

Why riderpsychology?



GEK IN HOND- EN PAARDENSPORT

The most important aspect of success is a combination of talent, working very hard, dedication, selfconfidence, perseverance in failure and the ability to handle the pressure. We can call this mental toughness. You can learn to use your mental abilities to perform on a whole new, next level. Athletes and riders who remain mentally strong in stressful and difficult situations, almost always make it to the top. People who are mentally tough can handle stressful situations better, are more stable in for example motivation, persistence and selfconfidence and can control themselves despite pressure. People who are taken the stressfactors for granted, are more likely to make it to the top than people who don't. The power to stand tall again after failing, to stay positive, is something you need again and again, day after day. People on the top are completely focussed on their horse. They are very well prepared and they work very hard to stay focussed. Without focus you're not going to make it. If you are a rider who wants to get the best out of herself, her horse and the situation, you need to be able to control your body, mind, thoughts and emotions. You need to learn to love the pressure, to define the concept performance for yourself and you need to know what kind of person you want to be and want to become. In this lesson you are going to learn about riderpersonality.

Who do you want to be as a rider?
Who do you want to become?



GEK IN HOND- EN PAARDENSPORT

All successful people work very hard for it. None of them make it to the top by accident. That is what jealous people will tell you but all of them spent years and years to become better in their sport, to improve their abilities, knowledge, experience, to become the best rider they can be. People need to put 10.000 conscious hours of training before they are going to be an expert. Think about 10 years, 3 hours a day serious and structured training. Most people don't have the effort to train 3 hours a day, they do just 1, or less... Then we are talking about 30 years of training to become an expert. And only

when you are fully focussed! There needs to be a lot of dedication and involvement, a lot of resilience, you need to make daily moments of stress important lessons in learning to handle the pressure. And most of all: you need to believe in yourself!! Never give up, stay positive and keep on track. Which riderpersonality you want to become? Write it down!!

Some people want it to happen,
some wish it would happen,
go make it happen!

From: Wolframm (2015) Perfect ride, perfect mind, p.10



GEK IN HOND- EN PAARDENSPORT

Many successful riders didn't hesitate when there was an irresistible offer, ready to do whatever it takes to turn their possibilities into success. You have to develop your own riderpersonality: this is the personality that is responsible for your actions, decisions and the choices that you make. Are you ready to do whatever it takes, as long as it takes, until it takes? Another important aspect is that we need to solve our problems instead of become emotional about them or instead of ignoring them.

	Approach coping style	Avoidance coping style
Problem-focused strategy	Analyse reasons for failures/difficulties and develop relevant solutions.	Use mental or physical distractions.
Emotion-focused strategy	Apply arousal regulation techniques, such as progressive relaxation or breathing exercises.	Vent anger, cry.

From: Wolframm (2015) Perfect ride, perfect mind, p.28



GEK IN HOND- EN PAARDENSPORT

Copingstyles are different ways how to deal with problems and difficult situations. You can focus on the problem or on the emotions and you can use an approach oriented or avoidance oriented copingstyle. Most of the time the approachingstyle is best to become better and to overcome difficulties. In some situations the avoidance style is a quick fix, but at the and we gonna have to face our difficulties and face our fears.

What is succes for you?



GEK IN HOND- EN PAARDENSPORT

Being the best? Or becoming the best rider you can be? Be better today than you were last week? Doing whatever it takes to improve your skills and abilities? Overcome obstacles and become better and better in time?

Task oriënted
Ego oriënted



GEK IN HOND- EN PAARDENSPORT

Stop comparing your process with the process of some-one else. You have your own journey! Decide what your goals are and do whatever it takes to reach them. You can be task oriënted or ego oriënted. Most of us are both, by the way. Outcome goal oriëntation, also called competitive goal orientation or ego orientation means the focus lies on comparing yourself with and defeating others. You feel good about yourself as you win but not so well about yourself as you lose. It isn't important how much effort you put in, the definition of success is beating the other, preferably with as less effort as possible, because then you are showing your real capabilities. This is also the down side of talent by the way! Other people also like to win, but they participate in their sport because they want to see how much they can improve en grow. They adopted a task goal orientation or mastery goal orientation, in which the focus is on improving relative to their own past performances. The perceived abilities are not based on a comparison with others. They like challenging situations and they believe improvement comes from perseverance and effort. As I mentioned: a lot of people are both task and ego oriënted. Can you imagine how hard it can be to stay motivated and focused and give your all in purely ego oriented vision? The ego is threatened. To protect their ego and to prevent themselves for being a victim of making fun of them, they rather avoid difficult situations unless they are certain they can handle the situation.

