



Sport Psychology–
Theories and Applications
for Performance, Health and Humanity

14th to 19th July, 2015, Bern, Switzerland

Presentations

P4: Poster Session 4 and Coffee Break · 17/Jul/2015: 10:00am-11:30am · Location: Poster Room

Assessment of sportsman's activation level by Color Association Method

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The Colour Association Method (CAM), like Lüscher's color test (Lusher, 1971), is based on a palette of eight colours and is combined with words. Association (James, 1890, Wundt, 1902) between certain words related to the competition setting and colour might provide insight into the non-conscious, subjective psychological state of an athlete. Recent neuroscience research indicates that cognitive self-control is overrated and that sportspersons might overestimate conscious capacity to control activation level in competition (Damasio, 2010; Araujo, Kaplan & Damasio, 2013; Damasio & Carvalho, 2013). CAM claims to explore mental resilience during the competition by measuring subjective sense of pain, effort, fear, injury, readiness for competition and training, ability to take a risk during the match, relying on habits in the sports context (www.camethod.com). Results on CAM vary from zero to one hundred. CAM is still not validated in sports psychology. The aim of this pilot study was to explore athletes' psychological state using CAM and CSAI-2 (Martens, Vealy & Burton, 1990). The sample included athletes members of the Serbian national canoe sprint women's K-2 team. Athletes completed the CSAI questionnaire and CAM test every day during twenty-six days of the European and World Championships in 2014. Results of CSAI-2 tests revealed similar results for both athletes: low levels of cognitive (M=9.1) and somatic (M=10) anxiety, and relatively high levels of sports confidence (M=30.3). Results by CAM indicated differences in sports competition setting between the two athletes. One athlete manifested greater mental resilience (Competition: M=78.92; Training: M=82; Fear: M=25.62; Pain: M=28.62) than the other athlete (Competition: M=52.58; Training: M=52.58; Fear: M=67.5; Pain: M=71.75). Data collected by CAM were more congruent with information based on introspection reports and observed behavior. Future research and complex statistical analysis should examine validation of CAM.