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EMOTIONAL SYMPTOMS IN SOCCER

Ardi Nusri

State University of Medan, Indonesia

Abstract

Soccer considered a direct contact team sport. Soccer involves motion and emotion. Contact among players increase the chances of having a high tension game. Other things also affect the atmosphere of the game, such as political factors, economic, and others. Why emotional phenomenon does often occur in a soccer game? Emotions can be defined as positive or negative feelings that occur as a brief response to the situation of some significance or importance, which can affect a person's mood. Emotional symptoms can manifest in the form of fear, anger, joy and surprise. Emotional symptoms can affect changes in physical conditions such as muscle tension, heart rate, and circulatory, respiratory, hormonal function of certain glands. Emotional disturbance will cause emotional instability. An unstable emotional state will affect the players' performance, and ultimately the performance will decline. Emotions in sport can be triggered by many things, including memories, conversations with other people, the location of the competition, the weight of the opponent at hand and so forth. In this paper a discussion of emotional symptoms that are associated with negative emotions, namely stress, anxiety, anger and frustration. Tension in a game is due to two things: (1) the absence of readiness, (2) full readiness. Some of the factors that cause stress, such as (a) cognitive factors, (b) the events of life and strife of everyday life, (c) socio-cultural factors, (d) socioeconomic status, and (e) a protective shield. Subsequently Dr. G., (www.cmpetitiveedge.com) states that there are three things to be done to develop the ability to remain calm in the face of strong emotions: 1) Control your self-talk 2) control the focus of your concentration, 3) keep your body's physiology loose and relaxed. According to (Botelho, 2004) techniques to increase self-control can be done by (1) preparation, (2) relaxation, (3) the trigger cards, (4) positive self-talk, (5) modeling, (6) motivational films, (7) visualization, (8) interference control, (9) management mistakes.

Keywords: Soccer, Emotion, Stress





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ARDI NUSRI

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Associate Professor Dr. Aminuddin Yusof
Head of Department of Sports Studies
University Putra Malaysia
Chairman of AUCPESS 2012



PSYCHOLOGICAL PHENOMENONS IN SOCCER MATCH

Presented by

ARDI NUSRI

Prof. Madya Dr. Aminuddin B. Hj. Yusof

Ketua

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**2'nd ASEAN UNIVERSITIES CONFERENCE PHYSICAL
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PSYCHOLOGICAL PENOMENONS IN SOCCER MATCH

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ABSTRACT

Soccer is a sport game is considered in direct contact team sports games. In the soccer game involves motion and emotion. Of contact among the players increase the chances of getting a high tension game. Other things also affect the atmosphere of the game, such as political factors, economic, and others. Why emotional phenomenon often happens in a soccer game? Emotions can be defined as positive or negative feelings that occur as a brief response to the situation of a significant or important, which can affect a person's mood. Emotional symptoms can manifest in the form of fear, anger, joy and surprise.

Emotional phenomenons that can affect changes in physical conditions such as muscle tension, heart rate, circulatory, respiratory, hormonal function of certain glands. Emotional disturbance will cause instability emotions (emotional instability). An unstable emotional state will affect his performance, and ultimately performance will decline. Emotions in sport can be triggered by many things, including memories, conversations with other people, the location of the competition, the weight of the opponent at hand and so forth. In this paper a discussion of emotional symptoms that are associated with negative emotional likely, namely stress, anxiety, anger and frustration.

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INTRODUCTION

Soccer is a sport game that is rated in team sports with direct contact. This game requires several people to a team or teams. Between the two teams or teams are not limited by space, like the game of volleyball, badminton, takraw, and so forth. Throughout the game the players, a chance to make body contact (body contact). The players are likely to experience a collision with another player. Collisions occur not only with opponents but can also fellow teammates. Moreover, the match is encountered, filled with history of high competition. Many football teams in the world with a diving game involving high emotional.

