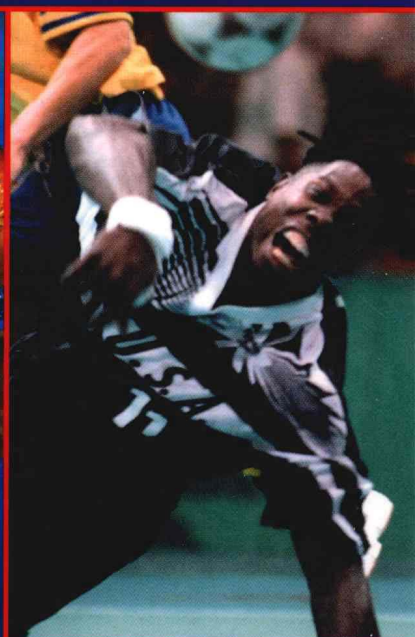
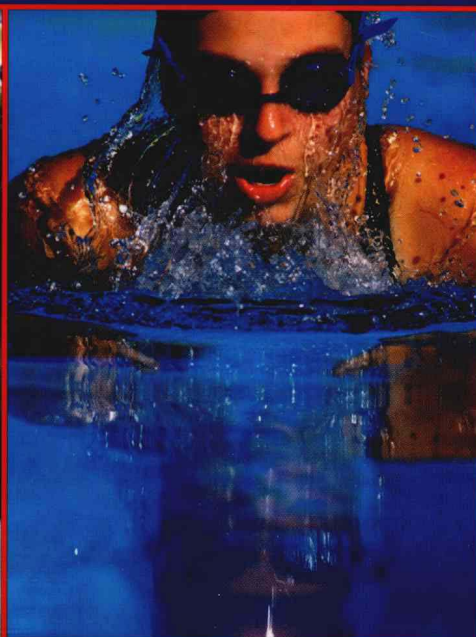


Psychological Foundations of Sport



John M. Silva III Diane E. Stevens

Psychological Foundations of Sport

Edited by

John M. Silva III

The University of North Carolina at Chapel Hill

Diane E. Stevens

Brock University

Allyn and Bacon

Boston • London • Toronto • Sydney • Tokyo • Singapore

All my work is dedicated to my parents, Jennie and John Silva, whom I can never thank enough for providing me with the greatest family environment full of love, guidance, and support. I also dedicate this text to the Silva and Maki families, especially my father-in-law Vilho Maki, who passed away recently, and to Dr. Burris Husman and Dr. Thomas Sheehan for the intellectual stimulation and the intangibles. Finally, I dedicate this text to all the graduate and undergraduate students whom I have taught and who in some way found that sport psychology enhanced their life in a positive way. And of course Taylor, Tally, and Buddie.

JMS

*To my parents, Alex and Shirley Mack:
your love and support has allowed me to fly.*

DS

Preface

I have been down this road before. What do you say about your own text? And who really reads the preface anyway? Just kidding.

Everybody talks about the importance of “psychological factors in performance,” but exactly what does that mean? Coaches always say, “Concentrate,” or “You are making too many mental mistakes.” How do athletes develop the ability to concentrate in the heat of competition or when things are going poorly and their game is breaking down? What specific psychological factors influence performance? Can sport psychology really help me perform better or understand why so many youths drop out of sports? Can I use this information to help me in my sport, with my schoolwork, or if someday I coach or have a child who participates in sports?

What do you want out of a sport psychology textbook? The answer depends on who the reader is, of course. If you are an undergraduate student, you want answers to questions. Why do undergraduates enroll in a sport psychology course? Many are curious and have questions based on their experiences, because just about everybody has participated in or played sports at some time during their youth or adolescence. An undergraduate student wants interesting, clearly written, cohesive information that is not laborious to wade through. You want to see the relevance of the research, the theories, and the applications to your own life, whether in sports or in your personal or academic life. You want to read a chapter and be stimulated, not bored. You want to put the book down and say, “You know, that makes sense” or “I’ve done that in competition—wow, that’s me!” You really want to learn something and not have to struggle to remember it because the writing is so layered with academic jargon or intellectual exercises that impress only the author. You want it to be an interesting, challenging, and thought-provoking book. You want a text that covers the material taught in the class and has references that you can use not only in this course but also in papers you may have to write in other classes. You want “a keeper.” Contrary to popular belief, even undergraduate students want to build a library.

