
The Effect of Psychological Counseling Program on Cognitive Stress Management among Volleyball Players

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Abstract:

The fundamental reason for this review was to look at the effectiveness of a cognitive-behavioral stress management intercession intended to help university understudy competitors comprehend and use different strategies to oversee stress better and direct excitement to accomplish ideal execution. The last example comprised of 30 members partitioned into a treatment and a hold up rundown control gather. The treatment gather met for one hour for every week for a five-week intercession, where they figured out how to utilize aptitudes, for example, unwinding, symbolism, and self-talk. Both treatment and hold up rundown control aggregate individuals finished measures of competitive game anxiety, attribute anxiety, life stress, adapting abilities, and positive and negative effect at pre, post, and follow-up testing. stress as the covariate were directed for competitive anxiety, quality anxiety, adapting abilities, and positive and negative effect to investigate contrasts between the gatherings for the whole example crosswise over test times. The outcomes showed that the treatment and control bunches varied fundamentally obviously on both competitive anxiety and negative effect at follow-up testing. The contrasts between gatherings for the rest of the factors were non-huge. The suggestions for these outcomes are talked about, as are proposals for future research here.

Keywords: cognitive stress, competitive anxiety, optimal performance, psychological.

INTRODUCTION:

The most recent decade has seen a resurgence in investigating and finding the part of feeling in physical action. In game, feeling is frequently certainly or expressly connected with the term stress. Value-based models of stress set that stress connections happen as an aftereffect of an exchange amongst environment and individual components. Two man calculates that are critical in the value-based model are cognitive examination and adapting assets. Thinks about with physical action populaces firmly propose that the member's evaluation forms have vital full of feeling and behavioral outcomes. Adapting has been perceived as a basic

intervening element that guides in buffering or directing stress connections. Adapting might be characterized as, "always showing signs of change cognitive and behavioral impacts to oversee particular outside and for inner requests that are assessed as saddling or surpassing the assets of the individual"(Lazarus & Folkman, 1984, p. 141). Typologies of coping have recommended that coping systems might be arranged on the premise of cognitive and behavioral endeavors used to change a stressful circumstance and coping endeavors used to manage enthusiastic excitement. There is a developing accord that there is not a coordinated relationship between coping class

or system and viable overseeing of stress connections. The transactional model of stress verifiably perceives the intercession approach pushed by the coping abilities preparing model. As Meichenbaum (1985) recommended, many stress issues happen on the grounds that the individual does not have, or has but rather does not utilize, the essential coping aptitudes to deal with the stress procedure. Coping abilities preparing programs that help people get, create, hone, and apply proper coping aptitudes have been pushed to lessen or take out stress issues. Two coping abilities programs that have been adjusted to or produced for use in the game setting are Stress Inoculation Training and Cognitive-Affective Stress Management Training. Cognitive-Affective Stress Management Training, or SMT, is a coping abilities program intended to educate the competitor a particular "incorporated coping reaction" having both unwinding and cognitive segments that can be utilized to control enthusiastic excitement. It is reasonably like stress immunization preparing in that it is a cognitive-behavioral program comprising of three covering stages: conceptualization, expertise securing and practice, and ability application. A noteworthy procedural element in the expertise practice period of SMT is actuated effect, which includes having the competitor envision distressing circumstances and producing abnormal amounts of enthusiastic excitement.

The competitor then uses the procured coping aptitudes to "turn off" the passionate excitement. The experimental support of SMT is not broad. It has been found to decrease a few parts of the stress procedure and enhance execution in physical action gatherings, for example, volleyball players, figure skaters, and

crosscountry runners. Except for Ziegler et al. (1982), the majority of the confirmation supporting SMT comprises of contextual investigations or gathering concentrates that need control conditions. Be that as it may, Ziegler and her associates just reported how a physiological marker of execution was influenced by the SMT program. The general absence of controlled reviews, or proof of versatile changes in mental markers of stress procedures, makes it hard to assess the adequacy of SMT. The reason for this study was to examine the effectiveness of SMT in diminishing the unfavorable impacts of competitive stress at the senior youth superior level in a quasi-experiment study. The impact develops chose depended on the transactional show which recommends that full of feeling, cognitive, and behavioral spaces are interrelated and that treatment impacts may happen in any or all areas. This study researched changes in characteristic and state anxiety, musings in connection to stressors, and execution. The theories were that the treatment bunch, contrasted with the control gathering, would have (a) lower reported competitive attribute and state anxiety, (b) more positive and less negative self-articulations because of volleyball stressors, and (c) higher execution on administration gathering in a controlled practice circumstance.

