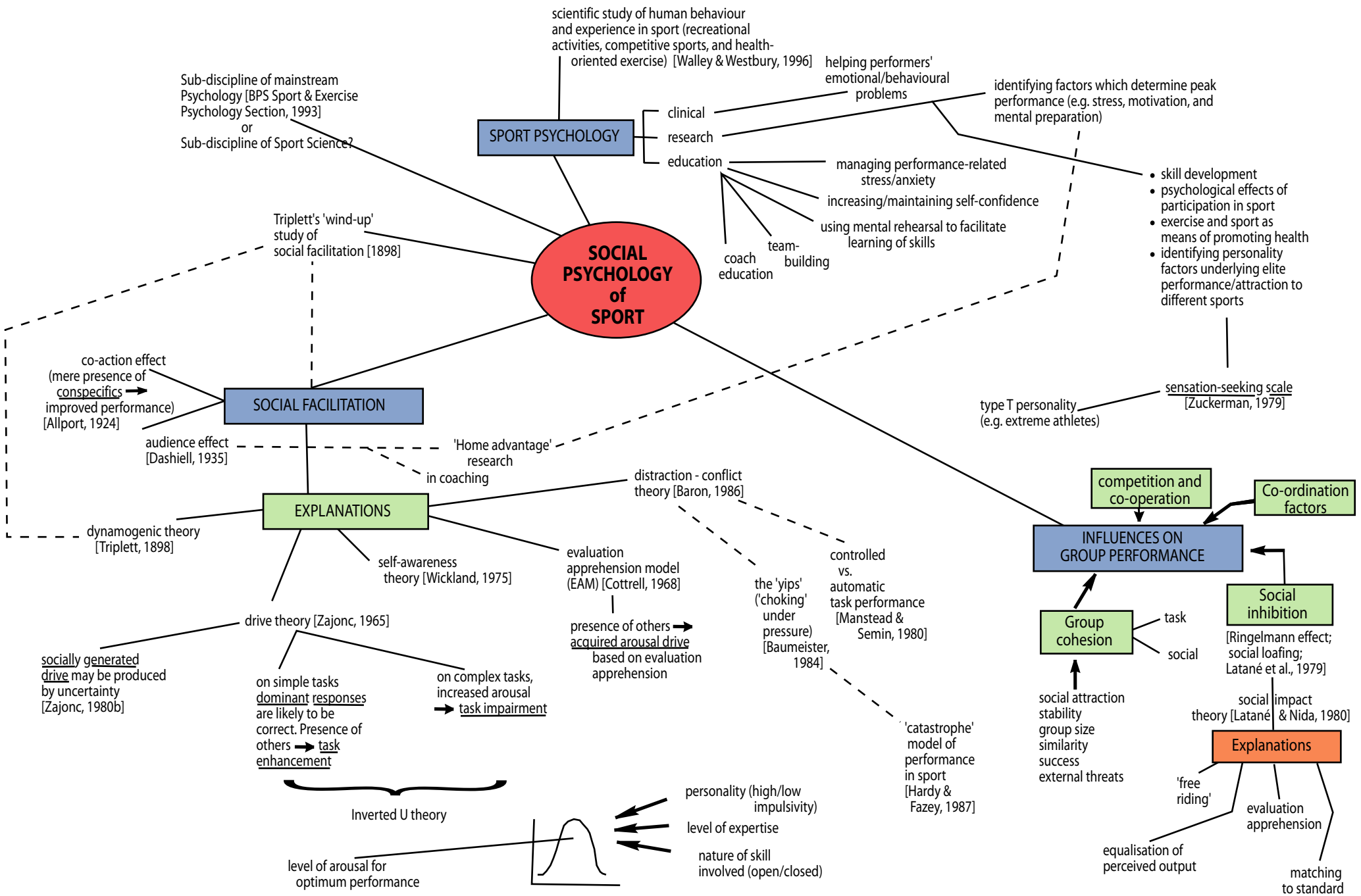
SOCIAL PSYCHOLOGY of SPORT
SPORT PSYCHOLOGY
scientific study of human behaviour and experience in sport (recreational activities, competitive sports, and health-oriented exercise) [Walley & Westbury, 1996]
Sub-discipline of mainstream Psychology [BPS Sport & Exercise Psychology Section, 1993]
or
Sub-discipline of Sport Science?
clinical
research
education
helping performers' emotional/behavioural problems
identifying factors which determine peak performance (e.g. stress, motivation, and mental preparation)
managing performance-related stress/anxiety
increasing/maintaining self-confidence
using mental rehearsal to facilitate learning of skills
team-building
coach education
• skill development
• psychological effects of participation in sport
• exercise and sport as means of promoting health
• identifying personality factors underlying elite performance/attraction to different sports
sensation-seeking scale [Zuckerman, 1979]
type T personality (e.g. extreme athletes)
Triplett's 'wind-up' study of social facilitation [1898]
SOCIAL FACILITATION
co-action effect (mere presence of conspecifics → improved performance) [Allport, 1924]
audience effect [Dashiell, 1935]
'Home advantage' research
in coaching
EXPLANATIONS
dynamogenic theory [Triplett, 1898]
self-awareness theory [Wickland, 1975]
evaluation apprehension model (EAM) [Cottrell, 1968]
presence of others → acquired arousal drive based on evaluation apprehension
distraction - conflict theory [Baron, 1986]
the 'yips' ('choking' under pressure) [Baumeister, 1984]
controlled vs. automatic task performance [Manstead & Semin, 1980]
'catastrophe' model of performance in sport [Hardy & Fazey, 1987]
drive theory [Zajonc, 1965]
socially generated drive may be produced by uncertainty [Zajonc, 1980b]
on simple tasks dominant responses are likely to be correct. Presence of others → task enhancement
on complex tasks, increased arousal → task impairment
Inverted U theory
level of arousal for optimum performance
personality (high/low impulsivity)
level of expertise
nature of skill involved (open/closed)
competition and co-operation
Co-ordination factors
INFLUENCES ON GROUP PERFORMANCE
Group cohesion
task
social
social attraction
stability
group size
similarity
success
external threats
Social inhibition
[Ringelmann effect; social loafing; Latané et al., 1979]
social impact theory [Latané & Nida, 1980]
Explanations
'free riding'
evaluation apprehension
equalisation of perceived output
matching to standard