The match between England and Argentina always involves high emotional level, because it is triggered by events in the past, the war in the Malvinas Islands, Argentina is ruled by the British a few years ago. After the incident, involving a match between Argentina and England are always exciting and had a high emotional level. The rivalry between Real Madrid and Barcelona in the Spanish league has occurred centuries ago, of which Barcelona is the area south of Spain who want to break away from Spain, because it was always considered a second class citizen. The same thing happened in Italy, there is competition

between the north and south. Northern region comprising of Milan, Juventus and Inter Milan, is always crowded when I meet with teams from the southern Italian regions such as Napoli.

Shifted to Southeast Asia, the competition between Indonesia and Malaysia are always crowded and high bertensi. Tensions began long before the match took place. At the last meeting occurred on the gold medal in the SEA Games XXV 2011 in Jakarta, where the game has not started, the tension on both sides has increased. Tensions not only involve players with players, even involving the audience and the wider community.

Sometimes, the emotional strain does not occur within the team as a whole, but per individual players who compete on the field. As such, the dispute between the defensive midfielders (defend midfielder) Frank Rijkaard from the Netherlands to the attacker (striker) Rudi Voller of Germany, when there in the 1990 World Cup in Italy. Tail of both players involved in each emotion is high, resulting in the event "spit-spat" between both. Due to the lack of restraint from both players, both players are finally issued by the referee of the game field with a red card penalty. The Dutch team is harmed by these events, which eventually defeated the Dutch team's armor.

Another event is the overflow of emotions living legend Diego Armando Maradona of Argentina, during the 1982 World Cup in Spain. Exasperation with escorts who do the opposite of him, Maradona kick to his opponent, which entailed the expulsion of Maradona from the middle of the field of play, which at the time that Maradona made his debut in the World Cup. Other events are still fresh in our memory is when, going the final match between Italy and France in the World Cup

Final in 2006, where there is enmity between the French legend Zinedine "Zizou" Zidane the Italian defender Marco Materazi. Both of these players, as well as fighting skills involved in the game are also involved in the emotional atmosphere of a very high throughout the game. In the end, there was "header" is phenomenal. These events bring harm to the French team, because Zidane Childrens driven by the referee of the game. There are many events in the context of high emotional tension among the players and teams in a match.

The phenomenon of what happens in sports especially in football? Why did this happen? Is it a positive situation for the sport? How does the solution to overcome such emotional tension? It was so much more emotional questions that arise about the football game.

DISCUSSION

As already described above, that in a football game that is full of contact among the players, often involving high emotion. Various events have occurred in the history of football, as already described above. Soccer is a world culture, almost all of the people in this world, happy with the game of football. More than 200 million people worldwide play more than 20 million football game each year (Luxbacher, 1997). The high frequency of the match to give greater opportunity for the occurrence of high emotional tension. Why is the football game involves a high emotion, and why are some people involved with the players emotions under control?

Humans are creatures of God which consists of two elements, namely body and soul, it has been believed for a long time. The second element of reciprocity is the case. Ronge (1951) in Sudiby (1998) mentions man as an organism, which follows the laws of biology, the

natural laws of thought, sense of justice, and so forth. Feelings or emotions play an important role in human life. All emotional symptoms such as fear, anger, anxiety, stress, anticipation, excitement and so on, can affect changes in physical conditions such as muscle tension, heart rate, circulatory, respiratory, hormonal functioning of certain glands.

Therefore, the physical (body) and psyche (soul) occurred causal relationship of reciprocity between the two. Where one could be the cause of another. Sudibyo (1998) stated that the theory of psycho-physical unity or totality of psycho-physical theory developed since experts recognize that persons with a mental disorder, because of difficult, anxious or hesitant to deal with something, it affects his physical condition. Due to a sense of difficulty and anxiety for the future, one can not sleep well, so that ultimately influence the behavior and appearance. Instead of physical condition are less healthy because of illness, after an accident and injury, also affects the individual psyche, can not concentrate on the problems encountered, are less able to think calmly, less able to think quickly and so on.

