

2) How can psychology affect performance?

2.1 Motivation:

- **Positive and Negative**
- **Intrinsic and Extrinsic**
- **Motivation is the reason a person has for doing something**
- Motivation provides direction and an intensity of purpose and is thus directly related to performance
- Levels of motivation required to perform a task vary depending on the individual, the task itself, and the situation in which it must be performed

Positive and Negative:

	Positive Motivation	Negative Motivation
Definition	Occurs when athletes are motivated by positive/successful outcomes	Occurs when athletes are motivated by the need to avoid negative outcomes
Examples	Rewards, prizes, praise from coach/peers/crowd, financial gain, media coverage, recognition	Punishment, fear of failure, disappointment or loss of respect from others, missing team selection, missing out on prize money

Intrinsic and Extrinsic:

	Intrinsic Motivation	Extrinsic Motivation
Definition	Refers to motivation that comes from <u>inside</u> the person	Refers to motivation that comes from an <u>external</u> source
Examples	Personal enjoyment and satisfaction, desire to win, belief in oneself	Financial reward, prize money, trophies, coach's pep talk, parental praise, expectation of others, cheering

2.2 Anxiety and Arousal:

- **Trait and State Anxiety**

	Trait Anxiety	State Anxiety
Definition	Is the predisposition of an athlete to perceive a situation as threatening or stressful	Is the anxiety experienced as a result of a specific situation
Description	Can often be controlled by simple relaxation techniques	Harder to control and usually involves training in mental rehearsal and relaxation
Example	A personality trait	A golfer putting on the 18 th green for the championship