



Chieti 7 novembre 2019

Non solo ansia: esperienze emozionali nello sport

Laura Bortoli

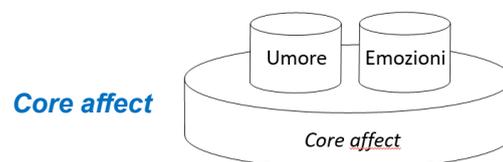


1

EMOZIONI

Nello sport, componente cruciale di qualsiasi prestazione
(atleti, allenatori, arbitri, spettatori)

ESPERIENZE EMOZIONALI

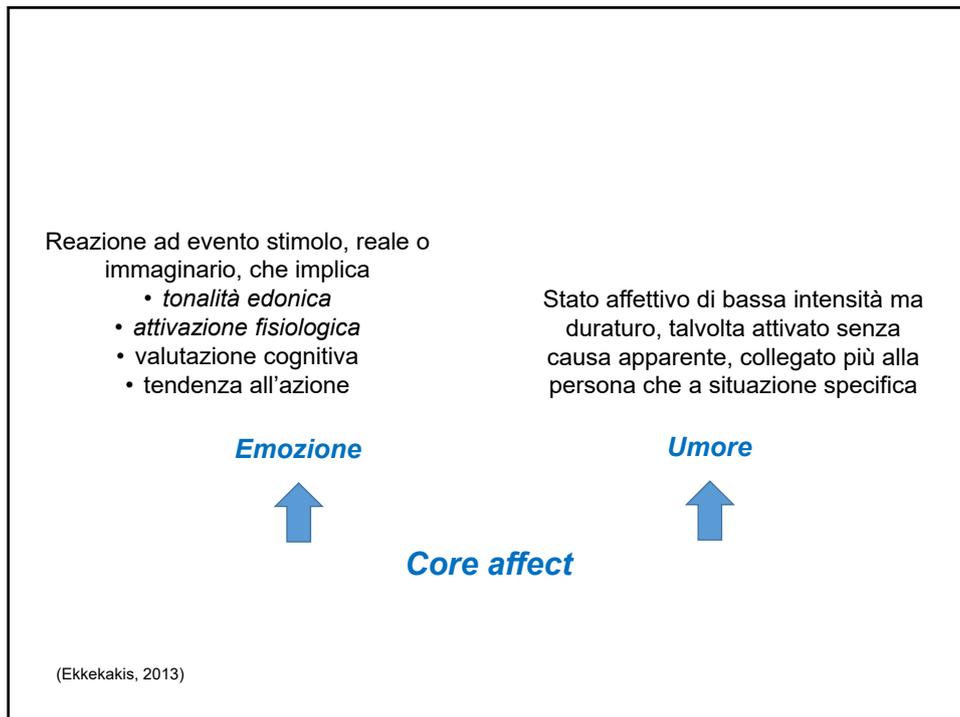


Stato affettivo di base, sensazione immediata (semplice), non riflessiva (impulsiva), integrazione di:

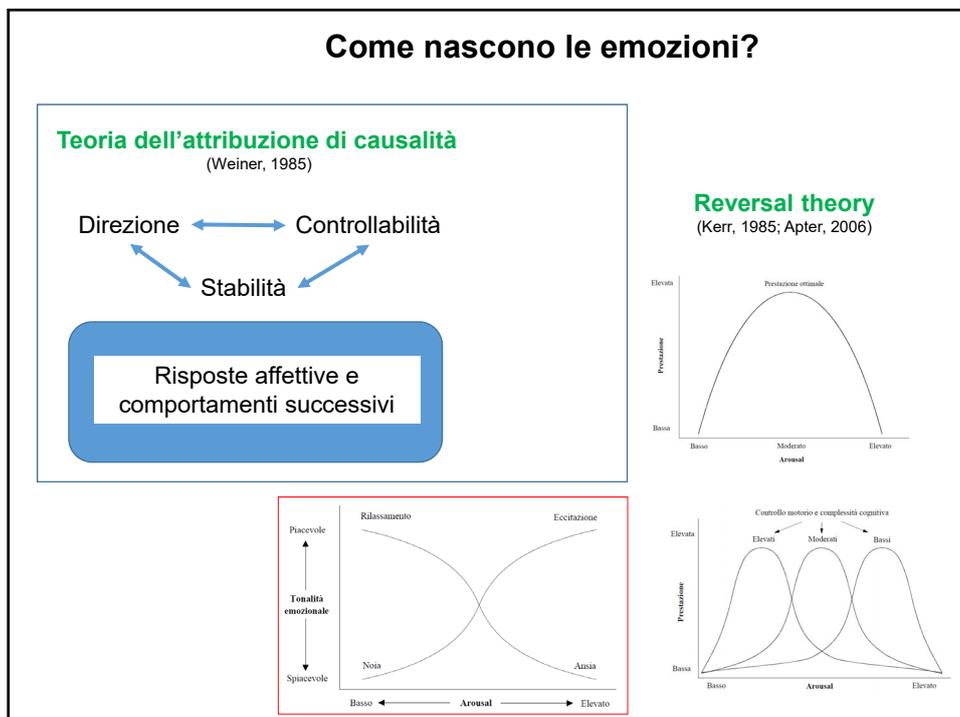
- piacere-dispiacere (tonalità edonica)
- massima attivazione-disattivazione

