

Psychological Variables in Ascertaining Potential Archers

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Abstract:

A successful archery performance to a larger extent depends on several performance factors. The very nature of the archery sport as a static and precision sport entails adequate preparation both during and before a competition. A standard archery competition is identified with background noises, tension, anxiety as well as excitements, for this reason, a proper mental adjustment and focus are necessary for success in the sport [1]. Research has shown that some psychological elements such as the feeling of worry, stress and lack of focus hamper athletic performance particularly in the sport of archery in which mental toughness is one of the keys to its successful enactment [2]. However, it is worth noting that the requirement of a specific psychological skill varies from one sport to another. The peculiarity of certain sport places a unique demand of psychological preparation for the athletes partaking in the sport. It is therefore pertinent to evaluate the psychological elements necessary for a particular sport.

Keywords: Performance factors; Psychological Elements; Psychological Skill