

Analysis of the causes and regulation methods of emotional loss of control in football players on the field

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Abstract: Football is known as the "world's number one sport" and has a wide influence and huge popularity worldwide. It has a high level of participation worldwide and has countless amateur and professional players. It is not uncommon for a football player to lose control of his emotions in the game. Proper regulation and management can make the player better control his emotions. This paper analyzes the reasons why football players lose control of their emotions on the field based on actual events, and puts forward the methods and suggestions of emotion regulation from both internal and external support perspectives. This study can not only provide theoretical support for football psychology, but also help to improve the individual performance of players, enhance their mental health, and promote the development and progress of football.

Keywords: Football match, Emotional instability, Psychology of competition, Emotional regulation

1. Introduction

1.1. Research background

Football is a team sport that originated in United Kingdom and was promoted by FIFA and popularized around the world. It is not only a sports competition, but also has a significant impact on global cultural exchange and economic development. Football matches are attracting more and more attention [1]. Football players come from different families, are influenced by different educational and social environment, and face high intensity competition and competition pressure on the field. They also receive attention from the media and the audience outside the field, and their individual performance can affect team cooperation and even the outcome of the match. Football players often face many important decisions during matches, such as crucial penalty decisions and coping with adversity and pressure, which reflect that strong psychological resilience is one of the key factors for their success. For example, in the Asian Champions League group stage when Wuhan Shanzhen challenged hanoi FC way, November 2023, Wei Shihao lost control of his emotions and stepped on the opponent's face, resulting in a red card and the team's failure to advance. Therefore, the emotional loss of football players in the match will have an important impact on team cooperation and the result of the match, improve the psychological quality of athletes, and contribute to the healthy development of football.

1.2. Research significance

Football is a team sport, each player's performance will have an impact on the team. Individual emotions may affect the atmosphere of the whole team and even cause internal conflicts, affecting the harmonious development of the team. Football players often face various pressures such as tight schedules, competition pressure, team's season goal, fans' expectation and external public opinion, which may lead to emotional instability and even anxiety, resulting in low performance and increased mistakes on the field, affecting the team's match results [2]. However, there is currently insufficient research on the emotion of football players on the field. This paper introduces the basic concepts of emotional control and emotional regulation, analyzes the influencing factors that lead to the emotional loss of football players on the field, and puts forward the methods for players to regulate their emotions through themselves and the outside world. This study aims to enrich the relevant theoretical research on the causes of emotional instability among football players on the field, and provide

theoretical support for protecting the physical and mental health of football players. At the same time, it is helpful to expand the field of football psychological training, maintain the process of the match, improve the competitive level of players on the field, and enhance the cohesion and cooperation of the team.

2. Conceptual interpretation

2.1. Emotional instability

Emotional instability emotions refer to an individual's inability to effectively manage, control and regulate their emotions under external stimuli. Emotional instability may manifest as emotional outburst, emotional loss, tension and anxiety, impulsive behavior, etc., which may lead to problems in behavior, psychology, social interaction and other aspects of individuals [3]. For example, when a player faces great competition pressure or intense competition conditions, the individual player may appear shortness of breath, rapid heartbeat, excessive sweating and other emotional characteristics. Loss of emotional instability may be caused by a variety of factors, such as physiological factors, psychological factors, external environment and individual traits. Football has a high level of attention, the pre-match media rendering or the expectation of many fans may make the players emotionally unstable. The large amount of adrenaline generated during sports can also make the athletes excited, and the external stimulation at this time may cause players to make impulsive behaviors. Therefore, emotions instability can affect individuals' daily life, interpersonal relationships, behavior, etc., which is a situation that needs to be taken seriously. Football players need to adopt professional methods to effectively manage emotions and improve their mental health level.

2.2. Emotion Regulation

Emotional regulation is a process in which people adjust their emotions. Emotional regulation is not to eliminate negative emotions, but to help people face their emotions more positively. Emotional regulation helps to maintain mental health, can prevent the occurrence of mental illness and improve work efficiency. Peaceful psychology can make people more calm, focused and rational when doing things, and better cope with the problems. People can try to breathe deeply to relax their emotions and calm themselves down; People can also promote emotional calm by diverting their attention or doing things they enjoy, such as exercising, drawing, watching movies, etc. It is also possible to communicate with others, express one's own troubles, and seek support and help from others. Relevant studies have shown that players with different psychological resilience have different levels of dual cognitive control, and emotion regulation strategies can effectively reduce the influence of emotions on them [4]. To sum up, emotional regulation is of great significance to the psychological and physical health of individuals, and can help them better cope with stress and solve problems. Everyone may have different ways of emotional regulation, and it is important to maintain a positive attitude and flexibility, and choose appropriate methods and strategies.

