



FOR IMMEDIATE RELEASE

Contact:

Lindsay Spivak

646.695.7048

lindsay@rosengrouppr.com

**New Issue of *Journal of Applied Sport Psychology*
Examines “Flow” and the Impact of Relationships on Talent
Development and Performance**

Indianapolis (May 22, 2018) – The new issue of the [*Journal of Applied Sport Psychology*](#) (*JASP*) reports research into the understanding of progress in “flow” and the effect of relationships with siblings and teammates on performance and emotional regulation in sport. A publication of the [Association for Applied Sport Psychology](#) (AASP), *JASP* is designed to advance thought, theory and research on applied aspects of sport and exercise psychology.

JASP research highlights include:

[A Review of Scientific Progress in Flow in Sport and Exercise: Normal Science, Crisis, and a Progressive Shift](#)

Flow is highly relevant and desirable in sport and exercise. Drawing on ideas from iconic philosophers of science—Thomas Kuhn, Karl Popper, and Imre Lakatos—this study invited contribution notes that show that research in this field has followed a pattern of “normal science.” With a series of accumulating criticisms and “anomalies,” this study proposed that flow research is approaching a “crisis point.” The commentary highlights problems with research based on the traditional nine-dimensions conceptualization of flow. Then, drawing on the work of Popper and Lakatos, this study offered theoretical and methodological suggestions for developing a more progressive and practically useful theory for researchers and practitioners.

[The Impact of Siblings During Talent Development: A Longitudinal Examination in Sport](#)

Recent studies have begun to explore the potentially positive impact of siblings on sporting talent development. This study aimed to explore potential mechanisms through which siblings impact this process. Bimonthly interviews were conducted with four families over a one-year period during the talent development process. Findings revealed several themes (regularity of interaction, emotional interpersonal skills, rivalry, resilience, and separation) aligning with previous studies, alongside two new themes: communication and skill development. The study's longitudinal nature exposed important differences of potential mechanisms across families, highlighting the complex nature of the sibling relationship.

[A Case Study of Interpersonal Emotion Regulation Within a Varsity Volleyball Team](#)

This study used an instrumental case study approach to investigate the ways teammates within a female varsity volleyball team regulated one another's emotions, the factors that were perceived to influence interpersonal emotion regulation (IER), and athletes' preferences for

regulating their own and others' emotions. Fourteen athletes participated in semi-structured interviews and reported using a variety of emotion-improving and emotion-worsening IER strategies, in addition to occasionally choosing not to engage in IER, and several factors were found to influence IER (e.g., athletes' roles and interpersonal factors). This study has theoretical implications and applied implications for athletes, coaches, and sport psychology consultants.

Additional studies in this issue look at “Coach-Athlete Perceived Congruence Between Actual and Desired Emotions in Karate Competition and Training”; “Athlete Lifestyle Support of Elite Youth Cricketers: An Ethnography of Player Concerns Within a National Talent Development Program”; “The Development and Initial Validation of a Measure of Coaching Behaviors in a Sample of Army Recruits” and “How Status Conflict Undermines Athletes' Willingness to Help New Teammates”.

To request full copies of the studies or to schedule an interview with the authors, please contact Lindsay Spivak at lindsay@rosengrouppr.com.

About Association for Applied Sport Psychology (www.appliedsportpsych.org)

Founded in 1985, the Association for Applied Sport Psychology (AASP) has been the preferred organization for sport psychology consultants and professionals who work with athletes, coaches, non-sport performers (dancers, musicians), business professionals, and tactical occupations (military, firefighters, police). AASP administers the Certified Mental Performance Consultant® (CMPC) program, the leading competency-based credential which designates the most capable sport and performance psychology professionals. AASP currently has over 2,500 members in 55 countries worldwide, with backgrounds in a variety of areas including sport science, social work, counseling and clinical psychology. Follow AASP on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).

###