(Russel, 2003, 2009)

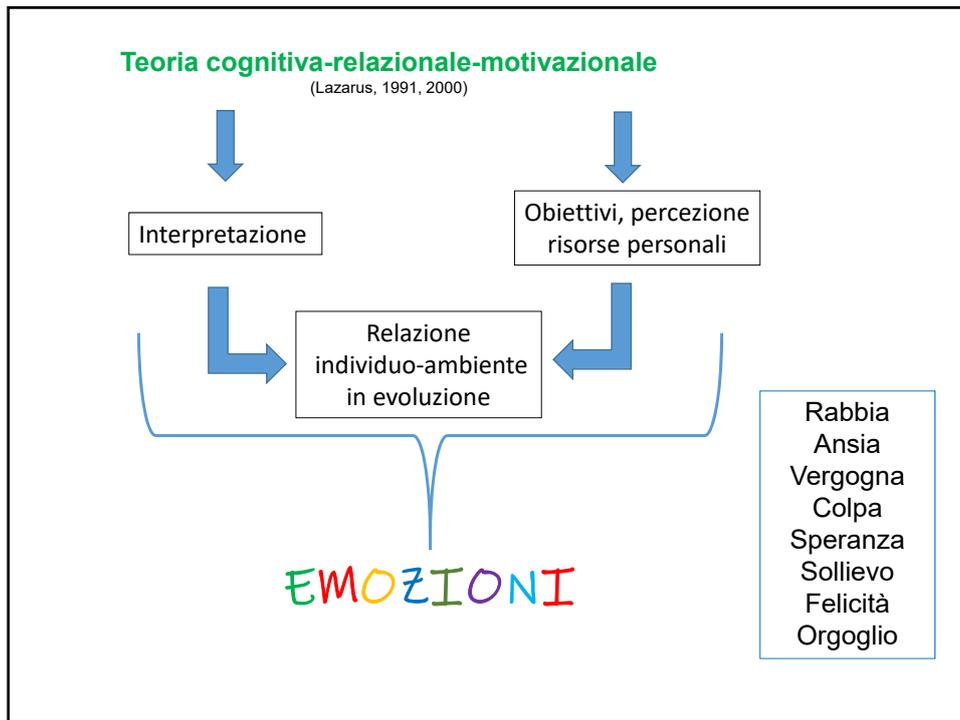
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Fino agli anni '90, **nello sport** confusione terminologica anche nella letteratura specifica
(Ekkekakis, 2013)

The collage contains the following elements:

- A circular diagram with the word **ANSIA** in the center, surrounded by terms: Stress, Umore, Avvilimento, Eccitazione, Rabbia, Preoccupazione, and Emozioni.
- A photograph of a yellow pencil pointing to a multiple-choice test with options A, B, C, and D.
- A vertical scale with the word **EMOZIONI** written vertically in colorful letters (E, M, O, Z, I, O, N, I).
- A photograph of a pair of hands, possibly representing a grip or a specific physical action.

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State-Trait Anxiety Inventory
 (STAI; Spielberger, Gorsuch e Lushene, 1970;
 Spielberger, Gorsuch, Luschene, Vagg e Jacobs, 1983)

Self-rating Anxiety Scale
 (SAS; Zung, 1971)

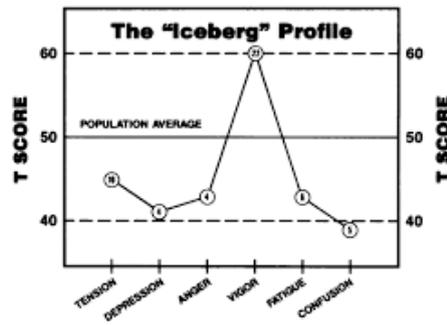
Profile of Mood States (POMS)
 (McNair, Lorr e Droppleman, 1971)



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Profile of Mood States



The "Iceberg" Profile

Mood State	T-Score
TENSION	45
DEPRESSION	41
ANGER	42
VIGOR	60
FATIGUE	43
CONFUSION	39

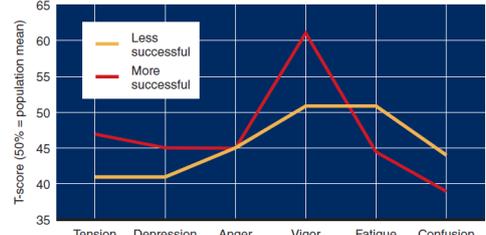
Umore

Tensione
 Depressione
 Rabbia
Vigore
 Fatica
 Confusione

Bibliography on the Profile of Mood States in Sport and Exercise Psychology Research, 1971-1998

