



»PERFORMING UNDER PRESSURE: BEING ABLE TO SELF-REGULATE OR NOT, THAT IS THE QUESTION«

GASTVORTRAG

RAOUL R. D. OUDEJANS,
MOVE RESEARCH INSTITUTE AMSTERDAM
FACULTY OF HUMAN MOVEMENT SCIENCES
VU UNIVERSITY, AMSTERDAM

28. APRIL 2014, 16:15 UHR
INSTITUT FÜR SPORT UND SPORTWISSENSCHAFT,
INF 720, RAUM 049

ABSTRACT

If the pressure to perform well is high, sometimes even experts perform poorly. This may concern cognitive performance (e.g., taking an important exam) as well as perceptual-motor performance (e.g., football players taking decisive penalties). There is still much debate about how anxiety affects perceptual-motor performance. In this presentation I will discuss underlying mechanisms of choking under pressure and I will present several of our studies. The studies show that especially when anxiety is combined with, for instance, negative instructions or ego-depletion performance is hampered, apparently as performers are no longer able to self-regulate their goal-directed actions. The studies also show that while good performance is accompanied by a sufficiently long final fixation on the target, worse performance is accompanied by significantly shorter final fixations. This is in line with the general idea in the literature that pressure and anxiety may lead to shifts in attention from task-relevant to task-irrelevant information. As it appears, when performers have sufficient resources they may have sufficient self-control strength to counter negative effects of pressure and anxiety, hereby guaranteeing sufficient attention to task-relevant information to maintain performance. If resources are heavily taxed performers may no longer be able to self-regulate their attention leading to a decrease in performance.

Kontakt für Rückfragen: Dr. Chris Englert, christoph.englert@issw.uni-heidelberg.de
Homepage: <http://www.issw.uni-heidelberg.de>

FIELD OF FOCUS 4
SELF-REGULATION AND REGULATION
INDIVIDUALS AND ORGANISATIONS



**UNIVERSITÄT
HEIDELBERG**
ZUKUNFT
SEIT 1386

www.uni-heidelberg.de/fof4