Is that emotion?

Emotions can be defined as positive or negative feelings that occur as a response brief to the mean or critical situations, which can affect a person's mood. Basic emotions such as fear, anger, joy and surprise are commonly experienced in sports, although the complex mix of emotions often seen.

Emotions or feelings athletes need special attention in the sport, because emotions affect athletes in addition to the psychological aspects of the other (reason and the will), also affects aspects fisiologiknya so it obviously will affect the increase or decline in

performance athletes. Emotional disturbance will cause instability emotions (emotional instability). An unstable emotional state will affect his performance, and ultimately performance will decline.

Emotions consist of two kinds: positive emotions and negative emotions. Positive emotions can help to maintain motivation and allows us to approach to maintain the enthusiasm and energy. Instead of negative emotions, can interfere with performance and ultimately increase the use of uncontrolled energy. Negative emotions are often shown with anger. Dr. G states "The anger will NOT make you play better!" Your emotions are like fire. When you control them, they will keep you warm and comfortable under the most adverse conditions. When they control you, they'll burn your house down to the ground. There is a myth out there in the world of sports performance that "fire" was necessary for peak performance comes from anger somehow. ([Www.competitiveedge.com](http://www.competitiveedge.com)).

Emotions in the sports arena can be triggered by many things to a person, including memories, conversations with others, to see the location of the competition, defeating opponents weight, and others. Many researchers have studied emotions to determine why this happened and what its impact on behavior. At first he thought that the emotion was simply the result of physiological changes, due to physiological symptoms, such as increased heart rate, which is commonly observed in the reaction. To test this theory, scientists inject volunteers with the so-called 'stress' hormone epinephrine (adrenaline) to see whether emotions can be generated in the laboratory. A small minority of participants reported feeling genuine emotion (sadness) while most reported physiological changes (to be expected after administration of adrenalin), and 'as if' emotions - the feeling is closely related to happiness, sadness or anger, but not the 'real thing'

Nobody is going to tighten your muscles more quickly than anger and strong emotions. As your anger rises, muscles tense you get to that point and began to seriously undermine your performance. Tense muscles make you less flexible, time and mess up your rhythm, slow reaction time and speed, and completely destroy the movement. While you are there is no question that emotions can sometimes take your performance to the next level, it is almost impossible to control the proper amount of chemicals flowing through your body every time you get emotional. Furthermore, it is equally difficult to accidentally duplicate the emotional state that may be the last time you had when you play good. By their very nature, emotion, so naturally triggered by the environment or circumstances of life, tend to take their own lives. Therefore, it is best for you to train yourself to stay away from anger and other strong emotions whenever you compete (www.competitiveedge.com).

Emotional Phenomenons of "Stress"

Tension is a common thing in an athlete, both physical tension and stress. According Gauron (1984) stress as well as muscle tension is inevitable in everyday human life. We can not avoid mental tension or stress, some tension is necessary and some unnecessary tension in the appearance and job. Lack of tension (lack of tension) will result in us not to do something well. To be able to perform specific movements required of the muscles of tension, where tension is indispensable usefulness.

Why is the player experience tension in a game that lived? Singer (1986) in Sudibyo (1998) states is due to two things: (1) the lack of readiness, (2) full readiness. The lack of readiness (readiness under) are associated with lack of motivation, while the full readiness (readiness over) are associated with readiness to win or poor

performance, fear of losing, and so forth. According Gauron (1984) in Sudibyo (1998) concluded that stress arises:

1. "Since stress is an inevitable part of life, can not be avoided"
2. Because stress is unavoidable, people should reduce the effect and overcome through personal stress management program
3. Bhronic stress can lead to losses, especially on if it is not taught to relax "

Lubis (2009) said that stress is due to the demands, and in general these demands include:

1. Frustration

Frustration can occur when an individual will make an effort but get resistance or failure. Obstacles that may arise from the environment or of the individual.

