Bringing your A game

Regulating Pre-match Psychobiosocial States

Yun-Dih Wendy Chia-Smith, Ph.D.
Loyola University Maryland
Baltimore, MD U.S.A.
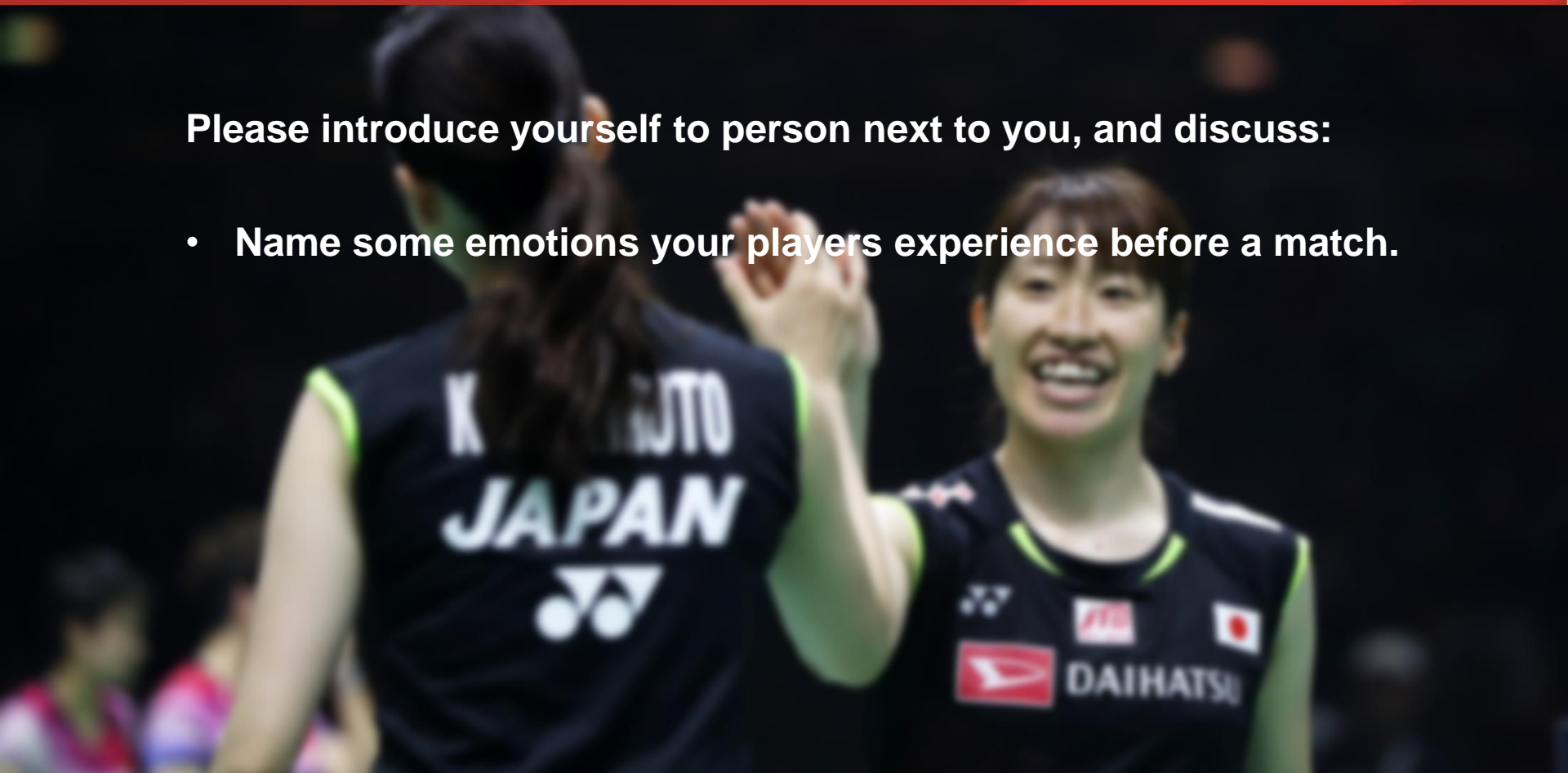
Only if she can control her emotion…

BWF

Before regulating, we need to aware what are the emotions we are experiencing.

