Knowledge Map

Self-Presentation Concerns in Sport and Exercise

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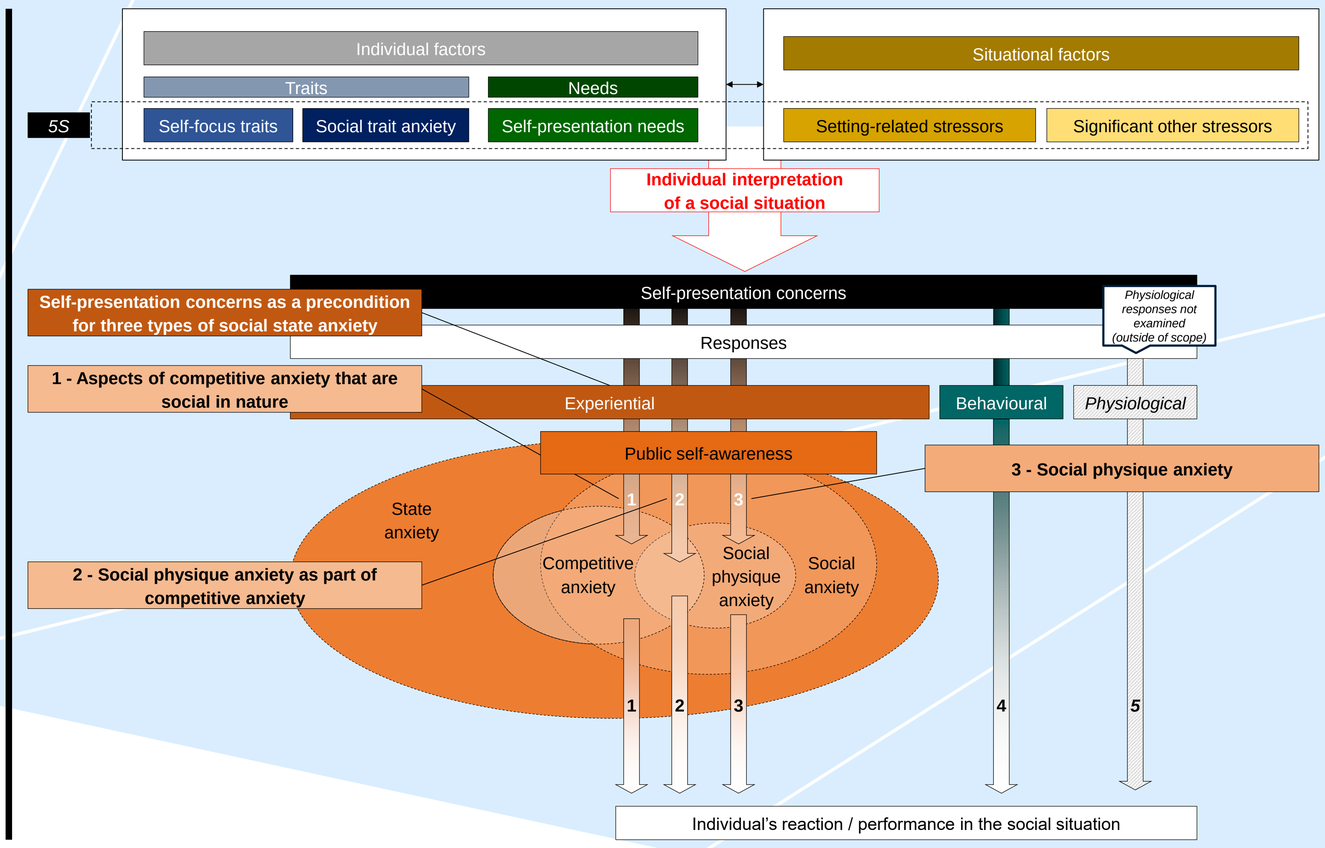
Revised definition