2. Conflict

Stress can also occur when individuals are faced with a necessity to choose one among the needs and goals. Usually the choice of one alternative will result in frustration for other alternatives.

3. Pressure

Stress can also arise when an individual under pressure or coercion to achieve a particular result or to behave in certain ways. Source of pressure may also come from within or from the environment.

4. Threat

Anticipation of the individual against adverse matters or not fun for him of a situation is something that can give rise to stress.

Santrock (2002) explains there are several factors that cause stress, such as (a) cognitive factors, (b) the events of life and strife of everyday life, (c) socio-cultural factors, (d) socioeconomic status, and (e) a protective shield

Stress will cause tension or anxiety in a player. In important matches and determine almost all the players under stress. A player will experience diverse levels of tension. It depends on the perception of players, background, accomplishments in the past, social critics as failed, and he earned praise when you win (Harsono, 1988). Harsono further explained that the players are very tense, suffered anxiety (anxiety) is high and difficult to overcome anxiety, will not be able to perform well.

Anxiety (anxiety)

Anxiety (anxiety) can be defined with the word "fear" or "anxiety" (Harsono, 1988). Meanwhile, anxiety can be interpreted as a subjective feeling that is based on fear and increased physiological arousal (Levit, 1980 in Sudibyo (1995). Feelings of anxiety can occur in football players in the face of a game. In a game that really determine, the football players will experiencing high levels of anxiety. As already described in the previous section, leading players in the face of any given situation will feel very tense and anxious. It is like the one felt by a Roberto Baggio, when appointed as a penalty taker in World Cup year 1994 in the United States. Roberto Baggio who in previous times is almost always successful penalty fine. But because it was so tense, unable finally struck the ball into the goal Brazil in the Final. So that led Brazil to World Champion for the fourth time in time. whole squad and the people of Italy and Italian supporters can only lament the fate that befell the Italian team.

Frustration

Frustration arises because individuals do not feel like a failure to achieve a desired goal. Every athlete wants the satisfaction, needs to be fulfilled, to achieve the expectations to win. If this is not achieved, then it may cause frustration in athletes. But the real failure is not

necessarily create a frustrated athlete. Many examples of athletes, although the failure but did not have a sense of frustration. But not infrequently also an athlete, experienced frustration when experiencing a failure. Thereby. In this case is important, presumably, with the help of his coach an athlete preparing to anticipate the frustrations that will occur when experiencing a failure. In connection with the possibility of this frustration, the coach should include training programs to prepare athletes to be ready to face the possibility of failure, as well as encouraging athletes to excel as high. Real sense of frustration not only caused by the failure, but mainly comes from the athlete's own self is overwhelmed with fear of failure.

Frustration can happen to players who have a pessimistic nature and athletes (players) that have a nature optimistic. In the pessimistic nature of the players who have, in time to face the reality of less successful or successful, the player may already feel like a failure in advance. Players who have the personal traits pessimistic easily frustrated, because the slightest failure, regarded as a failure that will be experienced beyond (Sudibyo, 1995).

Mental readiness to face all possibilities, including the possibility of losing in a game is the job of a coach. In short, a coach must prepare athletes to be ready to face all possibilities that will happen, either upon the success and failure. So the events experienced as a result of Zidane is out of control of emotions in self and frustrated with strict escort Materazi on him. But in this case it seems Italy is already designing tactics to cripple the French are very dependent on the contribution Zidane. On one hand, the role of referee in this case also influences, where the referee is not too strict on behavior Materazi applied. Repeatedly violating the Zidane Materazzi, but the referee did not see it or not assertive in her leadership. But the attacks on the players is something that is forbidden by the rules of the game of

football. So that made Zidane's header should be punishable by expulsion (red card). As stated Dr. G in (www.cmpetitiveedge.com), which states there are three very common things that happen every time an athlete starts to lose control of emotions. First, he spoke of negative and evil. Second, athletes began to concentrate on the source or cause of the disorder. For example, if I made a mistake and it triggered an emotional reaction or anger in me, I would tend to focus on the error. Third, and as a result of the first two, the level of physiological arousal athletes began to rise to the top, right up until the graph. Rijkaard, Voller and Zidane have reached the third stage above. So they are more aggressive and finally there was the famous incident.

