

Abstract

Our study is about finding out how stress causes an athlete to play bad or good during their games. We are trying to prove that having less stress is better for most players to perform and is healthier for their mental health. High stress levels in games causes most people to play bad and get depressed during the game. Which effects the mental side of the game for them. In our study we are showing how starters are more stress during season because of everything going on with school and games.

Introduction

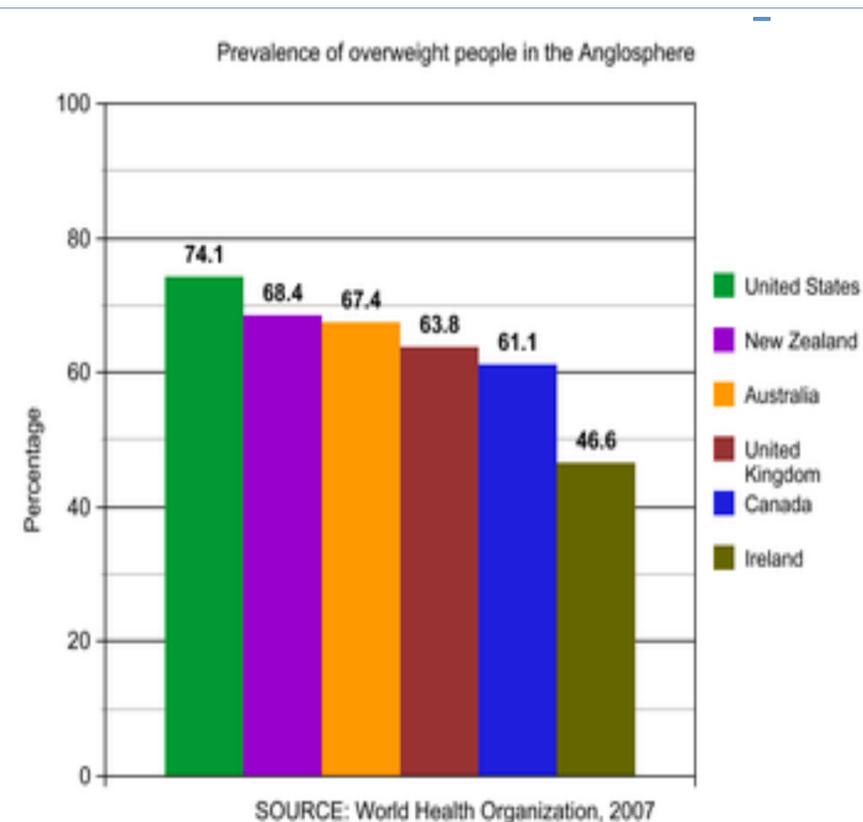
This study is on the Effects of Psychological Stress and Anxiety on Blue Mountain Baseball Starters and we are going to show you how having high or low stress causes your performance to be good or bad. Most players who play with low stress do great and those with high stress tend to fail at simple routine plays. There is a case of some players who can perform great even with high stress levels. For our study we want to be able to prove having high or low stress is better for your performance during games. Preferably we are saying lower stress levels are better for you to perform at your highest.

Discussion

Most likely, the athletes will display subpar performances when stress levels are higher throughout the week. Based on our research, many athletes can not properly perform when stress is involved. It shows how psychologically they are impaired and that affects them physical. Without a sound mind, the body is out of wack. Our interpretation of both outcomes is that either the athletes at Blue Mountain will have poor performance when stress levels are high. Another interpretation is that good performance will happen when stress levels are lower.

Method

The starters will be provided a stress survey before games prior to five games in March. Stress levels for each day will be compared to the batting average of that day. For getting our data we will compare the survey results with their batting averages. Using the scores from the surveys and batting averages we will put them on a data bar graph



Conclusion

Based on data and research, this study will be a very informative study that raises awareness in mental illness with athletes, particularly baseball players. Our research shows how stress is one of the major components of the mentally ill. It also shows how athletes must have a stable mind when trying to achieve peak performance in their respective sports

Reference List

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