3. Reasons for the emotional loss of control in football match

3.1. Match confidence

Match confidence refers to the players' belief and determination in themselves, and confidence has a crucial impact on their performance in the match. When players are confidence, it has a positive impact on them, allowing players to calmly cope with emergencies and execute tactics well, which is beneficial for the victory of the team. When the player is playing with too much confidence, they may become over overconfident and complacent or not focused enough during the match; When the players' confidence in the match is too low, they may lack confidence in their own abilities, easily develop negative emotions, which will affect the performance and the team's momentum may also be low [5]. For example, in the penalty shootout of the 2016 Champions League final, Vazquez spun the ball to the penalty spot with one hand, the noise of the stadium seemed to be quiet at this moment, and under the attention of the crowd, he showed impressive confidence, facing the goalkeeper, calmly breathing deeply, running, hitting the door! The football rushed straight to the bottom right corner, and hit the net. At this moment, his confidence not only conquered the opponent, but also ignited the passion of the fans, showing that under tremendous pressure, sufficient confidence in the match can make players face challenges calmly and confidently. Therefore, in the match, the appropriate confidence will make the

player more calm and composed, which has a crucial role in improving sports performance.

3.2. Competition pressure

Competition pressure refers to the pressure that players experience both on and off the field during the game, which can make them feel uneasy and nervous. Before the start of a match, the media coverage, cheers from fans during the match or the accusation of losing after the match, can put immense psychological pressure on a player, and even lead to the occurrence of mental illness. However the appropriate pressure can effectively help the player have the motivation to move forward and win the match. For example, in the semi-final of the 2014 World Cup in Brazil, the host Brazil played against Germany, the media was full of publicity, and the fans were eager to make the local team reach the peak of pre-match pressure, which thought it would be a strong dialogue, but the result of the match made people surprised. Under the bombardment of the Germans, the final score was set at 7-1, this match was a major blow to Brazil. After the match, many players were extremely sad, saying it was the toughest match of their careers. Relevant studies have shown that stress in competition sports may cause athletes to lose control of emotions. Effective coping strategies can help athletes better cope with pressure and maintain state stability [6]. In a word, excessive pressure can lead to psychological problems that can affect player's career or even their whole life, but appropriate pressure can effectively provide players with motivation to win the match.

3.3. Team effect

Team effect mainly refers to the impact of behavior or emotional changes exhibited by individuals in a group on the overall atmosphere, similarly individuals also experience emotional synchronization when influenced by the emotions of others' in a group [7]. Individuals in a group may unconsciously imitate the expressions and behaviors of others, thereby infecting their emotions. In groups, individuals' self-awareness is weakened and they are easy to show extreme emotions; At the same time, people tend to follow the crowd in order to obtain a sense of belonging and identity, so an individual's emotional instability can lead to the emotional outburst of the entire group. In a match, the group atmosphere may make the players become more active and hardworking, or it may make the players more passive and depressed, so the team atmosphere is one of the important factors that determine the trend of the match. For example, in the 2006 World Cup final, an amazing scene suddenly occurred on the field, Zidane aimed his head at the chest of the opposing player Materazzi, Materazzi fell to the ground in pain, so that Zidane was sent off with a red card. The team's core Zidane lost control of his emotions, which also affected the psychological state of other players in the team, leading to France losing 3-5 to the Italy in a penalty shootout and missing out on the World Cup championship. Therefore, the emotions of individual players in the team will have a group contagion effect, and positive emotions can make players full of confidence on the field and promote positive emotions contagion within the team.

3.4. Atmosphere of fans

Atmosphere of fans mainly refers to the visual and auditory impact of the fans on the players through a variety of ways, which can have a profound impact on the psychological state of football players. The enthusiastic support and encouragement of fans can greatly boost the morale and confidence of football players, but the high expectations of fans can sometimes bring psychological pressure to players. When the team performs poorly, fans can boo, criticize and even abuse, which may lead to athletes feeling depressed. During home games, the atmosphere of the fans can bring sense of belonging and cause athletes. During away games, the booing and provocation of hostile fans can lead to athletes feeling isolated and insecure, and even lead to emotion instability. Relevant studies have shown that the appearance of fans as a group will form a unique "visual field", "sound field" and "activity field", which is an important part of the match scene [8]. When it comes to the most popular stadium in the football world, Dortmund's Westfalen Stadium holds an unshakable status, its famous South stand has staged many breathtaking Tifo, from the historical data, Dortmund's home win rate of 61.5% this season ranks in the forefront of the league, which is closely related to the unparalleled stadium atmosphere created by fans. Therefore, the atmosphere of fans has a complex impact on the emotional and psychological state of football players. A positive fan atmosphere will greatly encourage and stimulate the fighting spirit of players, making them perform well in competition. On the contrary, a negative atmosphere of fans will make players anxious and nervous on the field, and their brains can not think calmly and rationally, resulting in huge pressure.

