

Athletes' self-regulation and interpersonal emotion regulation in performance settings

Jeemin Kim¹, Katherine A. Tamminen¹, Chad Danyluck², Chris Wagstaff³, Carolyn McEwen⁴, and Svenja Wolf⁵

¹Faculty of Kinesiology and Physical Education, University of Toronto, ²Department of Psychology, Carleton University,

³School of Sport, Health and Exercise Science, University of Portsmouth, ⁴School of Kinesiology, University of British Columbia, ⁵Faculty of Social and Behavioral Sciences, University of Amsterdam

Introduction

- Affect-improving emotion regulation (ER) strategies include thinking about positive characteristics of the self/situations, laughing, and seeking support.
- Affect-worsening ER strategies include thinking about one's shortcomings or negative experiences, and using cynicism.
- Emotion regulation can occur in two ways:

**1. Emotional self-regulation (ESR):
regulating *one's own* emotions**

**2. Interpersonal emotion regulation (IER):
regulating *someone else's* emotions**

Purpose: To examine whether athletes' performance satisfaction is associated with their ESR and with IER received from teammates

Method

- 517 team sport athletes in Canada and the United Kingdom ($M_{age} = 19.0 \pm 3.1$) completed a survey.
 - Demographics, emotions during sport, engagement in ESR and received IER from teammates, and performance satisfaction.

Preliminary Results

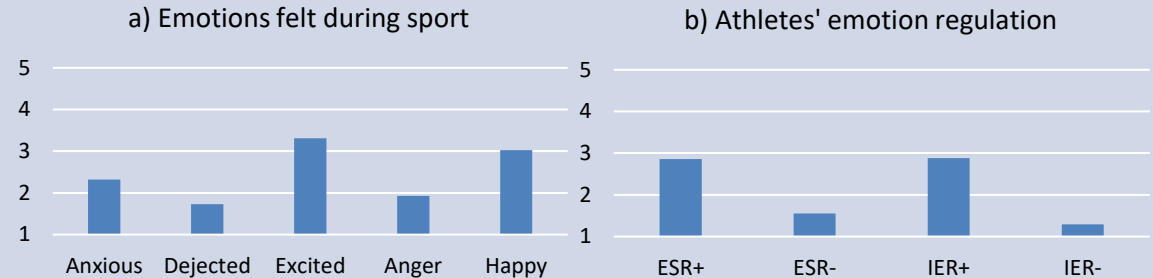
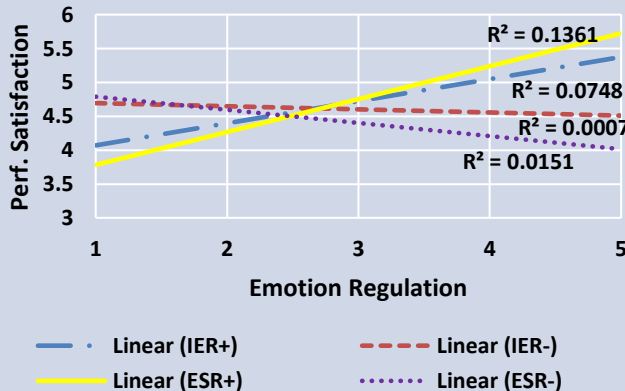


Figure 1a and 1b. Athletes' emotions and engagement in emotion regulation during competitions.

Note: IER = Interpersonal emotion regulation, ESR = Emotional self-regulation. A positive sign denotes affect-improving and a negative sign denotes affect-worsening. Scale: 1 = Not at all, 2 = A little, 3 = Moderately, 4 = Quite a bit, 5 = Extremely.



Key Takeaways

For better performance outcomes:

1. Athletes should engage in positive ESR (e.g., positive self-talk).
2. Athletes should engage in positive IER toward teammates (e.g., mention positive aspects about them).
3. Athletes should seek support from teammates for emotion regulation (i.e., receiving IER+)