Subsequently Dr. G., (www.cmpetitiveedge.com) states that there are three things to be done to develop the ability to remain calm in the face of strong emotions: 1) Control your self-talk 2) control the focus of your concentration, 3) keep your body's physiological loose and relaxed. Furthermore Himmet Leave a comment in the Asian Soccer Star, published July 1, 2010 says "Navigate Your Mind, Control your emotions and you ordain your destiny" I do not understand at that time because it is really irrelevant to me, but now it is clicked and it's really important for anyone looking to achieve their dream of playing professional football and a football star Asia. Asian soccer star is the goal for many of our readers, and to achieve this goal requires dedication, discipline and determination. Power of the mind is the only one that we, as humans, have a high control. We have the power of self-determination, the ability to choose thoughts and actions of what we will do. If we direct our thoughts and control our emotions, we will ordain our destiny. If you focus or redirect your mind towards the goal of playing professional football and controlling your emotions every time you deal with negativity, stress, prejudice or any number of situations

that can move you away from your final destination, you will control your destiny. Once you control your destiny, you can achieve whatever you want in life and for most of our readers was a star football Asia, so it takes over your life. You are what you think!

Botelho (2004) sequence of responses as players react to the situation of soccer :

1. Condition occurs that needs to be addressed
2. The players think and define the situation based on previous experience: "I can handle this," or "I'm not sure what to do"
3. Players feel the unity of emotion with his definition of the situation. If the players feel comfortable, then the emotion will be positive, if not comfortable, he will experience negative emotions
4. Energy levels of the players - the body's response will determine the emotional state. Energy - emotional challenge, confidence, determination, passion, focus, pleasure, happiness or pleasure, aggressiveness and fighting spirit. Energy - draining emotion is fear helplessness, confusion, insecurity, weakness, depression, and self-doubt.
5. With the available energy, the players will respond to the situation

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Emotions consist of two kinds: positive emotions and negative emotions. Positive emotions can help to maintain motivation and allows us to approach to maintain the enthusiasm and energy. Instead of negative emotions, can interfere with performance and ultimately increase the use of uncontrolled energy. Negative emotions are often shown with anger. Dr. G states "The anger will NOT make you play better!" Your emotions are like fire. When you control them, they will keep you warm and comfortable under the most adverse conditions. When they control you, they'll burn your house down to the ground. There is a myth out there in the world of sports performance that "fire" was necessary for peak performance comes from anger somehow. ([Www.competitiveedge.com](http://www.competitiveedge.com)).

Emotions in the sports arena can be triggered by many things to a person, including memories, conversations with others, to see the location of the competition, defeating opponents weight, and others. Many researchers have studied emotions to determine why this happened and what its impact on behavior. At first he thought that the emotion was simply the result of physiological changes, due to physiological symptoms, such as increased heart rate, which is commonly observed in the reaction. To test this theory, scientists inject volunteers with the so-called 'stress' hormone epinephrine (adrenaline) to see whether emotions can be generated in the laboratory. A small minority of participants reported feeling genuine emotion (sadness) while most reported physiological changes (to be expected after administration of adrenalin), and 'as if' emotions - the feeling is closely related to happiness, sadness or anger, but not the 'real thing'

Nobody is going to tighten your muscles more quickly than anger and strong emotions. As your anger rises, muscles tense you get to that point and began to seriously undermine your performance. Tense muscles make you less flexible, time and mess up your rhythm, slow reaction time and speed, and completely destroy the movement. While you are there is no question that emotions can sometimes take your performance to the next level, it is almost impossible to control the proper amount of chemicals flowing through your body every time you get emotional. Furthermore, it is equally difficult to accidentally duplicate the emotional state that may be the last time you had when you play good. By their very nature, emotion, so naturally triggered by the environment or circumstances of life, tend to take their own lives. Therefore, it is best for you to train yourself to stay away from anger and other strong emotions whenever you compete (www.competitiveedge.com).