3.5. Personal life

Personal life mainly refers to the various experiences that players encounter in life, which may affect their emotions on the field. In daily life, players may face personal issues such as family problems, interpersonal problems, economic pressure and other personal life problems, some athletes may not have good emotional management skills, which can lead to them easy to lose emotional control in the face of personal life problems, poor performance on the court. For example, in an Egyptian league, in the 79th minute of the game, after the home team striker scored the goal of the visiting team Al Ittihad for the fifth time, a shocking scene occurred, the visiting goalkeeper Yahia suddenly took off his gloves, walked and shouted with a broken mentality, crying uncontrollably, and left the game directly. After the much, the 33-year-old goalkeeper announced his retirement, it is understood that His brother had just died before the match, and after losing five goals in a row in pain, he was insulted and abused by his own fans, and the successive blows made him decide to quit football completely. Studies have shown that the higher the pressure level of male football players, the more likely they are to have negative emotions and psychological states such as tension and loss of control, which can lead to poor competitive state of athletes [9]. Therefore, personal life has a certain impact on the emotions of football players and may even lead to the players' abnormal performance on the field. Clubs, coaches, players and themselves should work together to effectively manage the pressures and challenges in personal life, maintain emotional stability and improve performance.

4. Emotional regulation methods on the field

4.1. Self-controlled regulation

Emotional regulation is the key skill for athletes to keep the best performance in the football match. First, take a deep breath and relax. Taking deep breaths can lower heart rate and blood pressure, and alleviate physical tension during times of anxiety. Second, positive self-encouragement. When lacking confidence, self-encouragement can enhance one's self-confidence and increase recognition of one's abilities and values, calm one's tense emotions, stimulate motivation and improve execution. Third, be well prepared. Adequate preparation before the match can make oneself more confident in psychology, improve one's decision-making ability and ability to deal with emergencies, and effectively eliminate the unknown tension brought by the match. Fourth, focus one's attention. When athletes compete, they should focus on the court, remove all the factors that may affect them, and adjust their emotions to the best state. In short, football players attach importance to emotion management as an important means to improve their competitive level. Effective emotion management not only helps to improve individual and team performance, but also promotes players' psychological well-being and professional development.

4.2. Seek support from others

Seeking support from others is an effective way for athletes to maintain their mental health and competitive status, as well as their emotional stability on the field. First, players can ask their teammates for help. In a team sport like football, encouragement from teammates is often the best way to mobilize players' emotions. When faced with difficulties, teammates can really help players themselves, and supportive teams can help players feel the strength and belonging of the group, reducing the pressure of the match. Second, players can seek help from fans from the field. When the fans cheer, the players feel very confident, feedback and support from the fans can greatly boost the morale of the players, so that the players feel recognized and supported. In addition, players can turn to their coaches for support. The coach is not only a technical guide, but also a psychological supporter. Through active communication with the coach, the player can gain the coach's trust and appropriate encouragement to help the player enhance self-confidence and improve sports performance. Finally, players can seek professional psychological counseling. Psychological counseling can help players better understand and manage their emotions, improve psychological resilience and pressure coping ability, face the match with a calm mind, and avoid low-level mistakes caused by emotional problems. In summary, emotional regulation is crucial for football players in the high-intensity competitive environment, players can better manage and regulate emotions, maintain a good psychological state and competitive level with external support.

5. Conclusion

Football is a popular sport around the world, attracting large numbers of spectators and fans with its players' skill, teamwork and fast match pace. The rapid changes and high-intensity confrontation on the field make the match full of tension and excitement. Football players face competition pressure in the match, and are prone to emotional instability such as tension, impulse, anxiety and loss, which affects the players' performance and mental health on the field. In order to eliminate negative emotions, players need to actively regulate their emotions, better cope with competition pressure, and improve their competitive performance. The player's confidence in the match, the competitive pressure on and off the field, the personal emotions of other players in the team, the atmosphere created by the fans and the personal life of the player may increase the psychological burden of the player, affect emotional stability, and cause the player to lose control of the emotion on the field. Based on the analysis of the reasons for athletes losing control of their emotions on the field and combining with the actual situation, this paper puts forward some suggestions to enable players to better control their emotions and improve the performance of the match: First, self-control and regulation, through deep breathing, self-encouragement, full preparation, concentration and other ways to adjust emotions to the best state; The second is to seek external support, through the help of teammates, fans, coaches, professional psychologists, to maintain a good psychological state.

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