This text is targeted primarily toward the undergraduate student enrolled in a sport psychology course. The authors have tried to write to stimulate and challenge the student, and to provide a comprehensive analysis of sport psychology from theory to research to practice. The text is a blend of sound information from both basic and applied sources, from sport psychology and psychology. The authors all teach sport psychology and are experts in the areas in which they have contributed. They understand what the undergraduate student wants from a chapter, and they have delivered. We think you will get answers to many of your questions, and we hope the readings generate many more questions that one day you may answer yourself.

If you are a graduate student or fellow professional, you will find this text attractive simply by viewing the lineup of contributors in the table of contents. You will recognize the names as regular participants and contributors to the field of sport psychology. This text combines the work of well-established and -respected sport psychologists along with that of “rising stars” and young professionals just starting to make their mark in the sport psychology literature. This blend of the old and the new provides the perspective and broad view needed in a text and combines that perspective with the fresh insights and up-to-date literature that distinguish this book from some of the cookie-cutter texts that have flooded the market recently. Graduate students and fellow professionals will enjoy not only the stimulating reading offered in the chapters but also the comprehensive references available to support their personal research as well as supplemental reading recommendations. For the graduate student and professional, this text will be an indispensable reference source and will take an easily identifiable spot on the bookshelf. We hope that it will be the type of text that both teachers and students will enjoy using.

For many of us in the field of sport psychology, that first undergraduate course in sport psychology turned on the light and provided the inspiration for us to learn more about sport psychology and about how to become a sport psychologist. We hope this text inspires another generation of sport psychologists who are as excited as we are about advancing the field and about giving themselves full-time to the best job in the world—teaching, researching, and practicing sport psychology.

Acknowledgments

I gratefully acknowledge Diane Stevens for agreeing to co-edit this text with me and for being a good friend and colleague before, during, and after this project. The contributors to this text deserve a special thank-you—their efforts have produced a comprehensive and up-to-date view of the field that is without rival. I have enjoyed getting to know old friends better and establishing new friendships through this combined effort.

I thank Mark Funkhouser, who interested me in writing my first sport psychology text and who put the bug in me to write this one. Joe Burns, thanks for your support and your behind-the-scenes work on my behalf. Morten Andersen, thanks for the great foreword and for all the applications of sport psychology you have provided firsthand throughout the years. Kelly McMahon, many thanks for the tremendous amount of help you gave me on this project.

All students play a special role in my life—like an extended family of sorts. However, I would be remiss if I did not mention and acknowledge the significant role that David Conroy, Heather Deaner, Erik Dunlap, Elizabeth Freeland, Jon Metzler, and Mike Navarre played in my personal and professional life while I was working on this text. I am grateful for all you have done to inspire me and support me, for making it easy for me to smile and laugh, for giving me many memories, and for helping me to always keep the big picture in mind, through the good times and the bad, as your former mentor and as your friend—thank you.

In addition, Diane Stevens and I would like to thank the following reviewers of the text whose comments contributed to the book’s development: John Caruso, University of

Massachusetts, Dartmouth; David Furst, San Jose State University; Patricia Laguna, California State University, Fullerton; and Ben Ogles, Ohio University.

John M. Silva III
Chapel Hill, North Carolina

A project this size cannot be undertaken alone. I gratefully acknowledge the chapter authors, who contributed their insights, thoughts, and imagination to this book. The strength of this endeavor lies with you. I also thank my mentors, Albert Carron, Craig Hall, and John Partington, whose unending support and willingness to share their experiences are invaluable to me. Special thanks to Jonathan Metzler for going above and beyond...yet again, and to my husband, Scott: many thanks for your unwavering support of this project, despite many late nights.

I express my sincere thanks to my co-editor John Silva for so selflessly allowing me the opportunity to take part in this project. His professional dedication and commitment to friendship will remain with me forever.

