

Luku 11 Keskittyminen ja vireystila

- Arora, S., Sevdalis, N., Nestel, D., Woloshynowych, M., Darzi, A. & Kneebone, R. (2010). The impact of stress on surgical performance: A systematic review of the literature. *Surgery*, 147, 3, 318–330.
- Balzell, A. & Summers, J. (2017). *The Power of Mindfulness. Mindfulness meditation training on sport (MMTS)*. Springer International Publishing.
- Bell, J. & Hardy, J. (2009). Effects of attentional focus on skilled performance in golf. *Journal of Applied Sport Psychology*, 21, 163–177.
- Benson, H. (2000). *The relaxation response*. New York, NY: HarperCollins.
- Boutcher, S. (2008). Attentional processes and sport performance. Teoksessa T. Horn (toim.), *Advances in sport psychology* (3. painos, s. 325-338). Champaign, IL: Human Kinetics.
- Brown, R.P. & Gerbarg, P.L. (2005). Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression: Part I-neurophysiologic model. *Journal of Alternative and Complementary Medicine*, 11, 1, 189–201. PubMed.
- Carlson, C.R. & Hoyle, R.H. (1993). Efficacy of abbreviated progressive muscle relaxation training: A quantitative review of behavioral medicine research. *Journal of Consulting and Clinical Psychology*, 61, 6, 1059–1067. PubMed.
- Chirban, S. & Rowan, M. (2017). Performance psychology in ballet and modern dance. Teoksessa R. Schinke ja D. Hackfort (toim.) *Psychology of Professional Sports and the Performing Arts – challenges and strategies* (s. 259-274). New York, NY: Routledge.
- Csikszentmihalyi, M. (1975). *Beyond boredom and anxiety*. San Francisco: Jossey Bass.
- Csikszentmihalyi, M. (2004). Flow, the secret to happiness. TED. California.
https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness
- Ducrocq, E., Wilson, M., Vine S. & Derakshan, N. (2016). Training attentional control improves cognitive and motor task performance. *Journal of Sport and Exercise Psychology*, 38, 521–533.
- Field, T. (2009). Progressive muscle relaxation. Teoksessa T. Field (toim.), *Complementary and alternative therapies research* (s. 97–101). Washington, DC: American Psychological Association.
- Glynn, B. A. (2011). Fully connected focus: Interview with Terry Orlick. *Journal of Excellence*, 15, 4–15.
- Gould, D., Greenleaf, C. & Krane, V. (2002). The arousal-athletic performance relationship: Current status and future directions. Teoksessa T. Horn (toim.), *Advances in sport psychology* (2. painos). Champaign, IL: Human Kinetics.
- Hardy, J., Jones, G. & Gould D. (1996). *Understanding psychological preparation for sport: Theory and practice for elite performers*. Chichester, United Kingdom; Wiley.
- Harinath, K., Malhotra, A. A., Pal, K., Prasad, R., Kumar, R., Kain, T.C. & Sawhney, R.C. (2004). Effects of Hatha yoga and Omkar meditation on cardiorespiratory performance, psychological profile, and melatonin secretion. *Journal of Alternative and Complementary Medicine*, 10, 2, 261–268.
- Harris, D. V. & Harris, B. I. (1984). *The athletes guide to sports psychology: Mental skills for physical people*. New York: Leisure Press.
- Harvey, J. (1978). Diaphragmatic breathing: A practical technique for breath control. *The Behavior Therapist*, 1, 13–14.
- Heponiemi, T. (2004). *Physiological and emotional stress reactions: the effects of temperament and exhaustion*. Academic dissertation. University of Helsinki, Faculty of Behavioural Sciences, Department of Psychology, Studies 26. Helsinki, Finland.
- Hermansson, G. & Hodge, K. (2012). Uncontrollable outcomes: Managing expectations at the Olympics. *Journal of Sport Psychology in Action*, 3, 127–138.
- Herreboden, H., Sabo, E. & Hystad, S. (2017). Are auditory distractions disturbing and detrimental to performance of expert golfers? A field experiment. *Journal of Applied Sport Psychology*, 29, 323–336.
- Hull, C. L. (1951). *Essentials of behavior*. New Haven, CT: Yale University Press.
- Humphrey, J.H., Yow, D.A. & Bowden, W.W. (2000). *Stress in college athletes: Causes, consequences, coping*. Binghamton, NY: The Haworth Half-Court Press. An imprint of the Haworth Press, Inc.
- Hunt, M. G., Rushton, J., Shenberger, E. & Murayama, S. (2018). Positive Effects of Diaphragmatic Breathing on Physiological Stress Reactivity in Varsity Athletes. *Journal of Clinical Sport Psychology*, 12, 27–38.

- Jackson, S. & Csikszentmihalyi, M. (1999). *Flow in sport*. Champaign, IL: Human Kinetics.
- Jakobson, E. (1938). *Progressive relaxation*. Chicago, IL: University of Chicago Press.