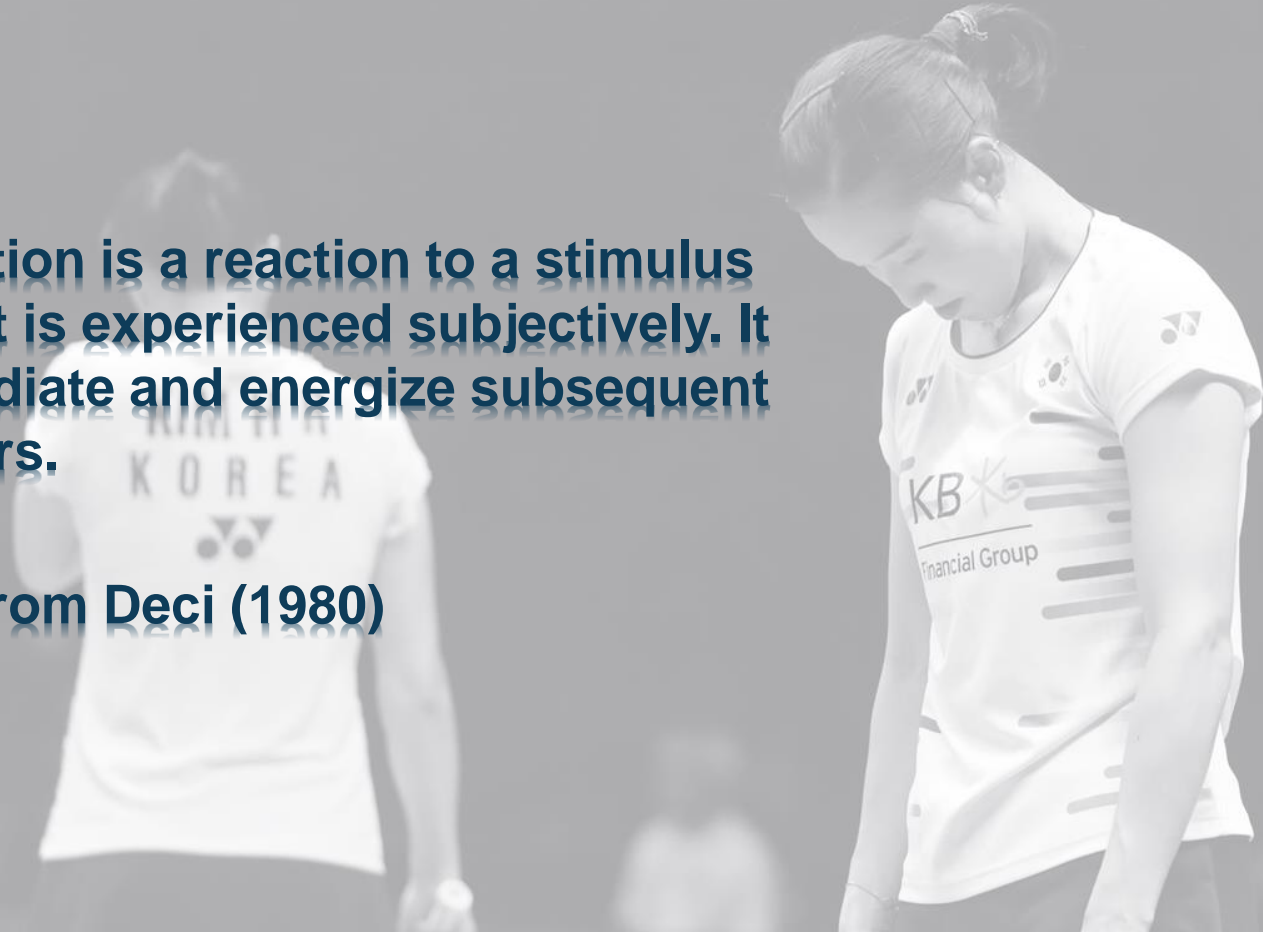**What does a player perceive at a match, EXACTLY?**

BWF

Please introduce yourself to person next to you, and discuss:

- **Name some emotions your players experience before a match.**

An emotion is a reaction to a stimulus event. It is experienced subjectively. It may mediate and energize subsequent behaviors.