Diane E. Stevens

Foreword

One last deep breath on the sideline of the Minneapolis Metrodome. Then the usual, deliberate trot to midfield. As I face the goalposts far away at the end of the field, like a good friend they are there waiting for me, as always patient, bright, and filled with promise of a good time, no matter what. Of course, I scarcely notice. I have work to do. Some unfinished business to attend to.

I know that it is loud here. Not so much because I hear it, but because the ground is shaking. The stadium is shaking. The noise 70,000 screaming fans can produce is amazing.

I come closer...to destiny...to utopia...to a professional highlight. Actually, I come closer to the line of scrimmage and Dan Stryzinski, who is ready, giving me the spot. I am behind it now. Walking toward an index finger pointed at the inside front corner of the left hash on the 28-yard line in overtime of the 1998 NFC Championship game. I feel good. Another deep breath. A verbal cue, three steps back. I look up and have my target. Another breath, two steps to the right. Last deep breath. I narrow my focus. I have the spot. I hold it. Still. On automatic. The moment of truth. One moment of many. But this one is special. This one took 17 years to show up. I feel warm and comfortable, and I have this incredible sense of knowing. The snap from Adam Schreiber hits Dan's hands perfectly. Dan lowers the ball into position. No need to turn the laces. They are already facing my yellow friends 38 yards away. I glide to the ball smoothly, effortlessly. I see it clearly. The ball looks huge. As my left leg makes contact with the ball, I already know. It is good. As the ball splits the uprights, I am already running toward midfield where I am met by many happy, ecstatic teammates. Underneath a pile of 300-pound linemen is not a good place to be, so I decide to keep running. As I start to look around, I notice something very strange. Silence in the Metrodome. Deafening silence.

My father is a retired child psychologist. When my twin brother, Jakob, and I were much younger, we participated in a study done in Copenhagen, Denmark, on twins and their similarities, differences, and so on. I don't remember much of the study or the resulting conclusions from the experts. Since then, I have had very little experience with any type of psychology. Of course, as an athlete, I always heard about different players working with a "guy" and always wondered why they would need that. I figured that if they had made it to the professional level, they were already in good shape physically and mentally. Was I wrong!

I met John Silva in the late 1980s through Tommy Barnhardt, a teammate of mine with the New Orleans Saints. Tommy had worked with John for some time and suggested that I meet him. I am glad that I did. 1989 was not my best year kicking. I suppose by most standards it was O.K., but my standards were higher. I soon found out that my expectations

were a little too unrealistic and somewhat self-destructive. Through methodical sessions of interviews, talks, and tests, John and I came up with a game plan that I follow to this day. It includes an honest look at where I was as an athlete and where I wanted to go.

There are many roads we can take in life, but without some idea of where we want to end up, it becomes very difficult to get there. To me it became very obvious quickly that I needed to drop some of my absolute goals and my perception that perfection was the only way. It is fun to strive for, but unrealistic to expect. Sport psychology has helped me set windows for goals and made me understand that goals should be specific, realistic, motivational, and never threatening. I also learned that it takes discipline to become mentally trained. It takes an investment of time and of will. To get to a point at which you are able to perform at the highest level possible in perceived pressure situations, you must have, in addition to your natural-born talents, an abundance of mental strength that you can draw on to accomplish your goals and perform freely. It is a fun journey down a path that sometimes is bumpy, but never boring.

I think what I have enjoyed the most about sport psychology has been the process of getting ready every year: the excitement and the anticipation of the upcoming season and the knowledge that I have a plan that works for me whether I miss a 26-yard field goal in the Superbowl or make a 38-yarder to win the NFC Championship game. I know that no matter what I choose to do in my life, great satisfaction comes from knowing that I am mentally strong and disciplined and that I am able to meet any situation with a sense of purpose and freedom. I trust my hopes, not my fears. The advantage in professional sports goes to the athletes who are willing to mentally train themselves with the same vigor and commitment that they have done physically. I hope that your journey will be as rewarding as mine and that you find your own special pot of gold at the end of your rainbow.

