

Interpersonal Emotion Regulation in Sport – Project Overview

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General Background

- Athletes' ability to regulate their emotions is important for their performance and relationship outcomes (Robazza et al., 2008).
- Sport researchers examining emotion regulation have largely focused on athletes' individual attempts to control their own emotions (i.e., "intra-individual" approach).
- Recent research highlighted the importance of **Interpersonal Emotion Regulation (IER)**, which refers to athletes' attempts at regulating others' emotions (e.g., Tamminen et al., 2016).

Key Questions

- Who engages in IER in sport teams?
- What are the features of effective IER between teammates?
- What are the features of effective group-focused IER?
- How is IER associated with emotions and with performance, physiology, and psychosocial outcomes?

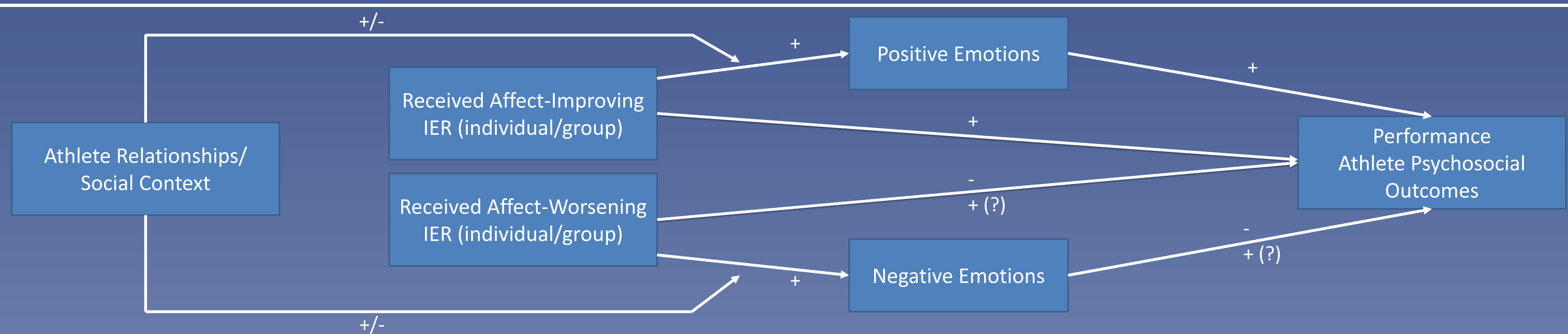


Figure 1. Overview of hypothesized associations between received IER and athlete performance and psychosocial outcomes

Project 1

Purpose: To examine the associations between IER, emotions, and performance

- Following a competition, athletes are asked to self-report demographic information, emotional awareness, emotional self-regulation, interpersonal emotion regulation, and performance satisfaction.
- Data collection is ongoing in Canada and the United Kingdom with a target sample of 900 athletes.
- Data from 301 athletes ($M_{age} = 17.9 \pm 2.6$) from 26 sport teams (13 male, 13 female) have been collected.

Preliminary Results: IER and ESR during Competition

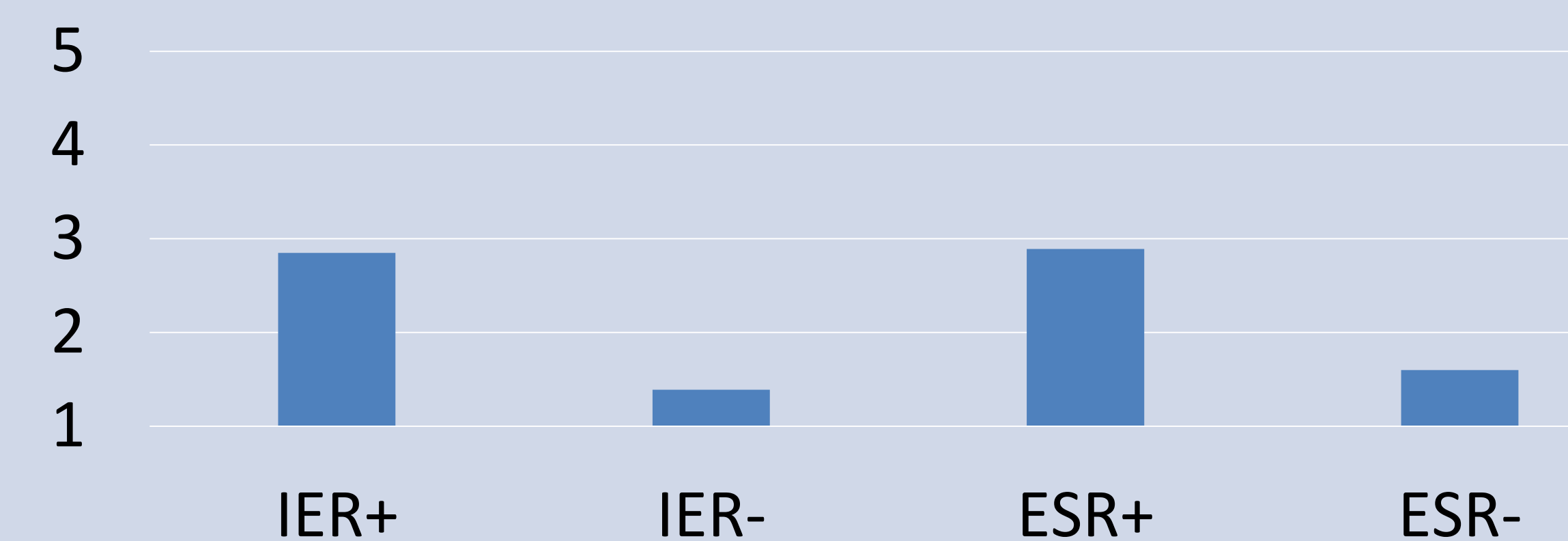


Figure 1. Athletes' engagement in emotion regulation during competitions. Note. IER = Interpersonal emotion regulation, ESR = Emotional self-regulation. A positive sign denotes affect-improving and a negative sign denotes affect-worsening. 1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely.

Project 2

Purpose: To examine effective IER and support between teammates

- Pilot-testing of the procedures is ongoing.
- Approximately 100 dyads will be sampled.
- The dyads will be invited to a research lab, and asked to complete a survey and engage in a video-recorded discussion regarding stressful situations in sport, while wearing a heart rate monitor.
- Analysis will identify the content of the discussion, and examine if the dyads demonstrate physiological synchrony.



Figure 2. The set-up of the procedures.

Project 3

Purpose: To examine group-focused IER

- Athlete leaders' pre-game speeches will be observed and coded to identify the informational and emotional content.
- Analysis will focus on examining the impact of group-focused IER on teammate motivation, satisfaction, and efficacy.

Overall Implications:

The findings from this research may be used to promote effective emotion regulation among athletes, thereby improving teammate relationships, performance, and overall sport experiences.