Edited from Deci (1980)

BWF

Psychological

Cognitive

Affective

Motivational

Biological

Motor- Behavioral

Bodily- Somatic

Social

Operational

Communicative

TIME

INTENSITY
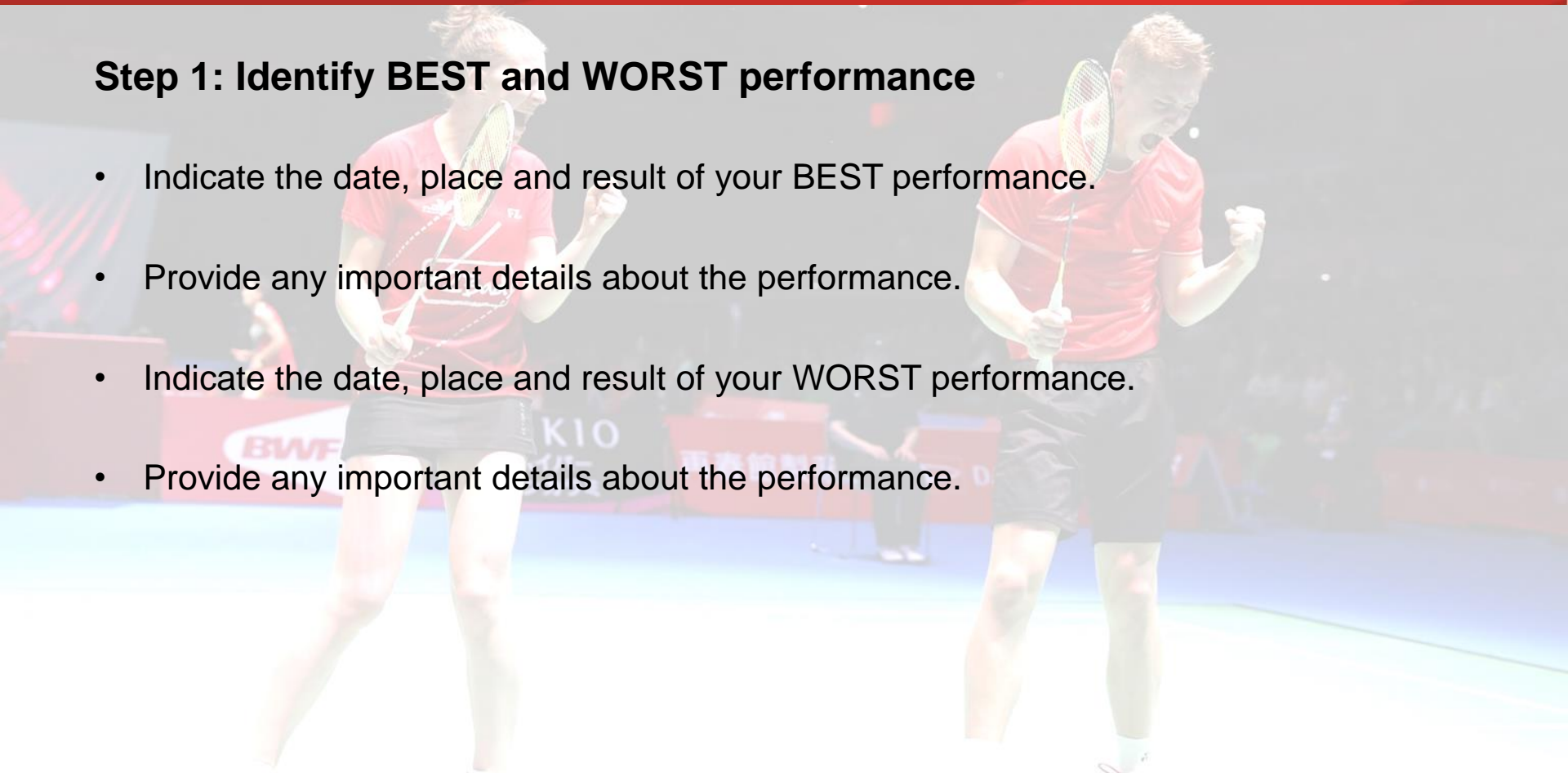
CONTENT

CONTEXT

Step 1: Identify BEST and WORST performance

- Indicate the date, place and result of your BEST performance.