Morten Andersen

New Orleans Saints 1982–1995

Atlanta Falcons 1995–present

Eight-Time NFL Pro Bowl Player

Contributors

Brock University
John Hay
Diane E. Stevens

Lafayette College
Luis Manzo

McGill University
Gordon Bloom

Queen's University
Jean Côté

Springfield College
Allen Cornelius

University of Idaho
Damon Burton
Sarah Naylor

The University of North Carolina at Chapel Hill
Barbara Bickford
Diane E. Stevens
Heather Deaner
Jamie Robbins
John M. Silva
Jonathan Metzler
Julie Partridge
Stacey Rosenfeld

University of Saskatchewan
Peter R. E. Crocker
Thomas R. Graham
Kent C. Kowalski
Nanette P. Kowalski

University of Waterloo

Steven R. Bray

Kim D. Dorsch

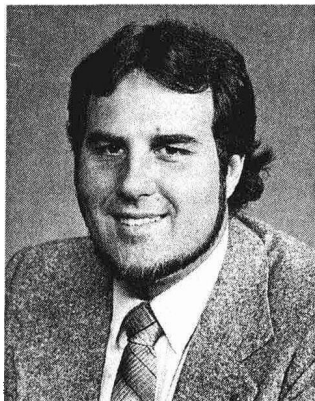
E. J. McGuire

W. Neil Widmeyer

Western Illinois University

Laura Finch

About the Editors



Dr. John M. Silva is a Professor of Sport Psychology in the Department of Exercise and Sport Science at the University of North Carolina at Chapel Hill. He received his Ph.D. from the University of Maryland and his MS and BS from The University of Connecticut. Dr. Silva is the founding president of the Association for the Advancement of Applied Sport Psychology (AAASP), the largest scholarly sport psychology association in the world, with an international membership of more than 1000 sport psychologists. He served as the inaugural editor of the *Journal of Applied Sport Psychology*, the first nonproprietary sport psychology journal in the United States.

Dr. Silva has spoken and conducted workshops regionally, nationally, and internationally on various sport psychology topics and has presented invited addresses in Denmark, Norway, Sweden, Greece, Spain, Germany, the Soviet Union, South Korea, Japan, and the United States. In 1991, he was awarded the first Distinguished Graduate Alumni Award from the College of Health and Human Performance at the University of Maryland. Dr. Silva has served as a sport psychology consultant for athletes and teams for more than twenty years. He has provided onsite services to athletes at national, international, and world competitions and has served on the Sports Medicine Committee for the United States Team Handball Federation since 1987. From 1995 to 1999, he chaired the federation's Sport Science and Technology Committee, which oversees sport science service provision for their national and Olympic teams.

Dr. Silva's research interests include psychometrics in sport, performance enhancement, cognitive intervention, psychology of the elite athlete, and training stress. He is a

fellow in AAASP, a certified AAASP consultant, a member of the USOC Sport Psychology Registry, a Research Consortium Fellow, and a member of the American Psychological Association.

As a participant, Dr. Silva has run five marathons and played on the Carolina Team Handball Club that won a Bronze Medal at the National Championships in 1991. He has coached several Carolina players selected to the U.S. National Team and has coached the Women's South Team in the 1993 Olympic Festival as well as the Men's South Team, which won the Gold Medal in the 1995 Olympic Festival. He also coached two Carolina alumni who were selected to compete for the United States in Team Handball in the 1996 Olympic Games.



Diane E. Stevens, Ph.D., is an assistant professor of sport psychology at Brock University. She completed her doctoral degree in kinesiology in 1996 at the University of Western Ontario. On graduation, Dr. Stevens accepted a position at the University of North Carolina, which she held until 1999. Her current research interests include group dynamics/team building and the self-presentational implications of sport participation. A former competitive athlete, her current recreational interests include tennis and other outdoor activities.

Vice President, Editor in Chief: Paul A. Smith
Series Editorial Assistant: Annemarie Kennedy
Marketing Managers: Mande Eckersley
Production Editor: Annette Pagliaro
Editorial Production Service: Innovation Publication Services
Composition Buyer: Linda Cox
Manufacturing Buyer: Suzanne Lareau
Cover Administrator: Linda Knowles
Electronic Composition: Omegatype Typography, Inc.



