative emotions are strong and self-defeating, particularly for how minor the crime is (you will make a lot of mistakes during your sports career), then you need to look at why your punishment far exceeds the crime you committed.

Emotional threat is most often associated with too great an emphasis on winning, results, and rankings. Pressure to win from parents, coaches, and athletes themselves is also common. With these beliefs, it's easy to see why competing in a sport would be emotionally threatening. In contrast, emotional challenge is associated with your enjoying the process of your sport regardless of whether you achieve your goals. The emphasis is on having fun and seeing the competition as exciting and enriching. Sports, when seen as an emotional challenge, are an experience that is relished and sought out at every opportunity. Thus, emotional challenge is highly motivating, to the point where you love being in pressure situations.

Lets now take a look from another side. So imagine you are watching a match of your favourite football team, or favourite tennis player... Don't you agree that you are nervous as well but from different side and it cant affect the result but for you, you also feel different emotions. You trying to support your team, maybe you started to scream when you're disappointed because the golly lost the ball, or, when you're happy for the team , when they won the match etc. That not really the sport emotions but we wanted to talk about them and see how you feel and which emotions you get while your favourite team, player or even your friend plays.