- Provide any important details about the performance.

- Indicate the date, place and result of your WORST performance.

- Provide any important details about the performance.

Step 2: Identify BEST PERFORMANCE States (select form the list up to 3 items for each column)

HELPFUL-POSITIVE (P+)

Active, dynamic, energetic, relaxed, comfortable, easy, calm, quiet, happy, confident, sure, delighted, overjoyed, determined, excited, brave, glad, motivated, nice, fast, alert

HELPFUL-NEGATIVE (N+)

Afraid, scared, intense aggressive, angry, annoyed, worried, anxious, concerned, nervous, alarmed, discouraged, uncertain, helpless, lazy, tense, exhausted

8

Step 3: Identify WORST PERFORMANCE States (select form the list up to 3 items for each column)

HARMFUL-NEGATIVE (N-)

Afraid, scared, aggressive, angry, annoyed, worried, anxious, concerned, alarmed, discouraged, uncertain, disconnected, helpless, lazy, intense, nervous, tense, exhausted

HARMFUL-POSITIVE (P-)

Active, dynamic, energetic, relaxed, calm, quiet, happy, confident, sure, delighted, overjoyed, comfortable, determined, excited, brave, glad, motivated, easy, nice, fast, alert

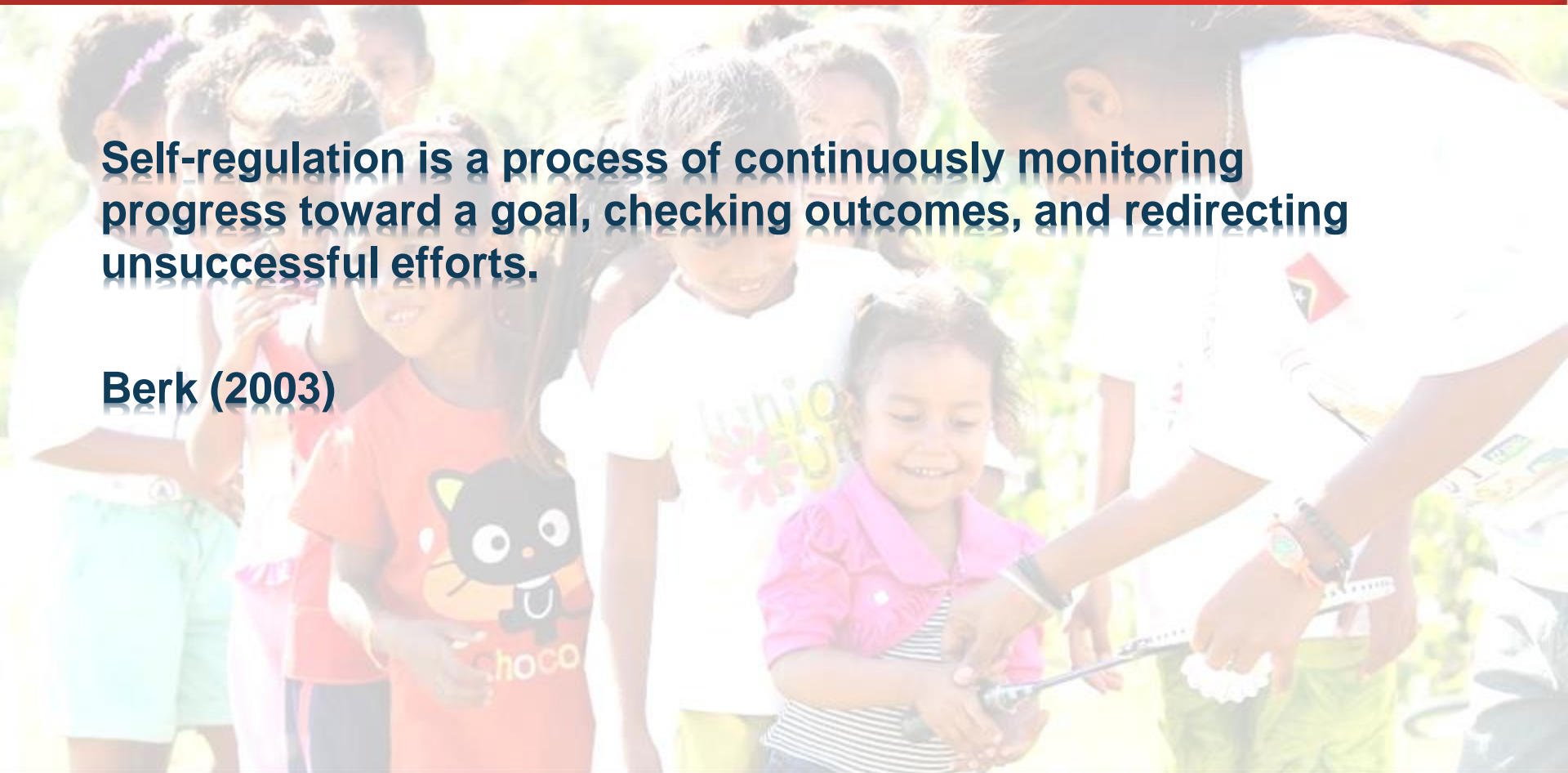## Step 4: Describe states intensity in your BEST PERFORMANCE

