

The Science of Sport Psychology Reflected in *The Journal of Applied Sport Psychology* Articles

Chagrin Falls, Ohio—May 27, 2015—Can regulating emotions or practicing imagery before a competition improve results? Does the youth athlete-parent relationship have an impact on anxiety, concentration, or burnout?

The recent issue of the *Journal of Applied Sport Psychology* (JASP), published by the Association for Applied Sport Psychology, includes several studies that address these questions and support the practice of sport psychology in athletic endeavors:

1. **On regulating emotions:** Can sprinters benefit from regulating their emotions (anxiety vs. happiness) directly before the competition, and can this regulation help improve sprinters' performance? The JASP report: "[Self-Generated Emotions and Their Influence on Sprint Performance: An Investigation of Happiness and Anxiety](#)" features assessments that attempt to answer these questions. The findings deliver important implications regarding the preparation of athletes for sprint competitions and the importance of self-generating the emotion of happiness before a sprint to enhance physical performance.
2. **On practicing imagery before a competition:** Imagery, the mental process of using multiple senses to create a representation of an action, can be improved through training according to the results of a study of female golfers. Results supported efficacy of imagery use for improving aspects of motor performance in the JASP article, "[Action Observation and Imagery Training Improve the Ease with Which Athletes Can Generate Imagery.](#)"
3. **Does the youth athlete-parent relationship have an impact on anxiety, concentration, or burnout?** Youth sport burnout and dropout can be directly impacted by unrealistic parental expectations and parental over-identification with their child's athletic role. The phenomenon in which one person's mindset increases distress or reduces positive attitude in another person, known as dyadic transmission, is a common occurrence in youth sport between athletes and a parent. "[Dyadic Anxiety in Youth Sport: The Relationship of Achievement Goals with Anxiety in Young Athletes and Their Parents](#)" concludes that the way the athlete and parent define competence of skills can influence the levels of anxiety and concentration disruption that athletes may experience. The information is important for coaches and sport psychology consultants who may wish to include both athletes and parents in discussions of goal setting, motivation, and performance.

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