

## ATTITUDES TO EXERCISE AND SPORT

### Stevens and Lane (2001) Mood-Regulating Strategies Used by Athletes Athletic Insight Vol 31

**Aim:** To investigate the strategies used by athletes to regulate moods.

**Method:** Questionnaire

**Participants:** 107 athletes, 64 male and 43 female, mean age 19.6, undergraduate sports science students at Universities in the United Kingdom. All participants were at least county standard in one of the following sports:

badminton	basketball	hockey	karate	netball
rugby	soccer	swimming	track and field	

**Procedure:** The Self-Regulating Strategies of Mood Questionnaire was administered to all participants away from the site of competition. The questionnaire listed 29 strategies thought to influence moods for example 'listening to music, going shopping, exercising, talking to someone.' Participants were asked to nominate strategies they used to change specific moods, and to rate the effectiveness of each strategy (on a 9 point scale from 'not at all effective' to 'extremely effective') The moods stated were those measured by the Profile of Mood States questionnaire including anger, confusion, depression, fatigue, tension and vigour.

#### **Results:**

1. A number of strategies were identified to regulate each mood.
2. Only 3 strategies were identified as being used to regulate all of the 6 moods – 'change location', 'listen to music' and 'exercise'
3. There were strategies unique to certain mood dimensions:
  - 'try to be alone' for anger
  - 'analyse the situation' for confusion
  - 'engage in pleasant activities' for depression
  - 'use relaxation techniques' for tension

**Conclusion:** The findings support the notion that mood can be controlled by the individual and that exercise is associated with improved mood. However, the mechanisms that bring about improved mood are unclear.