

(stress response) only occurs if an imbalance is perceived between the stimulus and the individual's perceived ability to cope with the stimulus threat. Competitive state anxiety that occurs prior to a competitive situation is referred to as precompetitive state anxiety. Antecedents that precede the competitive state anxiety response include such things as fear of performance failure, fear of negative social evaluation, fear of physical harm, situation ambiguity, and disruption of a well-learned routine.

Precompetitive cognitive anxiety starts relatively high and remains high and stable as the time-to-event approaches. Conversely, somatic anxiety remains relatively low until approximately 24 hours before the event, and then increases rapidly as the event approaches. Once performance begins, somatic anxiety dissipates rapidly, whereas cognitive state anxiety fluctuates throughout the contest as the probability of success/failure changes.

Perfectionism is multidimensional in nature and can be reduced to two overarching factors named functional perfectionism and dysfunctional perfectionism. Four inventories are identified that measure multidimensional perfectionism. These include the Frost Multidimensional Perfectionism Scale (FMPS), the Hewitt Multidimensional Perfectionism Scale (HMPS), the Sport Multidimensional Perfectionism Scale (Sport-MPS), and the Multidimensional Inventory of Perfectionism in Sport. Overall striving for perfection is associated with elevated cognitive and somatic state anxiety, but when functional and dysfunctional perfectionism are considered separately, a different result is obtained. Functional perfectionism predicts lower levels of state anxiety and higher levels of self-confidence, whereas dysfunctional perfectionism

predicts elevated levels of somatic and cognitive state anxiety.

The relationship between arousal/anxiety and athletic performance is represented best by the inverted-U curve. The foundation of inverted-U theory is the classic work of Yerkes and Dodson (1908). Three theories that predict a curvilinear relationship between performance and arousal are cue utilization, signal detection theory, and information processing theory. Conversely, drive theory posits a linear relationship between arousal and performance. Perhaps the greatest contribution of drive theory is that it helps to explain the relationship between arousal and learning as well as arousal and performance.

As introduced in the beginning of the chapter, a mood state differs from an emotion in that it is more diffuse and may last for weeks or even months. While other inventories have been developed for measuring mood states, the most commonly used inventory used in sport is the Profile of Mood States (POMS). The POMS measure the moods of tension, depression, anger, vigor, fatigue, and confusion. The mental health model and the iceberg profile of the elite athlete all describe a mood profile in which negative moods are low and positive mood is high. It is not recommended that any attempt be made to distinguish between athletes' differing skill levels based on POMS scores. However, it may be possible to make a modest prediction of performance outcome based on precompetitive POMS scores if sport type and method of defining success are taken into consideration. Lane and Terry (2000) proposed a conceptual model of mood as a theoretical approach to predicting mood effects on performance outcome. The theory identifies the mood of depression as a moderator variable in the model.

Critical Thought Questions

1. Differentiate among the terms *emotion*, *anxiety*, *stress*, and *mood*. Provide examples of each showing differences and why they are different.
2. Discuss and clarify Selye's notion of stress relative to your answer to question number one.