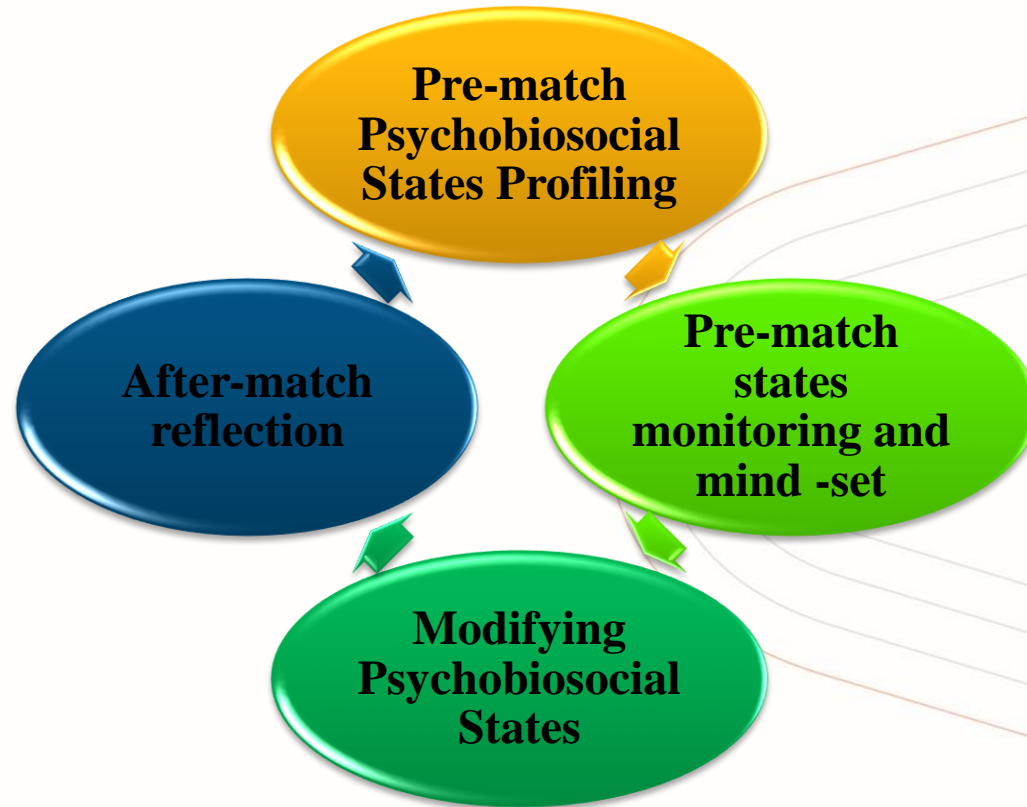|		0	0.5	1	2	3	4	5	6	7	8	9	10
(P+)	Energetic	0	0.5	1	2	3	4	5	6	**7**	8	9	10
(P+)	Motivated	0	0.5	1	2	3	4	5	6	7	**8**	9	10
(P+)	Confident	0	0.5	1	2	3	4	5	6	7	**8**	9	10
(N+)	Nervous	0	0.5	1	2	3	4	5	6	**7**	8	9	10
(N+)	Worried	0	0.5	1	2	3	4	5	6	**7**	8	9	10
(N+)	Intense	0	0.5	1	2	3	4	5	6	7	**8**	9	10
(N-)	Disconnected	0	0.5	**1**	2	3	4	5	6	7	8	9	10
(N-)	Anxious	0	0.5	1	**2**	3	4	5	6	7	8	9	10
(N-)		0	0.5	1	2	3	4	5	6	7	8	9	10
(P-)	Comfortable	0	0.5	1	2	**3**	4	5	6	7	8	9	10
(P-)	Relaxed	0	0.5	1	**2**	3	4	5	6	7	8	9	10
(P-)	Easy	0	0.5	1	**2**	3	4	5	6	7	8	9	10