Related study:

Stress can be characterized as an imbalance between saw ecological request and one's apparent capacity to react, which could bring about vital results (McGrath, as referred to in Martens et al., 1990). There are numerous cases of natural stressors in games. Circumstances that might be seen as trying, debilitating, or stressful incorporate imperative rivalries, media

consideration, terrible arbitrators, awful climate, and execution droops. Other game stressors may incorporate money related uncertainty, poor correspondence with mentors or colleagues, instructing techniques, part changes, esteem clashes, and wild occasions. Furthermore, competitors may make mistakes, take feedback, endure a harm, encounter wear viciousness, battle with burnout, or have qualification issues. Stressful life occasions, for example, passing of a friend or family member or an adjustment in home may likewise add to a competitor's anxiety. In the present study, the members in the treatment gathering were requested that distinguish the stressors they manage as Division I university understudy competitors.

As per the transactional model of stress, these physical, affective, cognitive, and behavioral domains are altogether interrelated, and consequently when a change happens in any of them, alternate domains are likewise influenced (Crocker et al., 1988). Accordingly, weakening anxiety in a competitor may include muscle strain, negative feelings, self-degrading contemplations, and poor execution or evasion conduct. Correspondingly, a stress management program that objectives change in one of the domains will probably prompt to change in the majority of the domains. Bolster for this strategy is given in a study by Maynard and Cotton (1993), in which both the unwinding bunch (physical space) and the positive thought control amass (cognitive area) indicated critical reductions in substantial and cognitive anxiety.

The present study is situated to some extent on the transactional show. Cognitive and behavioral stress management techniques, for example, positive self-talk, symbolism, and

unwinding were displayed to the treatment gather with the desire that every competitor would discover no less than one expertise that facilitated anxiety, diminish negative effect and increment positive effect, and enhance execution. For instance, a competitor who utilized unwinding procedures to control excitement would physically unwind, which would then prompt to more positive musings and feelings and a superior game execution. In like manner, a competitor who liked to utilize positive self-talk would think all the more emphatically, which would prompt to physical unwinding, more positive feelings, and enhanced athletic execution.

This study is not intended to look at the transactional display straightforwardly. Sport specific anxiety is a superior indicator of execution than general anxiety, and this relationship is affected by complex individual components, for example, locus of control, self-viability, and game certainty (Felsten and Wilcox, 1992). Both general characteristic anxiety and game particular attribute anxiety were measured in the present study, and it was normal that competitive anxiety would be more influenced by the game particular treatment than general anxiety. Felsten and Wilcox additionally expressed that state anxiety is more valuable than characteristic anxiety in foreseeing sport execution. Shockingly, state anxiety is hard to quantify in competitors since it includes testing them instantly before they contend. Along these lines, the present study measured competitive attribute anxiety rather, which has a tendency to be unequivocally associated with competitive state anxiety before rivalry.

Sports injury has been connected to large amounts of negative life stress and attribute anxiety, yet there does not have all the earmarks of being a reasonable, coordinate relationship between these factors (Petrie, 1993a). A study with female university gymnasts proposed that social support and playing status (starter versus non-starter) direct the relationship between negative life stress and harm. A study on damage in school football players demonstrated that better coping capacities were connected with diminished harm rates, while higher competitive characteristic anxiety was identified with probability of harm. Albeit more research is required, Petrie remarks that it likewise gives the idea that better coping capacities are connected with diminished damage rates.

Stress Management Treatments

There are a couple sorts of stress management programs ordinarily used to help competitors adapt all the more adequately to stress. Stress Inoculation Training (SIT), created by Meichenbaum, has been effectively connected with competitors. SIT comprises of three periods of treatment: conceptualization, expertise procurement, and application. The second stage, aptitude procurement, comprises of preparing the competitors in unwinding and controlled breathing, consideration preoccupation and symbolism, and positive self-talk. Cognitive systems are underlined in the ability securing period of the intercession. This stage is likely the most vital segment in the program, as appeared by Whitmarsh and Alderman (1993); they led a result study that contrasted a SIT aggregate with a gathering that exclusive took an interest in the expertise securing stage and demonstrated that the last gathering was similarly as viable in expanding competitors' torment resistance in a divider sit