Arnold LeUmes & Jolie Burger
 Texas A&M University





T-score (50% = population mean)

Mood State	Less successful	More successful
Tension	41	47
Depression	41	45
Anger	45	45
Vigor	51	61
Fatigue	51	45
Confusion	44	39

(Morgan, 1979)

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Misurare le emozioni nello sport

Quanta ansia nello sport!!!

Sport Competition Anxiety Test

(SCAT; Martens, 1977)

Competitive State Anxiety Inventory

(CSAI-2; Martens, Burton, Vealey, Bump e Smith, 1990)

Sport Anxiety Scale

(SAS; Smith, Smoll e Schutz, 1990)

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Positive and Negative Affect Schedule

(PANAS; Watson, Clark e Tellegen, 1988)

interessato

stressato

eccitato

infastidito

forte

colpevole

.....

.....

.....

.....

Sport Emotion Questionnaire

(SEQ; Jones, Lane, Bray, Uphill e Catlin, 2005)

Ansia

Avvilimento

Eccitazione

Felicità

Rabbia

Emozioni

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Oltre le emozioni !



Yuri Hanin

Esperienza emozionale globale

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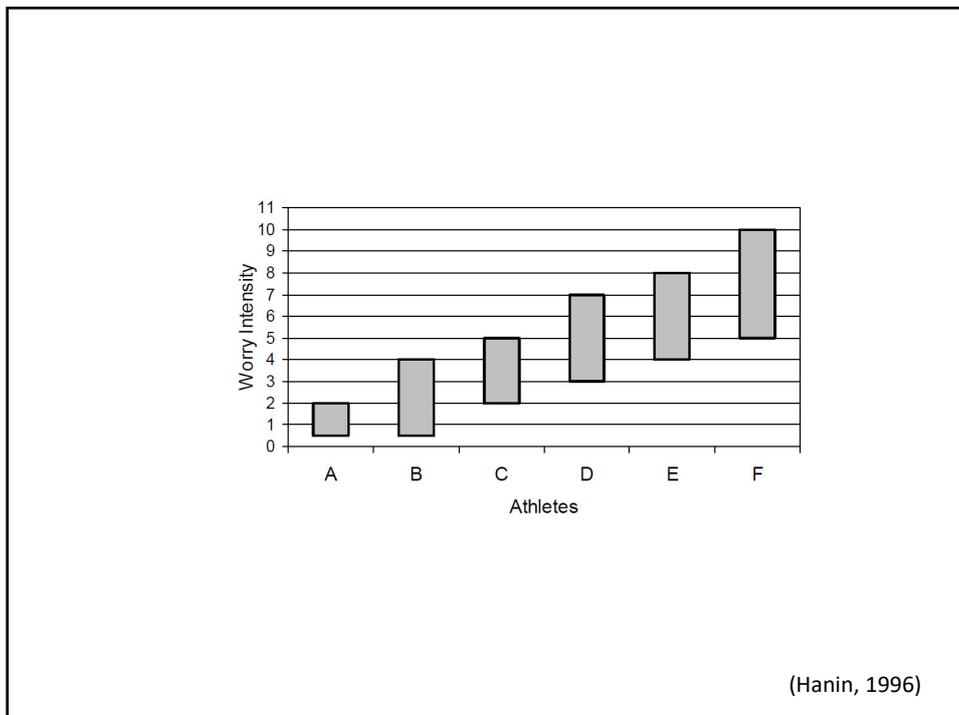
emozione
componente principale