Step 5: Profiling states on a graph
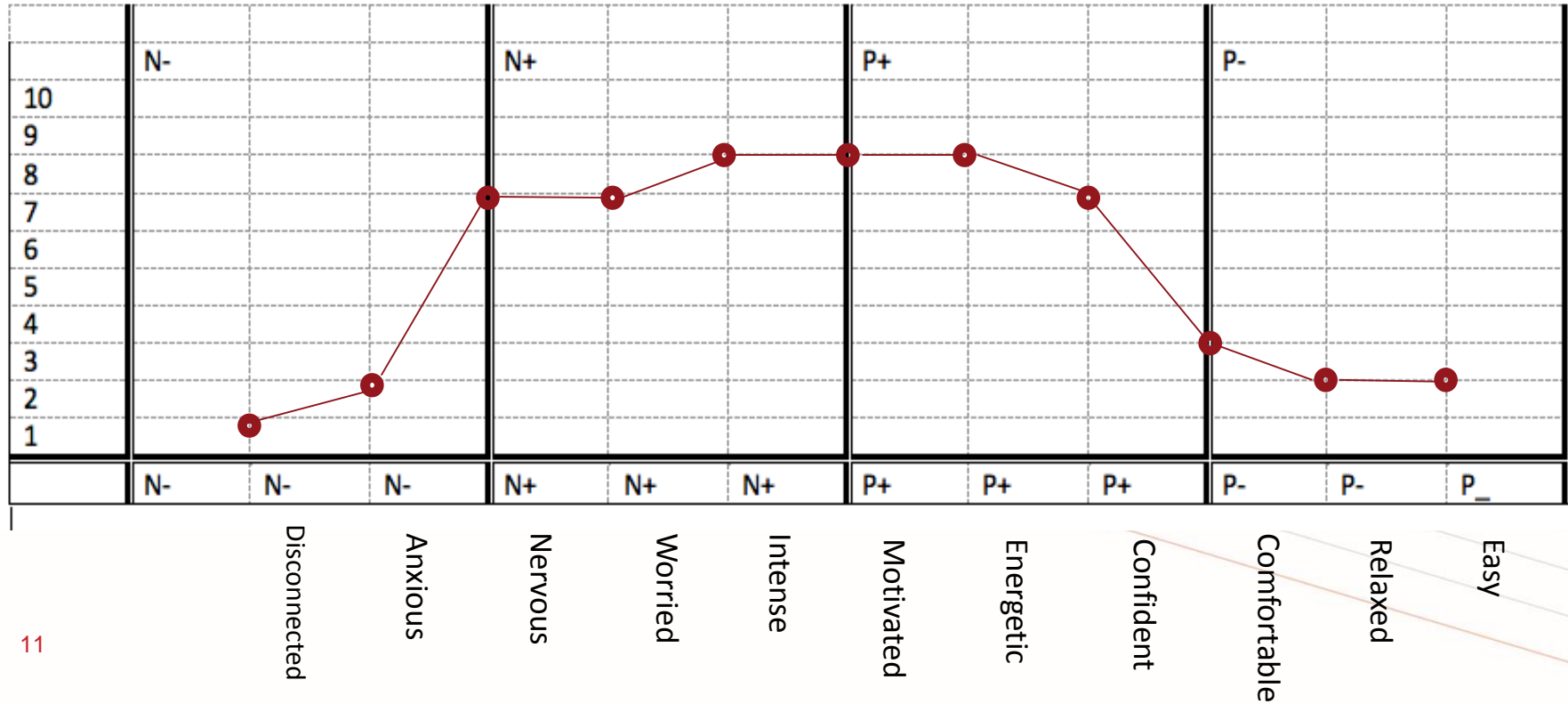
Self-regulation is a process of continuously monitoring progress toward a goal, checking outcomes, and redirecting unsuccessful efforts.