work out. Other SIT ponders with competitors have exhibited that this mediation diminishes anxiety, increment scholarly execution and increment positive self-articulations (Long, 1984). In any case, no distinction in athletic execution was found between the SIT amass and the control assemble in Holm et al's. Study. Cognitive-Affective Stress Management Training (SMT) is a program planned that has likewise been appeared to be viable with competitors. It includes showing people how to control their enthusiastic excitement utilizing both unwinding and cognitive methods. This program has three stages that are like SIT, however it likewise includes the segment of initiated influence in the members. Competitors are requested that envision distressing circumstances that uplift anxiety levels, and then they utilize coping abilities, for example, self-talk and unwinding to lessen the anxiety. Restricted research demonstrates this program to be to some degree powerful in cognitive and execution domains. For instance, competitors in a SMT aggregate reported less negative contemplations because of recorded stressors and would be advised to administration gathering in a controlled volleyball rehearse contrasted with the control amass. In any case, no distinctions were found amongst treatment and control bunches for competitive state or characteristic anxiety in Crocker et al's. Study.

Subjects

Thirty-one volleyball players, 16 men and 15 ladies, chose for the last preparing camp for the 1987 Alberta Canada Games Team (under 19) began in the study. The players went from 16 to 18 years old. Those inside every group were relegated on the premise of geographic area, inside the limitations of a most extreme of eight players for every gathering, to one of two

conditions: SMT treatment or holding up rundown control. Since players originated from various areas of the territory, it was strategically difficult to randomly allocate players and then lead treatment sessions. Players from the north-focal area made up the treatment amass. Those from the southern area included the control gather, which began with seven guys and seven females. One male and one female were lost because of determination to the Junior National Team, and another control female was lost through damage. The last numbers for every gathering were, control individuals 10, experimental individuals 16.

Dependent Measures

Anxiety. State anxiety was measured by the Competitive State Anxiety Inventory-2, or CSAI-2, which contains three subscales: cognitive anxiety (CSAI-cog), somatic anxiety (CSAI_{som}), and self-confidence (CSAI-sc). Martens et al. (1983) reported that internal consistency for the subscales ranged from $r = .79$ to $r = .90$. Trait anxiety was measured by the Sport Competition Anxiety Test, or SCAT. The SCAT has acceptable test-retest reliability ranging from $r = .72$ to $r = .88$.

Thought Listing. Competitor's contemplations because of a consistent stressor was measured by an idea posting strategy depicted by Cacioppo and Petty (1981) and adjusted by Long (1984). The methodology comprised of having the competitors list their musings for 2 minutes subsequent to survey each of five recorded volleyball circumstances. Two responsive circumstances utilized as a part of the investigation were a piece of five recorded scenes (three spurious+two receptive). Two spurious scenes went before the primary responsive scene. This permitted players to get comfortable with the system. The principal

receptive scene included a player serving the ball into the net amid a tied amusement in an elimination round match in a vital competition. The second scene demonstrated a player shanking the ball straightforwardly into the floor on diversion point (14-15) in the choosing session of the title coordinate. The three spurious scenes were changed in every evaluation period. Every player's self-articulations were submitted to two judges for scoring as positive contemplations, negative musings, and nonpartisan/superfluous considerations. Constructive considerations are explanations that are ideal or strong of the individual or circumstance, show preliminary self-talk, or recommend positive reappraisal of the circumstance. Negative contemplations are proclamations that are negative or unsupportive toward the circumstance or self. These negative proclamations incorporate self-censuring contemplations and negative attributions and activities. The last classification of unbiased contemplations are explanations that neither support nor restrict the circumstance or self, or that are unessential to the circumstance. Every announcement was scored as one of the previous three classes. Information lessening included summing the quantity of self-proclamations in every class. Scores for every judge were registered by figuring the extent of positive, negative, and impartial insignificant considerations to the quantity of aggregate musings for each receptive scene.