Emotional Phenomenons of "Stress"

Tension is a common thing in an athlete, both physical tension and stress. According Gauron (1984) stress as well as muscle tension is inevitable in everyday human life. We can not avoid mental tension or stress, some tension is necessary and some unnecessary tension in the appearance and job. Lack of tension (lack of tension) will result in us not to do something well. To be able to perform specific movements required of the muscles of tension, where tension is indispensable usefulness.

Why is the player experience tension in a game that lived? Singer (1986) in Sudiby (1998) states is due to two things: (1) the lack of readiness, (2) full readiness. The lack of readiness (readiness under) are associated with lack of motivation, while the full readiness (readiness over) are associated with readiness to win or poor

performance, fear of losing, and so forth. According Gauron (1984) in Sudibyo (1998) concluded that stress arises:

1. "Since stress is an inevitable part of life, can not be avoided"
2. Because stress is unavoidable, people should reduce the effect and overcome through personal stress management program
3. Bhronic stress can lead to losses, especially on if it is not taught to relax "

Lubis (2009) said that stress is due to the demands, and in general these demands include:

1. Frustration

Frustration can occur when an individual will make an effort but get resistance or failure. Obstacles that may arise from the environment or of the individual.

2. Conflict

Stress can also occur when individuals are faced with a necessity to choose one among the needs and goals. Usually the choice of one alternative will result in frustration for other alternatives.

3. Pressure

Stress can also arise when an individual under pressure or coercion to achieve a particular result or to behave in certain ways. Source of pressure may also come from within or from the environment.

4. Threat

Anticipation of the individual against adverse matters or not fun for him of a situation is something that can give rise to stress.

Santrock (2002) explains there are several factors that cause stress, such as (a) cognitive factors, (b) the events of life and strife of everyday life, (c) socio-cultural factors, (d) socioeconomic status, and (e) a protective shield

Stress will cause tension or anxiety in a player. In important matches and determine almost all the players under stress. A player will experience diverse levels of tension. It depends on the perception of players, background, accomplishments in the past, social critics as failed, and he earned praise when you win (Harsono, 1988). Harsono further explained that the players are very tense, suffered anxiety (anxiety) is high and difficult to overcome anxiety, will not be able to perform well.

Anxiety (anxiety)

Anxiety (anxiety) can be defined with the word "fear" or "anxiety" (Harsono, 1988). Meanwhile, anxiety can be interpreted as a subjective feeling that is based on fear and increased physiological arousal (Levit, 1980 in Sudibyo (1995). Feelings of anxiety can occur in football players in the face of a game. In a game that really determine, the football players will experiencing high levels of anxiety. As already described in the previous section, leading players in the face of any given situation will feel very tense and anxious. It is like the one felt by a Roberto Baggio, when appointed as a penalty taker in World Cup year 1994 in the United States. Roberto Baggio who in previous times is almost always successful penalty fine. But because it was so tense, unable finally struck the ball into the goal Brazil in the Final. So that led Brazil to World Champion for the fourth time in time. whole squad and the people of Italy and Italian supporters can only lament the fate that befell the Italian team.