Berk (2003)

BWF

Pre-match Psychobiosocial States Profiling

Pre-match states monitoring and mind -set

Modifying Psychobiosocial States

After-match reflection

13

BWF

1. Pre-Match Psychobiosocial states profiling
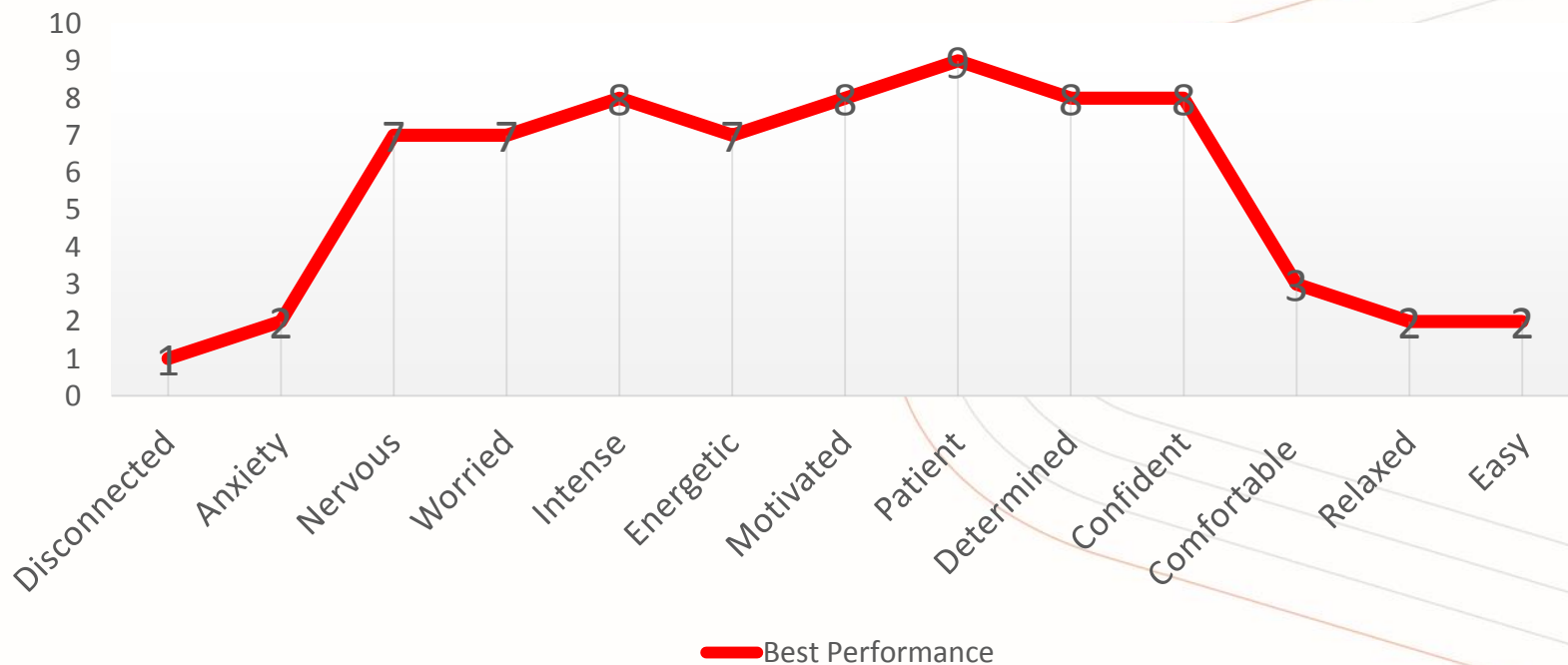
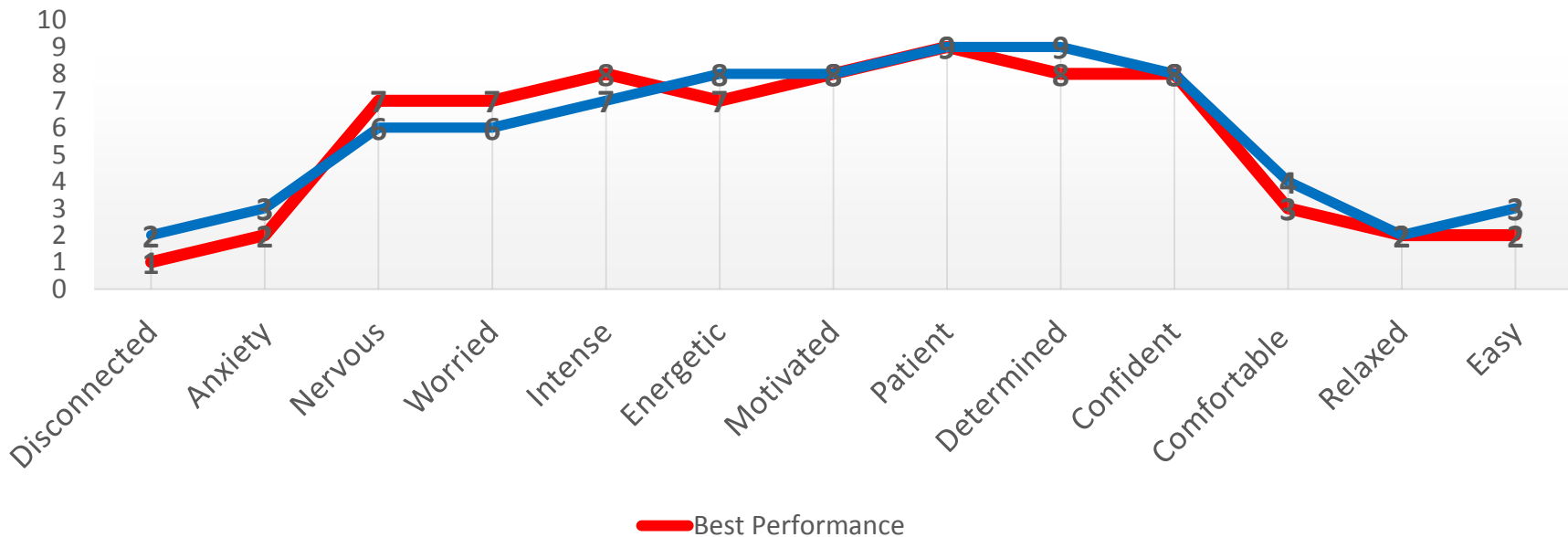**2. Pre-Match states monitoring and mind -set**