Procedure

Prior to the treatment program started, a pretreatment information obtaining session including all players was held. Players finished the SCAT and thoughtlisting measures, with CSAI-2 and administration gathering being the last measures gathered. For surveying

administration gathering, players were permitted to warm up for 15 minutes. Inside 2 minutes of individual administration gathering, players finished the CSAI-2. For execution, an individual from the instructing staff served 12 times to every player, who was situated in position 5 on the volleyball court (position 5 was thought to be in the back left corner of 'the court, developing 4.5 m forward and 3 m to one side). The initial two serves were considered practice. The player's undertaking was to pass the ball to the setter in the standard setting position (approximately 1 m from the net and 3.5 m from the correct sideline). Any serve that was thought to be outside of position 5 was retaken. The SMT program was organized into eight 1-hour modules controlled week by week by the main creator. The SMT gathering was prepared by general rules proposed. A few changes and extra modules were added to mirror the particular natural and cognitive demands of volleyball. The eight modules were (a) conceptualization and prologue to unwinding preparing, (b) part of cognitive intercession and distinguishing trigger musings, (c) part of unreasonable convictions and creating substitution articulations, (d) unwinding and instigated influence, (e) self-instructional preparing, (f) self-talk and prompted influence, (g) incorporated coping reaction, and (h) reflection. Players were given homework assignments after every session that included honing the aptitudes shrouded in the session. These assignments were looked into toward the start of the following session.

The conceptualization session included a prologue to the transactional model of stress in which cognitive examination and coping procedures were highlighted. The players were

later educated how to utilize dynamic muscle unwinding (Smith, 1980), which was proceeded for the term of the treatment program. The second module highlighted the part of cognitive assessment in stress and underlined recognizing musings or sentiments that trigger the stress procedure. The third module presented Ellis' (1977) idea on how unreasonable convictions can add to the stress procedure. The fourth module presented the incited influence system proposed by Smith and Ascough (1985). At the point when elevated amounts of passionate excitement were achieved, the players were told to "turn it off" utilizing the relaxation response. The fifth module comprised of learning general, by and by important, self-proclamations to control the stress cycle. Players were demonstrated how revising or controlling self-talk could cushion or wipe out stress. The significance of self-talk before serving or sitting tight for administration gathering was demonstrated by a previous Canadian National volleyball colleague. The 6th module included utilizing self-talk as a part of the incited influence method. Utilizing an indistinguishable general strategy from module four, players utilized self-articulations to "kill" the passionate excitement. The seventh module presented the coordinated coping reaction, which includes utilizing self-proclamations amid the motivation cycle and unwinding reaction amid the termination cycle of relaxing. The players honed this reaction under the instigated influence condition. Players were further educated to endeavor to utilize the coping aptitudes practically speaking diversions and competitive amusements. The last module included taking in Benson's (1976) contemplation strategy.

Results:

Information for every reliant measure was initially dissected by a two-way ANCOVA (treatment and sex) with pretreatment information serving as the covariate. Two ward measures, positive considerations to scene one and administration gathering execution, damaged no less than one of the basic suspicions for ANCOVA. These two measures were investigated by a 2 x 2 x 2 (Treatment x Gender x Time) examination of difference with rehashed measures on the last element. The mean and standard deviations of every single ward measure at pretreatment and posttreatment are appeared in Table 1.

Table 1: Cell Means and Standard Deviations for Anxiety, Performance, and Thought-Listing Measures for Male and Female Experimental (SMT) and Control (CON) Subjects at Pretreatment and Post-treatment

Group	Time	SCAT		CSAIcog		CSAI-som		CSAI-sc		Perf	
		M	SD	M	SD	M	SD	M	SD	M	SD
SMT-M	Pre	17.4	3.7	13.1	3.1	12.4	3.0	29.4	4.4	25.5	3.5
	Post	16.6	2.7	13.8	2.1	12.1	2.4	29.8	6.2	36.3	5.5
SMT-F	Pre	18.2	4.1	20.0	7.1	18.3	7.0	23.8	5.0	27.3	4.1
	Post	18.3	4.4	17.9	5.6	15.0	5.5	25.2	5.5	39.0	2.4
CON-M	Pre	15.6	5.0	14.5	4.1	12.5	4.3	28.7	4.9	26.5	6.0
	Post	17.3	4.9	13.7	4.5	12.8	4.2	29.2	5.5	28.2	7.0
CON-F	Pre	15.4	5.6	15.2	6.9	14.0	6.2	28.0	5.4	31.0	4.9
	Post	15.0	4.8	14.2	5.8	13.6	7.4	31.8	4.0	31.0	4.9

