

YouthFirst

Parents Learning about Youth Sports

Arousal and it's effects:

Young ladies the concept of arousal has been a major subject of many learning theories and is closely related to other important concepts such as anxiety, attention, and motivation.

One of the most important findings with respect to arousal is the so - called law that Yerkes-Dodson came up with predicting a U-shaped function between arousal motivation and performance. Well anyway across a broad range of experimental settings, it has been said and shown that both low and high levels of arousal pro-

duce minimum performance whereas a moderate level of arousal results in maximum performance in a task. This suggests that too little or too much stimulation tends to be ignored by individuals. According to Berlyne another science man, there is an optimal level of arousal for an individual at a given time. If the level of arousal drops below the optimal level, the organism will seek stimulation, exploratory behavior. Well the man argued that curiosity was a consequence of "conceptual



conflict" that could be caused by, doubt, perplexity, contradiction, incongruity, or irrelevance and that's what he said.

Another science man was Eysenck, and he examined the relationship between attention and arousal. He concluded that there are two types of arousal,

passive and general system that can raise or lower the overall level of attention, and a specific, compensatory system that allows attention to be focused on certain task or environmental information. So it has been said that the key to arousal, is the key element in triggering emotional behavior.

Why arousal may not be working for you:

Young ladies if you have trouble generating your own arousal level. You may have this problem because maybe your trying to get someone else's

arousal level up and then you can't get yours up. Or maybe there is no enthusiasm or motivation in your routine. Well a simple good routine can get

you to help bring up your arousal level up. Learning to recognize indicators of low or high arousal, and implementing strategies to get arousal good is

a life skill. The good news is, it can be learned.

Eleven Tips to help you generate Arousal:

Here are some very good tips to help boost your arousal levels up.

1. Reduce stimulation. Dim lights, lower sound.
2. Teach deep breathing and progressive relaxation (tensing and releasing of muscles).
3. Take a warm bubble bath with a candle and soft music.
4. Get into a hot tub if at home instead of a game.

5. Do 10 push-ups.
6. Do 10 pull-ups on a chin-up bar if available.
7. Rocking or gentle swinging can lower arousal.
8. Push or pull a wagon with a heavy load in it (rocks, logs, a person, etc.) Carry a 10-pound bag of rice on your arms through the house if your there.
9. Get a deep pressure massage or have someone use a vibrator

- or rolling pin on your back, legs, arms, if there is enough time before the game. Have them use firm pressure without hurting you.
10. Blow bubbles or a horn. Suck a thick milk shake through a thin straw. Crunch on a carrot or pretzels.
 11. Chew gummy bears, 2 pieces of bubble gum, or nice soft candy.



Getting Hyped for a Game:



There's a lot of excitement of the games of importance, like championship games. There's pre-game publicity, fan frenzy, expectations from people and expecting of you, celebrations and parades, all of which can raise the level of emotional arousal. Some of you ladies can perform real well and are emo-

tionally charged with all this going on. But some of you don't perform well or get excited about this. "Before a big game you must mentally prepare yourself. Before you mentally prepare you must know whether you need to be emotionally charged up or down to play your best, you need to think right and think smart if you want to succeed. For example, a football quarterback must think quickly, call and change plays, recognize and exploit defensive weaknesses, and execute the most appropriate play under

extreme pressure. He surveys the playing field to see what's unfolding around him. If the quarterback is too emotionally charged, high levels of adrenaline can trigger muscle tension and tunnel vision. This player needs to keep the arousal level balanced — low enough to remain calm, but high enough to perform well. So it is very important that you think and keep your arousal level to a minimum, if you want to perform well.