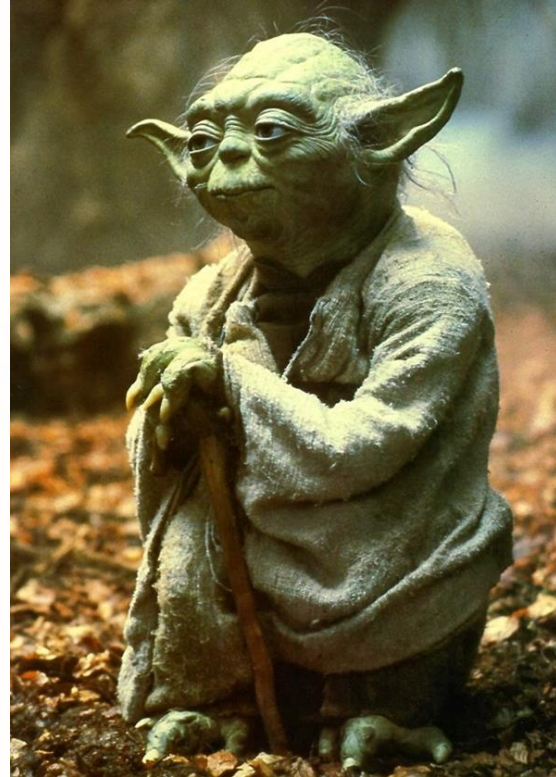
Self-Assessment

Goal Setting

3. Modifying Psychobiosocial States

1. Pre-competition routines

2. Imagery

3. Self-Talk

4. Relaxation technique

5. Warm-up

6. Focusing

7. Music

8. Meditation

9. Sport Watch

4. After-match Reflection

Best Performance

"Control, control, you must learn control".

Thank you.