There were no critical fundamental impacts or collaborations for the CSAI-2 measures ($F < 1$). These discoveries don't bolster the theory that treatment subjects ought to show bring down cognitive and physical anxiety under evaluative conditions contrasted with controls. The watched anxiety scores for both quality and state anxiety measures are a few focuses lower than scores reported for competitors of a comparative age. This recommends (a) the volleyball players had moderately low quality anxiety and (b) the precompetitive period before

SCAT and CSAI-2

Examination of covariance for SCAT did not uncover any noteworthy principle or collaboration impacts. These discoveries don't give support to the speculation that treatment subjects ought to have bring down competitive attribute anxiety contrasted with controls. In any case, given the moderately short intercession time frame (8 weeks), a treatment impact may not be clear in a quality measure, for example, SCAT. A subsequent evaluation may uncover more data.

administration gathering was not extremely stressful. An issue with the second conclusion is identified with the develop legitimacy of the CSAI-2. Numerous players reported that they didn't feel especially on edge before passing the ball, however when they ventured on the court and the camera was turned on, their anxiety levels expanded. This trouble in acquiring a legitimate measure of competitive anxiety keeps on being an issue in game psychology.

Relationships Between Affective Measures

As a result of the strong linear relationship amongst attribute and state anxiety reported in the writing, connection coefficients were processed. As expected, SCAT was positively related to CSAI-cog and CSAI-som ($r=.64$ and $r=.67$, respectively, at pretreatment; $r=.55$ and $r=.68$, respectively, at post-treatment) and negatively related to CSAI-sc ($r= -.5$ and $r= -.42$ at pretreatment and post-treatment, respectively). These scores are higher than, however consistent with, those reported by Martens et al. (1983). The three subscales of the CSAI-2 are hypothesized to be thoughtfully free, in spite of the fact that Martens et al. (1983) conceded they are interrelated in a few circumstances. These connections are obvious in the noteworthy relationships among CSAI-2 subscales. The coefficients between CSAI-pinion and CSAI-som ran from $r=.72$ to $r=.48$ (pretreatment and posttreatment, individually), showing a solid interrelationship between the two anxiety measures. Both CSAI-machine gear-piece and CSAIsom were adversely identified with CSAI-sc ($r= -.82$ and $r=.72$, individually, at pretreatment; $r= -.61$ and $r= -.33$, separately, at posttreatment).

Thought Listing

For ascertaining interjudge unwavering quality for thought posting, information from eight players were randomly chosen for every appraisal period. These information were coded by two judges, the main creator and an accomplished volleyball mentor who was gullible to gathering choice. Interjudge unwavering quality was ascertained utilizing weighted Kappa (Cohen, 1968). Weighted Kappa were $+ .93$ at pretreatment and $+ .90$ at posttreatment. The main creator's scores for every one of players' contemplations were utilized as a part of the investigation. For Scene

1, the ANCOVA for positive contemplations uncovered no critical principle or collaboration impacts, in spite of the fact that the information were in the anticipated heading. A different ANCOVA for negative considerations uncovered that the fundamental impact for treatment moved toward measurable essentialness, $F(1,22) = 4.04, 6.06$. The sexual orientation impact was huge, $F(1,22) = 5.44, p < .03$. The treatment-by-sex association neglected to achieve centrality, $F(1, 22) = 2.52, p = .12$. Balanced gathering implies fallen crosswise over medications were 31.4% for treatment and 46.2% for controls. The balanced means given way crosswise over sex were 30.5% and 47.5% for females and guys, separately. The explanation behind the sexual orientation impact is not clear, in spite of the fact that the models in the scenes were male, which may have prompted to a more noteworthy distinguishing proof by the male players.

For Scene 2, a repeated measures ANOVA on positive considerations neglected to locate a noteworthy treatment-by-times communication, which is the basic investigation to show a differential treatment impact after some time. The ANCOVA on negative musings uncovered a noteworthy treatment impact, $F(1,22) = 6.97, 6.02$. The sexual orientation impact and the treatment-by-sex association neglected to achieve criticalness. Balanced means unmistakably show that treatment subjects had less negative contemplations in light of the recorded stressor contrasted with the controls. Balanced means fallen crosswise over sexual orientation were 77.6% for controls and 55.3% for the treatment aggregate. The idea posting information gave direct support to the theory that players in the SMT treatment condition would have less negative contemplations

contrasted with the controls. The positive musings were likewise in the anticipated heading.