Frustration

Frustration arises because individuals do not feel like a failure to achieve a desired goal. Every athlete wants the satisfaction, needs to be fulfilled, to achieve the expectations to win. If this is not achieved, then it may cause frustration in athletes. But the real failure is not

necessarily create a frustrated athlete. Many examples of athletes, although the failure but did not have a sense of frustration. But not infrequently also an athlete, experienced frustration when experiencing a failure. Thereby. In this case is important, presumably, with the help of his coach an athlete preparing to anticipate the frustrations that will occur when experiencing a failure. In connection with the possibility of this frustration, the coach should include training programs to prepare athletes to be ready to face the possibility of failure, as well as encouraging athletes to excel as high. Real sense of frustration not only caused by the failure, but mainly comes from the athlete's own self is overwhelmed with fear of failure.

Frustration can happen to players who have a pessimistic nature and athletes (players) that have a nature optimistic. In the pessimistic nature of the players who have, in time to face the reality of less successful or successful, the player may already feel like a failure in advance. Players who have the personal traits pessimistic easily frustrated, because the slightest failure, regarded as a failure that will be experienced beyond (Sudibyo, 1995).

Mental readiness to face all possibilities, including the possibility of losing in a game is the job of a coach. In short, a coach must prepare athletes to be ready to face all possibilities that will happen, either upon the success and failure. So the events experienced as a result of Zidane is out of control of emotions in self and frustrated with strict escort Materazi on him. But in this case it seems Italy is already designing tactics to cripple the French are very dependent on the contribution Zidane. On one hand, the role of referee in this case also influences, where the referee is not too strict on behavior Materazi applied. Repeatedly violating the Zidane Materazzi, but the referee did not see it or not assertive in her leadership. But the attacks on the players is something that is forbidden by the rules of the game of

football. So that made Zidane's header should be punishable by expulsion (red card). As stated Dr. G in (www.cmpetitiveedge.com), which states there are three very common things that happen every time an athlete starts to lose control of emotions. First, he spoke of negative and evil. Second, athletes began to concentrate on the source or cause of the disorder. For example, if I made a mistake and it triggered an emotional reaction or anger in me, I would tend to focus on the error. Third, and as a result of the first two, the level of physiological arousal athletes began to rise to the top, right up until the graph. Rijkaard, Voller and Zidane have reached the third stage above. So they are more aggressive and finally there was the famous incident.

Subsequently Dr. G., (www.cmpetitiveedge.com) states that there are three things to be done to develop the ability to remain calm in the face of strong emotions: 1) Control your self-talk 2) control the focus of your concentration, 3) keep your body's physiological loose and relaxed. Furthermore Himmet Leave a comment in the Asian Soccer Star, published July 1, 2010 says "Navigate Your Mind, Control your emotions and you ordain your destiny" I do not understand at that time because it is really irrelevant to me, but now it is clicked and it's really important for anyone looking to achieve their dream of playing professional football and a football star Asia. Asian soccer star is the goal for many of our readers, and to achieve this goal requires dedication, discipline and determination. Power of the mind is the only one that we, as humans, have a high control. We have the power of self-determination, the ability to choose thoughts and actions of what we will do. If we direct our thoughts and control our emotions, we will ordain our destiny. If you focus or redirect your mind towards the goal of playing professional football and controlling your emotions every time you deal with negativity, stress, prejudice or any number of situations

that can move you away from your final destination, you will control your destiny. Once you control your destiny, you can achieve whatever you want in life and for most of our readers was a star football Asia, so it takes over your life. You are what you think!

Botelho (2004) sequence of responses as players react to the situation of soccer :

1. Condition occurs that needs to be addressed
2. The players think and define the situation based on previous experience: "I can handle this," or "I'm not sure what to do"
3. Players feel the unity of emotion with his definition of the situation. If the players feel comfortable, then the emotion will be positive, if not comfortable, he will experience negative emotions
4. Energy levels of the players - the body's response will determine the emotional state. Energy - emotional challenge, confidence, determination, passion, focus, pleasure, happiness or pleasure, aggressiveness and fighting spirit. Energy - draining emotion is fear helplessness, confusion, insecurity, weakness, depression, and self-doubt.
5. With the available energy, the players will respond to the situation

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