Copyright © 2002 by Allyn & Bacon
A Pearson Education Company
75 Arlington St.
Boston, MA 02116

Internet: www.ablongman.com

All rights reserved. No part of the material protected by this copyright notice may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner.

Library of Congress Cataloging-in-Publication Data

Psychological foundations of sport / edited by John M. Silva, Diane E. Stevens.

p. cm.

Includes bibliographical references and index.

ISBN 0-205-33144-0

1. Sports—Psychological aspects. I. Silva, John M. II. Stevens, Diane E.

GV706.4 .P673 2002

796'.01—dc21

00-052200

Printed in the United States of America

10 9 8 7 6 5 4 3

05 04 03 02 01

Contents

Preface	ix
Acknowledgments	x
Foreword	xiii
Contributors	xv
About the Authors	xvii

PART ONE • *The Evolution of Sport Psychology*

1 *The Evolution of Sport Psychology* 1

John M. Silva III

PART TWO • *Personality and Performance*

2 *Psychology of Personality* 27

Stacey M. Rosenfeld

3 *Personality and Sport Performance* 48

Heather Deaner and John M. Silva III

PART THREE • *Motivation and Sport*

4 *Understanding Individual Motivation in Sport* 66

Laura Finch

5 *Applying Motivational Principles to Individual Athletes* 80

Jonathan Metzler

PART FOUR • *Emotion and Sport Performance***6** *Emotion in Sport* 107

Peter R. E. Crocker, Kent C. Kowalski, Thomas R. Graham, and Nanette P. Kowalski

7 *Competitive Anxiety and Sport Performance* 132

Sarah Naylor, Damon Burton, and Peter R. E. Crocker

8 *Emotional Control and Intervention* 155

Peter R. E. Crocker, Kent C. Kowalski, and Thomas R. Graham

PART FIVE • *Intervention and Performance Enhancement***9** *Introduction of Sport Psychology Interventions* 177

Allen Cornelius

10 *Intervention Techniques in Sport Psychology* 197

Allen Cornelius

11 *Psychological Interventions for the Injured Athlete* 224

Allen Cornelius

12 *Enhancing Sport Performance: The Role of Confidence and Concentration* 247

Luis Manzo

PART SIX • *Group Dynamics***13** *Group Dynamics: The Influence of the Team in Sport* 272

Julie Partridge and Diane E. Stevens

14 *The Science of Developing Cohesion* 291

Diane E. Stevens**15** *Building the Effective Team* 306

Diane E. Stevens**PART SEVEN • Aggression in Sport****16** *The Nature, Prevalence, and Consequences of Aggression in Sport* 328

W. Neil Widmeyer, Kim D. Dorsch, Steven R. Bray, and E. J. McGuire**17** *Explanations for the Occurrence of Aggression: Theories and Research* 352

W. Neil Widmeyer, Steven R. Bray, Kim D. Dorsch, and E. J. McGuire**18** *Reducing Aggression in Sport* 380

W. Neil Widmeyer**PART EIGHT • Gender Issues in Sport****19** *The Revolution of Women in Sport* 396

Barbara Osborne**20** *Psychosocial Issues and the Female Athlete* 411

Diane E. Stevens, Barbara Osborne, and Jamie Robbins**21** *Coaching the Female Athlete* 428

Barbara Osborne

PART NINE • *Psychological Aspects of Coaching***22** *Coaching Demands and Responsibilities of Expert Coaches* 438

Gordon Bloom**23** *Role of the Elite Coach in the Development of Talent* 466

Gordon Bloom**PART TEN • *Psychological Aspects of Youth Sport*****24** *Children's Involvement in Sport: A Developmental Perspective* 484

Jean Côté and John Hay**25** *Family Influences on Youth Sport Performance and Participation* 503

Jean Côté and John Hay**26** *Coach and Peer Influence on Children's Development through Sport* 520

Jean Côté**Index** 541