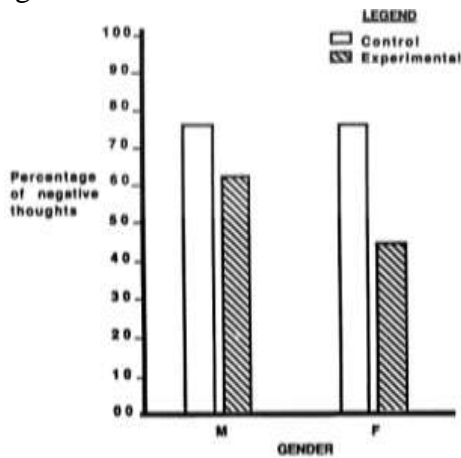


Figure 2 - Adjusted cell method for rate of negative considerations to Scene 2 for male and female subjects in control and experimental gatherings at post treatment.

Performance:

The performance data were coded by the principal creator and an accomplished volleyball mentor who was gullible about gathering determination. For administration gathering, interjudge unwavering quality was ascertained utilizing item minute relationships in view of the combined scores gave by the two judges to every trial watched. Relationships for each of the 10 trials went from $r = .93$ to $r = 1.0$ at pretreatment to $r = .91$ to $r = .99$ at posttreatment. There were insignificant contrasts between judges' trial means and standard deviations. On account of the high understanding, the main creator's coding scores were utilized as a part of the information examination. An ANOVA with rehashed measures uncovered a critical treatment-by times association, $F(1, 22) = 17.36$, $p < .001$. Different collaborations were not noteworthy. Caving in crosswise over sexual orientation conditions, the gathering implies at pretreatment

were 26.5 and 28.8 for treatment and control bunches, separately. At posttreatment, in any case, the treatment aggregate enhanced 10 focuses to 36.3 while the controls enhanced hardly to 30.8. A post hoc examination utilizing the Scheff6 technique demonstrated a noteworthy contrast between the pretreatment and post treatment scores for the treatment gather, $F(1, 15) = 67.6$, $p < .001$. There was no distinction amongst pretreatment and posttreatment scores for the control aggregate. A between gatherings investigation, utilizing a pooled amass mean square mistake (Kirk, 1982), showed there was no distinction between gatherings at pretreatment however there was a critical contrast at posttreatment, $F = 8.18$, $p < .01$. These outcomes gave solid proof that the SMT mediation enhanced administration gathering execution contrasted with the control assemble, which was presented to the standard volleyball preparing program.

CONCLUSION:

This controlled quasi-experimental exploratory study researched the effectiveness of Cognitive Affective Stress Management Training (SMT) in an athletic setting. The result information from cognitive and execution measures gave focalizing proof that SMT can help competitors control conceivably stressful circumstances and upgrade execution. Connected experimental assessment of complex treatment programs must be worried with inner legitimacy or neighborhood molar legitimacy. Nearby molar legitimacy perceives that treatment programs like SMT are regularly "complex mess (from the perspective of scientific hypothetical science) which has been assembled by master clinical judgment, and not on the premise of the effectively demonstrated adequacy of its hypothetically unadulterated segments"

(Campbell, 1987, p. 4 15). Inside the present study, we can just evaluate whether the SMT program that was connected had a genuine effect with the gathering of superior youth volleyball players amid the particular treatment time period. Prove that SMT was compelling in a few domains supports the requirement for more thorough experimental reviews to clear up the procedures required in successful stress management. There is developing confirmation that the SMT program is viable crosswise over brandishing populaces in altering factors identified with the stress procedure, and additionally execution itself. This support has critical ramifications for the physical preparing and mental improvement of competitors. The SMT program can be adjusted to end up distinctly coordinated into the specialized and physical preparing projects to advance all encompassing improvement of the competitor. It can help competitors understand how mental and physical aptitudes can lessen stress. At long last, it can help competitors and mentors get coping abilities to oversee distressing athletic circumstances, and conceivably sum up to help in overseeing unsurprising and flighty occasions in life. For instance, one player reported utilizing the coping abilities to diminish anxiety in planning for school examinations. There is little uncertainty that feeling is basic to understanding athletic conduct. Extra research is expected to facilitate our insight into the examination procedure and coping assets in the stress procedure.

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