



Stress and Performance in Sport (Human Performance and Cognition Series)

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Covers both theoretical and practical aspects of sports psychology. The first section is devoted to an examination of the relationship between competitive stress and performance, identifying areas that have attracted significant research. It also discusses recent models of stress and performance as well as laboratory-based research, including examination of the differential effects of multidimensional anxiety components, the application of catastrophe theory and reversal theory to stress in sport. The second section focuses on stress management and self-regulation in sport. It discusses goal-setting as a motivation and self-confidence enhancer, anxiety reduction techniques for particular symptoms and the possible mediating role of cognitions in sport performance. Mental training programs for coping with stress and the reasons behind the success of performance routines are also considered. A final section discusses future research directions.

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