- Janelle, C.M. (2002). Anxiety, arousal and visual attention: A mechanistic account of performance variability. *Journal of Sports Sciences*, 20, 237-251.
- Jones, G. (2012). The role of superior performance intelligence in sustained success. Teoksessa S. Murphy (toim.), *The Oxford handbook of sport and performance psychology* (s. 62-80). New York, NY: Oxford University Press.
- Karageorghis, C. & Priest, D. (2012). Music in the exercise domain: A review and synthesis (Part I). *International Review of Sport and Exercise Psychology*, 5, 44–66.
- Kataja, J. (2012). Rentoutuminen. Teoksessa M. Roos-Salmi & L. Matikka (toim.), *Urheilupsykologian perusteet* (s. ??). Liikuntatieteellinen seura ry.
- Kearney, P. (2015). A distal focus of attention leads to superior performance on a golf putting task. *International Journal of Sport and Exercise Psychology*, 13, 371–381.
- Korkeila J. (2008). Stressi, tunteiden säätely ja immunitetti. *Duodecim*, 124, 6, 683–92
- Kudlackova, K., Eccles, D. & Dieffenbach, K. (2013). Use of relaxation skills in differentially skilled athletes. *Psychology of Sport and Exercise*, 14, 468-475.
- LaBeau, J., Liu, S., Saenez-Moncaleano, C., Sanduvete-Chaves, S., Chacon-Moscoco, S., Becker, B. & Tenenbaum, G. (2016). Quiet eye and performance in sport: A meta-analysis. *Journal of Sport and Exercise Psychology*, 36, 441-457.
- Land, W. & Tenenbaum, G. (2012). An outcome- and process-oriented examination of a goal-specific secondary task strategy to prevent choking in golf. *Journal of Applied Sport Psychology*, 24, 303-322.
- Lyyra, R. (2017). Kehon ja mielen yhteys. Yhteyden vaikutus hyvinvointiin. Opinnäytetyö. Oulun ammattikorkeakoulu. Tanssiopettajan koulutusohjelma.
- Martin, M. (2016). Hengitys virtaa — Kohti kehon ja mielen tasapainoa. Kirjapaja.
- Masters, R. S. W. & Polman, R., C., J. & Hammonda, N. V. (1993). Reinvestment: A dimension of personality implicated in skill breakdown under pressure. *Personality Individual Differences*, 14, 655–666.
- Matikka, L. (2012). Keskittyminen, fokuointi ja tarkkaavaisuus. Teoksessa Roos-Salmi M. & Matikka L. (toim.) *Urheilupsykologian perusteet* (s. 95-104). Liikuntatieteellinen seura ry.
- McCallie, M.S., Blum, C.M. & Hood, C.J. (2006). Progressive muscle relaxation. *Journal of Human Behavior in the Social Environment*, 13, 3, 51–66.
- McGrath, J.E. (1970). Major methodological issues. Teoksessa J. E. McGrath (toim.), *Social and psychological factors in stress* (s. 19-49). New York, NY: Holt, Rinehart & Winston.
- Memmert, D. (2009). Pay attention! A review of visual attention expertise in sport. *International Review of Sport and Exercise Psychology*, 2, 119–138.
- Middleton, T., Ruiz, M. & Robazza, C. (2017). Regulating pre-performance psychosocial states with music. *The Sport Psychologist*, 31, 227-236.
- Moran, A. (2004). *Sport and exercise psychology: A critical introduction*. London, UK: Routledge.
- Nideffer, R. (1976a). *The inner athlete*. New York, NY: Crowell.
- Nideffer, R. (1976b). Test of attentional and interpersonal style. *Journal of Personality and Social Psychology*, 34, 394–404.
- Pantzar, M., Ruckenstein, M. & Mustonen, V. (2017). Social rhythms of the heart, *Health Sociology Review*, 26, 1, 22-37.
- Paul, G., Elam, B. & Verhulst, S.J. (2007). A longitudinal study of students' perceptions of using deep breathing meditation to reduce testing stresses. *Teaching and Learning in Medicine*, 19, 3, 287–292. PubMed.
- Perry, C. (2005). Concentration: Focus under pressure. Teoksessa S. Murphy (toim.), *The sport psych handbook* (s. 113-125). Champaign, IL: Human Kinetics.
- Seaward, B.L. (2002). *Managing stress: Principles and strategies for health and wellbeing*. Sudbury, MA: Jones and Bartlett Publishers.
- Stanislavski, K. (2011). Näyttelijän työ. Toim. ja suom. Kristiina Repo. Kustannusosakeyhtiö Tammi. Venäjänkielinen alkuteos: Rabota aktjora nad soboi v tvortseskom protsesse pereživaniija. Dnevnik utsenika. Iskustvo, Moskva 1989.

- Struthers, C.W., Perry, R.P. & Menec, V.H. (2000). An examination of the relationship among academic stress, coping, motivation and performance in college. *Research in Higher Education*, 41, 5, 581–592.
- Terry, P. & Karageorghis, C. (2011). *Inside Sport Psychology*. Champaign, IL: Human Kinetics.
