THE 4TH MALAYSIAN SPORT PSYCHOLOGY CONFERENCE 2018 (MASPAC 2018)

28 November 2018
Makmal Penyelidikan Pendidikan & Fakulti Sains Sukan & Kejurulatihan
Kampus Sultan Azlan Shah
8.00 a.m - 5.30 p.m


Laughter Impacts Stress in Sports

Dr. Lim Boon Hooi

Centre for Sports and Exercise Sciences University of Malaya

Abstract

Stress has been generally identified as a unidimensional construct that represents the degree of external pressure and disturbed reaction associated with physiological arousal. Stress can affect performance, the way an athlete responds to the stress can affect it, and the management of the stress can negatively or positively affect the athlete’s stress level. Stress is a factor of life that affects everyone, but athletes tend to suffer from it more than non-athletes, due to the amount they are required to balance, between schoolwork, practices and games, as well as family pressures and everyday life. Athletes who suffer from stress and do not learn to control their symptoms will soon have issues that will cross over into their performance. There are many methods available including hypnosis, progressive relaxation, visualization, biofeedback, autogenic training, mediation, negative thought stoppage, and confidence enhancement. Laughing releases endorphins, the body’s “feel good” chemicals. Therefore, it provides short-term relief from tension and worry. Moreover, laughing reduces stress and strengthens social connections. Therefore, laughter is good medicine for athletes’ mental health. Laughter Yoga, developed by physician, Dr. Madan Kataria in Mumbai, India (1995) is based on the idea that making ourselves laugh is beneficial for our health. It is a combination of breathing techniques, simple movements, and simulated laughter. A study with brain scans revealed that our brains respond to another person’s laughter. The steps of conducting Laughter Yoga will be defined and benefits of Laughter Yoga will be explained. Final part of this talk will be a practical sharing session.