Self-regulation skills in sport

Alexander T Latinjak
Lecturer in Sport and Exercise Psychology at the University of Suffolk
Visiting Researcher at EUSES
Sport Psychology Consultant, Psychological Skill Trainer and Sport Psychology Program Developer

Twitter:
@Alex_T_Latinjak
The Triangle of Sport Psychology

Psychological processes

- Identity
- Motivation, goals, attitudes, skills...
- Emotions, arousal thoughts, learning...

External interventions

1. Well-being and mental health
2. Commitment to sport and PA participation

Manipulation

Self-regulation

Emotional SR, Cognitive SR, Behavioural SR, Motivational SR, SR learning

Psychological skills

- Reasoning, communication skills, metacognition, coping skills, concentration, discipline...
- Integrated psychological skills training
- Cooperative learning

Acquired through maturation and experience
Psychological processes

Anger, boredom, anxiety...

Attentional demands

- Exercise length
- External distractors
- Coach guidance

Motivational demands

- Predictability
- Social comparison
- Coach motivation

Affective demands

- Uncertainty
- Consequences
- Intrinsic motivation

Integrated psychological skills training

Self-regulation

Challenge...

Concentration, self-motivation, goal-adjustment, reasoning, emotion-regulation

Psychological skills training
Psychological processes

- Psychological processes do not necessarily belong to one individual
  - Sports are hardly ever practiced individually
- Most psychological processes are shared experiences; if one is Sad, all are Sad
- In sports, one of the most important psychological processes is LEARNING

Self-regulation

- Social skills, responsibility, group processing skills, empathy...
- Coaches can use this fact, and coordinate cooperative learning

Cooperative learning methods

- Coaches believe that their role is to teach...
- Yet, not all athletes learn at the same pace
In cooperative learning:
- Coaches create learning tasks
- Players assume roles to solve the task
- Players play their part for the group to advance
- Players recognize their peers' struggles
- Players help each other overcome challenges, in terms of skills, motivation, and emotions

Cooperative learning methods:
- Coaches help athletes to help each other, adjust the task to control challenges, and provide final feedback on learning

Social skills, responsibility, group processing skills, empathy...
1. Sport elicits psychological processes which stimulate psychological skills.

2. Control the psychological challenges of athletes, but do not solve their problems or psychological skills will languish.

3. Foster awareness of psychological processes and psychological skills to create metacognitive knowledge.


5. A group of athlete, in team and individual sports, can learn to self-regulate socially.