

Case study on composure and emotional control

[Business](#)



S. Amateur tournaments and before that, when in high school Ca was state-runner up twice.

(Rootlet, 1998) Coach Knox is concerned about Sacs lack of helping with the golf teams scores as well as his avoiding the other team members and not appearing to be having fun playing on the team. Coach Knox is concerned with Sacs mood swings, as well as frustrated with Sacs overall performance for the team. The issues In this case appear to be mood swings, extreme lows and highs, lack of commitment to play at an optimal level and Sacs distance from other team members, not feeling part of the team.

Ca appears to have a low sense of self-efficacy. According to Bandeau perceived self-efficacy is defined as peoples beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. (Bandeau, 1997) People with high assurance in their capabilities approach difficult task as challenges to be mastered rather than threats to be avoided.

Those with low assurance such as Ca doubt their capabilities shy away from difficult tasks which they view as personal threats.

When faced with difficult tasks, they dwell on their personal deficiencies, the obstacles they will encounter, and all kinds of adverse outcomes rather than concentrate on how to perform successfully. As Bandeau points out people who experience easy successes early they come to expect quick results and are easily discouraged by failure. (Bandeau, 1997) Ca experienced early success In high school where he was the state runner-up twice, a U. S. Junior Amateur qualifier and Seattle All-City Junior champion.

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He did not experience some setbacks and difficulties, which teach a useful purpose in teaching that success usually requires sustained effort. As a sport psychology consultant I would consider the following courses of action that might assist Ca work with him on identification of previous patterns of behavior. Pinpoint areas that escalated unregulated behavior. By reflecting on the incident would help clarify factors that serve as emotional triggers. Work on the skills to regroup, recognize that his emotions are spiraling out of control, take a moment to regroup and get back on task. Science, Peterson, 2002) Put energy Into mental focus on getting back into the game, focus on what needs to be done In the moment and the skills needed to accomplish the task at hand rather than dwelling on what Just happened.

The courses of action described would be feasible, with Sacs willingness and commitment to changing his mental view of his abilities and understand that he is allowing his emotions to control his game. Ca would also have to accept responsibility Tort want Nils lack AT composure Ana emotional control has done.

As a sport psychology consultant I would involve Coach Knox as a motivator. To verbally encourage Ca that he has what is needed to be successful, persuasive boosts to lead Ca to try hard enough to succeed. In addition to raising Sacs beliefs in his capabilities, structure situations for him in ways that bring success and avoid placing Ca in a situation where he will most likely fail. Encourage Coach Knox to measure Sacs success in terms of self-improvement rather than by triumphs over others.

There are deeper issues with Ca and I would need additional assistance with Sacs case.

Sacs extreme highs and lows indicate that there could be more going on than just playing bad golf. I would ask Ca to request a complete physical with his primary care physician and permission to share the information about his behavior with his primary care physician. Rule out that some of the problem could be biological. Also, encourage Ca to seek out a mental health professional to work on deeper issues that could be creating his anger along with an Anger Management group, provide him with a list of professionals I respect and work well with.

As a sports psychology consultant I would be able to assist him with issues about focusing on his play and working with the team in a more positive way, but not the deeper issues. With a team consisting of his primary care physician, sports psychology consultant and a mental health professional, Ca would be on his way to have the ability to remain calm, persistent, and in control of his emotions under pressure or setbacks. References Bandeau, A. (1997). Self-efficacy The exercise of control.