STATI
PSICOBIOSOCIALI

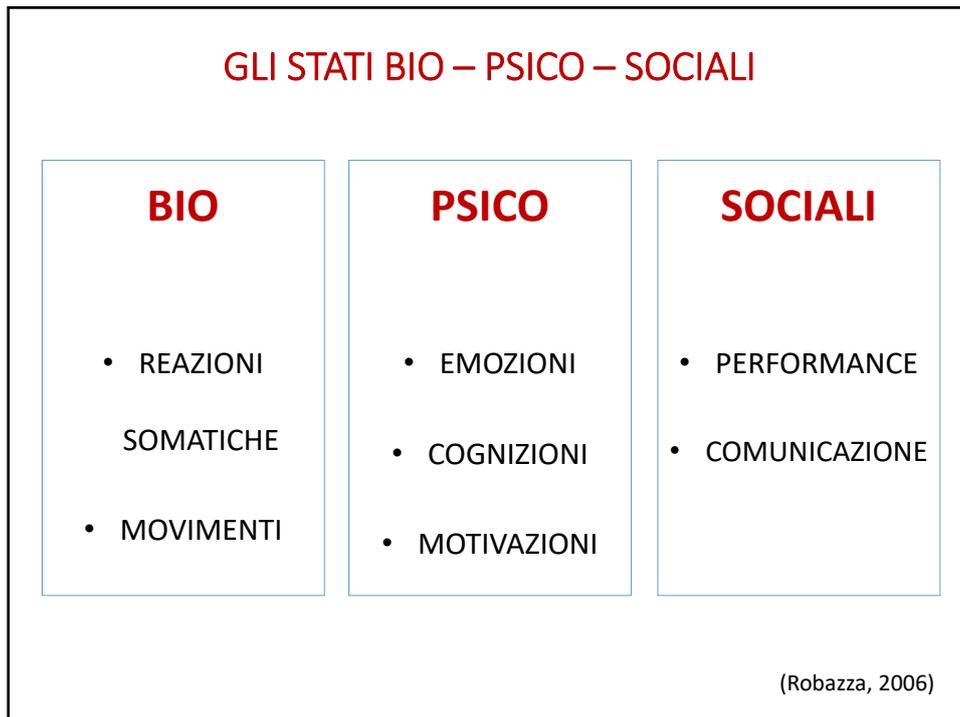
Risposte adattative (funzionali) o
disadattative (disfunzionali)
strettamente individuali

(Hanin, 1997)

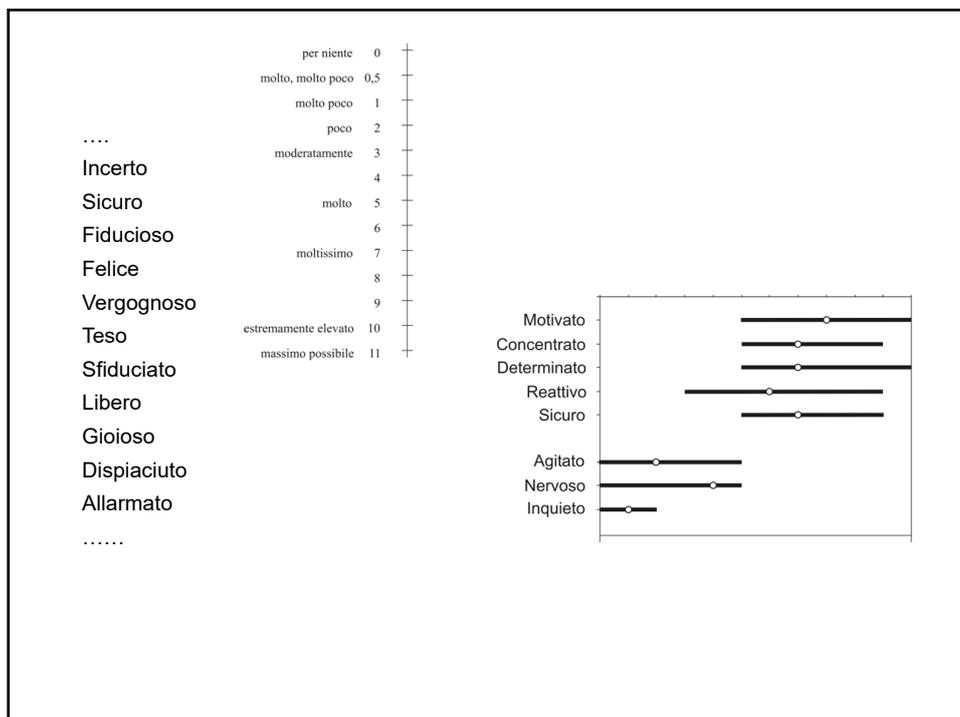
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Precompetition Emotions, Bodily Symptoms and Task-Specific Qualities as Predictors of Performance in High-Level Karate Athletes

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 Mani fredde
 Movimenti decisi
 Tensione ai muscoli delle braccia
 Gambe molli
 Tensione ai muscoli dorsali
 Ritmo cardiaco irregolare
 Sensazione diffusa di freddo
 Senso di fame
 Sbadigli
 Muscolatura rilassata
 Muscoli del volto contratti

funzionali/disfunzionali

Perceived Effects of Emotion Intensity on Athletic Performance: A Contingency-Based Individualized Approach
 Claudio Robazza, Laura Bortoli, and Yuri Hanin

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Emotional games: How coaches' emotional expressions shape players' emotions, inferences, and team performance

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Figure 1. Schematic overview of research design and relationships tested in Study 2.

Influenza delle emozioni dell'allenatore su emozioni atleti, valutazione della prestazione ed, in parte, su prestazione

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