Task oriented people on the other hand, are challenged in difficult situations and see opportunities to improve themselves. Instead of giving up, they are going to work harder and give in more effort. By focusing on the outcome you are judging yourself and your abilities by comparing yourself with the performance of someone else. You put yourself in an situation which you can't control and you can't influence. So what is it gonna be? Do you want to become better or are you focusing mostly on the outcome? Its a choice!!

The only way to become successfull
is to remember what you want
and how you are going to reach
your goals!

From: Wolframm (2015) Perfect ride, perfect mind, p.24



GEK IN HOND- EN PAARDENSPORT

Characteristics who are going to help you:

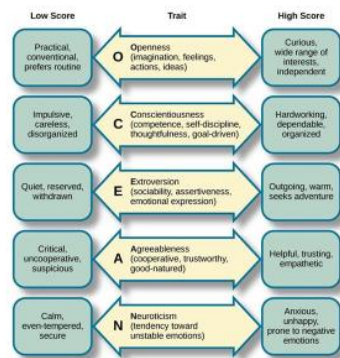
- Believing in yourself
- Managing difficult situations
- Controlling our emotions
- Keeping focus
- Loving pressure
- Be prepared



GEK IN HOND- EN PAARDENSPORT

Copingstyles are different ways how to deal with problems and difficult situations. You can focus on the problem or on the emotions and you can use an approach oriented or avoidance oriented copingstyle. Most of the time the approachingstyle is best to become better and to overcome difficulties. In some situations the avoidance style is a quick fix, but at the and we gonna have to face our difficulties and face our fears.

BIG 5 From: Manual NEO-FFI, Hoekstra, De Fruyt, 2014



One way to describe personality is via the Big 5 personality theory. There are 5 dimensions of characteristics. You can remember them by the word OCEAN. There is no right or wrong in personality. It can only help you in some situations or it can disturb you in other situations. How do you think you have to score for a good riderpersonality? Which traits are going to help you? You can do the test in the dashboard to find out how you score on the traits.

Self confidence



From: Bakker & Oudejans (2012). Sportpsychologie, p. 323

Performance accomplishments (particularly clear success or failure) provide the most dependable foundation for self-efficacy judgements because they are based on one's mastery experiences. If experiences are generally successful, they will raise the level of self-efficacy. However, repeated failures result in expectations of lower efficacy. Coaches and teachers can help participants experience the feeling of successful performance by using tactics as guiding a rider through a difficult exercise, by letting the rider experience the exercise on a masterhorse or by splitting the exercise in little steps. Success experience is very important in develop self-esteem.

Vicarious experience is also known as demonstration or modeling to help students new skills. This can be a particularly important source of efficacy information for performers who lack experience with a task and rely on others to judge their own capabilities. Studies found that people watching skilled models who were similar to the observers themselves experienced enhanced self-efficacy and performance. Like verbal persuasion and encouragement. It can enhance enjoyment, reduce perceived effort and enhance affective responses. Verbal persuasion to enhance confidence can also take the form of self-persuasion!

Physiological states influence self-efficacy when individuals associate aversive physiological arousal with poor performance, perceived incompetence and perceived failure, that's what we saw earlier. But when physiological arousal is seen as facilitative, then self-efficacy is enhanced. Thus, when people become aware of unpleasant physiological arousal, they are more likely to doubt their competence than when they were experiencing pleasant physiological arousal. Emotions or moods can be an additional source of information about self-efficacy. Positive emotional states such as happiness, exhilaration and tranquility are more likely to enhance efficacy judgements than are negative emotional states as sadness, anxiety and depression.

Building Self-Confidence

- Focus on performance goals
- Acting confident
- Thinking confidently
- Using imagery
- Using goal mapping
- Optimizing physical conditioning and training
- Preparing



GEK IN HOND- EN PAARDENSPORT

Successful behavior increases confidence and leads to further successful behavior. The successful accomplishment might be beating a particular opponent, coming from behind to win. How can you be confident without previous success? It's certainly more likely to feel confident about performing a certain skill if you can consistently execute it during practice. That's why good practices and preparing physically, technically and tactically to play your best enhance confidence. Nothing elicits confidence like experience in practice what to accomplish in the competition. Short term goals can help to see progress and can enhance confidence

Thoughts, feelings, and behaviors are interrelated: the more confident an athlete acts, the more likely he is to feel confident. Athletes should try to display a confident image during competition. They can demonstrate their confidence by keeping their head up high, even after a critical error. Many people give themselves away through body language and movements that indicate they are lacking confidence. Acting confident can also lift spirits during difficult times. It is best to keep your head up, shoulders back, and facial muscles loose to indicate you are confident and will persevere

Mental toughness is the key

Accepting yourself, integrating different aspects of yourself (the strengths and weaknesses!) and make sure you're in control of the things you can control



GEK IN HOND- EN PAARDENSPORT

Remember: don't be your worst
coach!! What do you need to
improve?



GEK IN HOND- EN PAARDENSPORT