

PSYCHOLOGICAL EVALUATION

Name: Jedidah

Age: 17 years/F

Sports: Swimming

Level of sports: International level

		Low	Moderate	High
Psychology	Sports anxiety scale			
	Worry		✓	
	Concentration disruption			✓
	Somatic trait anxiety	✓		
	Emotional regulation			
	Reappraisal			✓
	Suppression	✓		
	Perceived stress scale			✓
	<u>State self esteem scale</u>			
	Performance self esteem		✓	
	Social self esteem		✓	
Appearance self esteem	✓			
<p>Recommendation: Mental skills Training- Individual counselling sessions and Long term athletic plan for mind and body preparation, effective conditioning and performance enhancement. (Custom programmes)</p>				

Psychological Individual action of plan

Psychologist Observation:

As per the recent observation and interaction with parents, it shows that jedidah is mingling up with people and interacting. Her state of mind related to accepting the flow has been improved.

Hierarchy plan which should be followed to reach high performance:

- **Mindfulness** - focus on flow state
- **Negative emotion facet** - Understanding the emotion and controlling the behavior
- **Environmental mastery** - focusing on behavior and swimming under pressure and during distractions.
- **Purpose of life & personal growth** - Reaching the state and focusing on life, sports/personal life.
- **Self-Acceptance** - Accepting the flow and building resilience on behavior related to swimming.
- **Peak performance** - Final step is to enhance performance