- Tiessalo, P. Opiskelijoiden stressi tuplaantunut – "Tehokkuutta korostavassa yhteiskunnassa pitkään opiskelleen päälle lankeaa epäilyksen varjo". Yle: 18.9.2017. <https://yle.fi/uutiset/3-9832926>
- Tuomola, M. (2012). Hengitys kehon ja mielen siltana. Teoksessa M. Roos-Salmi & L. Matikka (toim.), *Urheilupsykologian perusteet* (s. 170-180). Liikuntatieteellinen seura ry.
- Tuomola, M. (2012). Kehollisuudesta itsen kuunteluun ja hyväksyvään läsnäoloon. Teoksessa M. Roos-Salmi & L. Matikka (toim.), *Urheilupsykologian perusteet* (s. 126-133). Liikuntatieteellinen seura ry.
- Työterveyslaitos: Stressi ja työuupumus. <https://www.ttl.fi/tyontekija/tyostressi-ja-uupumus/>
- Vickers, J. N. (2009). Advances in coupling perception and action: the quiet eye as a bidirectional link between gaze, attention, and action. *Progress in Brain Research*, 174, 279–288.
- Vine, S.J., Chaytor, R.J., McGrath, J.S., Masters, R.S.W. & Wilson, M.R. (2013). Gaze training improves the retention and transfer of laparoscopic technical skills in novices. *Surgical Endoscopy*, 27, 9.
- Vine, S.J., Moore, L.J., & Wilson, M.R. (2011). Quiet eye training facilitates competitive putting performance in elite golfers. *Frontiers in Movement Science and Sport Psychology*, 2, 1–9.
- Weinberg, R. S. & Gould, D. (2019). Arousal Regulation. Teoksessa R. Weinberg & D. Gould, *Foundations of Sport and Exercise Psychology* (7. painos, s. 285-308). Champaign, IL: Human Kinetics.
- Weinberg, R. S. & Gould, D. (2019). Arousal, Stress, and Anxiety. Teoksessa R. Weinberg & D. Gould, *Foundations of Sport and Exercise Psychology* (7. painos, s. 77-100). Champaign, IL: Human Kinetics.
- Weinberg, R. S. & Gould, D. (2019). Concentration. Teoksessa R. Weinberg & D. Gould, *Foundations of Sport and Exercise Psychology* (7. painos, s. 381-409). Champaign, IL: Human Kinetics.
- Weinberg, R. S. & Hunt, V. V. (1976). The interrelationships between anxiety, motor performance, and electromyography. *Journal of motor behavior*, 8, 3, 219-224.
- Weiss, S. M, Reber, A. S. & Owen, D. R. (2008). The locus of focus: The effect of switching from a preferred to a non-preferred focus of attention. *Journal of Sport Sciences*, 26, 10, 1049–1057.
- Williams, J. M., Nideffer, R. M., Wilson, V. E. & Sagal, M.-S. (2015). Concentration and Strategies for Controlling it. Teoksessa Williams J. M. & Krane V. (toim.) *Applied sport psychology* (7. painos, s. 304-325). McGraw-Hill, New York.
- Wilson, M. (2008). From processing efficiency to attentional control: a mechanistic account of the anxiety performance relationship. *International Review of Sport and Exercise Psychology*, 1, 184–201.
- Wilson, M. (2010). Gaze and cognitive control in motor performance: Implications for skill training. *The Sport and Exercise Sciences*, 23, 29-30.
- Wilson, M. R., McGrath, J., Vine, S. J., Brewer, J., Defriend, D. & Masters, R. S. W. (2010). Psychomotor control in a virtual laparoscopic surgery training environment: gaze control parameters differentiate novices from experts. *Surgical Endoscopy*, 24, 2458–2464.
- Wilson, M. R., Vine, S. J. & Wood, G. (2009). The influence of anxiety on visual attentional control in basketball free throw shooting. *Journal of Sport and Exercise Psychology*, 31, 1–19.
- Wilson, M.R., McGrath, J.S., Vine, S.J., Brewer, J., Defriend, D. & Masters, R.S. (2011). Perceptual impairment and psychomotor control in virtual laparoscopic surgery. *Surgical Endoscopy*, 25, 2268–2274.
- Wood, G., and Wilson, M. R. (2010). Goalkeeper distractions increase the likelihood of missing a penalty kick. *Journal of Sports Sciences*, 28, 937–946.
- Wulf, G. (2013). Attentional focus and motor learning: A review of 15 years. *International Review of Sport and Exercise Psychology*, 6, 77–104.
- Wulf, G., Shea, C. H. & Park, J.-H. (2001). Attention in motor learning: Preferences for and advantages of an external focus. *Research Quarterly for Exercise and Sport*, 72, 335–344.
- Yerkes, R. M. & Dodson, J. D. (1908). "The relation of strength of stimulus to rapidity of habit-formation". *Journal of Comparative Neurology and Psychology*. 18, 5, 459–482.