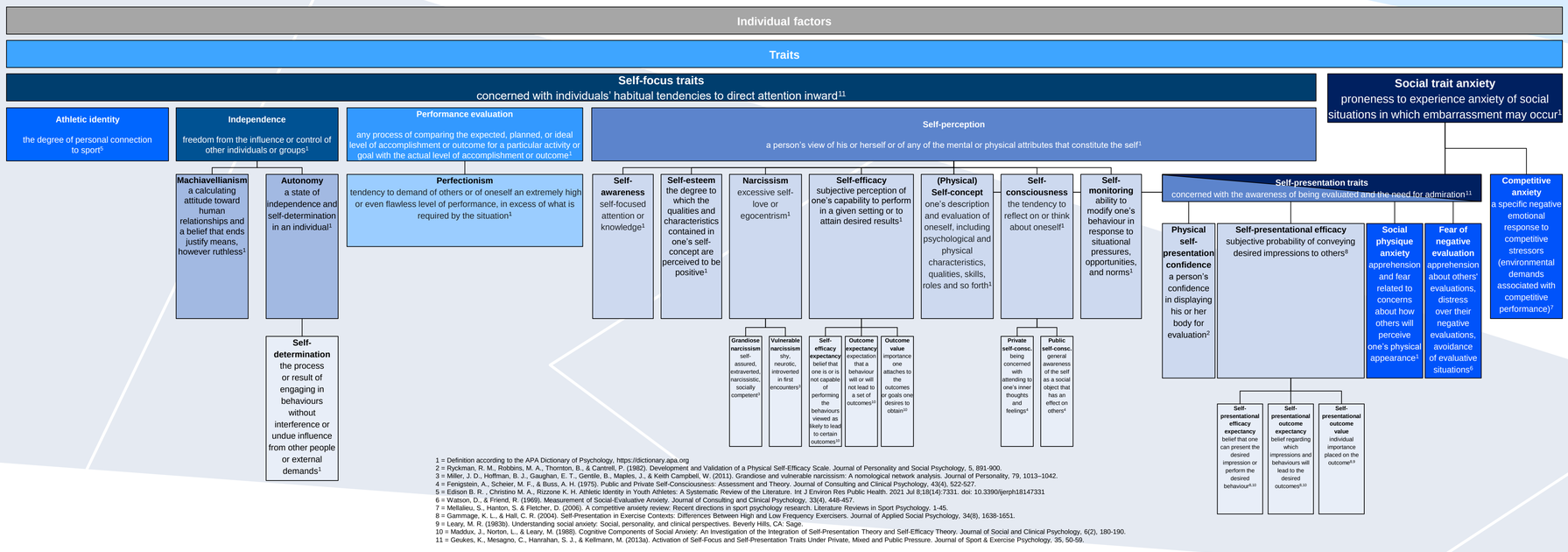
Self-presentation concerns (SPC) in sport and exercise are characterized by doubts or fears about successfully conveying a desired image in settings where individuals are evaluated by significant others such as coaches, teammates, instructors, training partners, peers, or spectators. These concerns often relate to core elements of sport and exercise participation, such as perceived physical competence, exertion, bodily appearance, or social standing within a team, group, or exercise community. SPC may become especially relevant in environments marked by public performance, social comparison, or appearance- and effort-related expectations.

Knowledge map



1 Traits

- Self-focus traits
- Social trait anxiety



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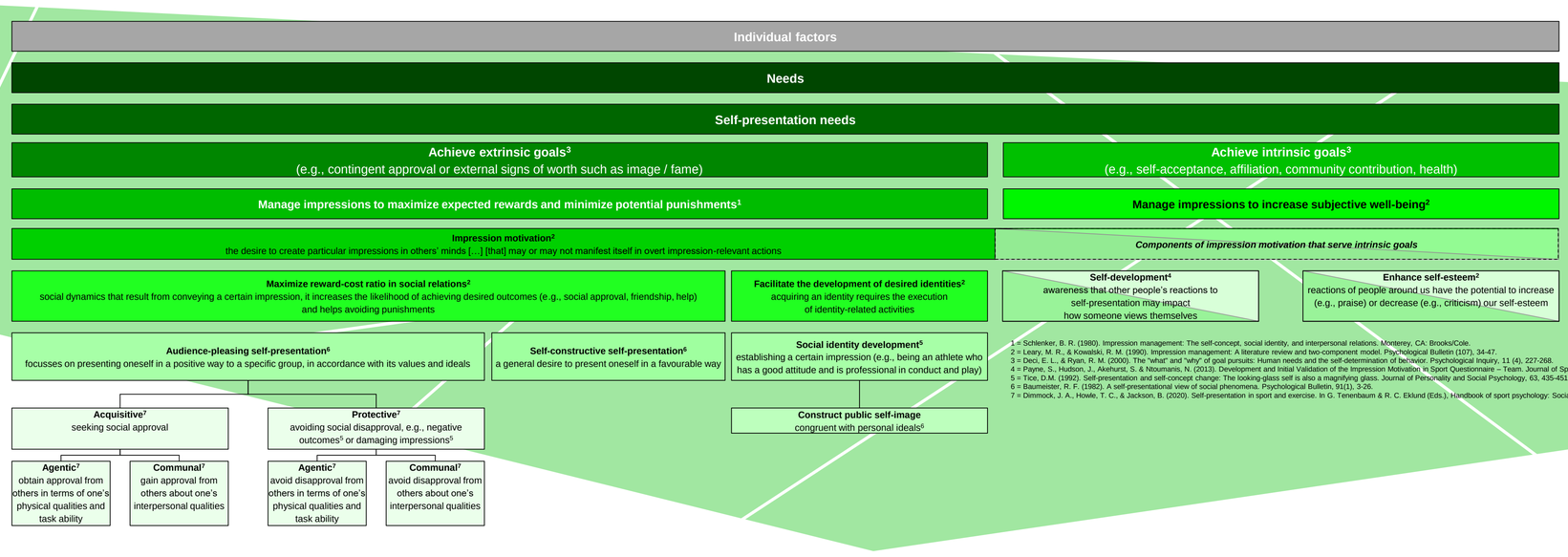
2 Needs

- Self-presentation needs



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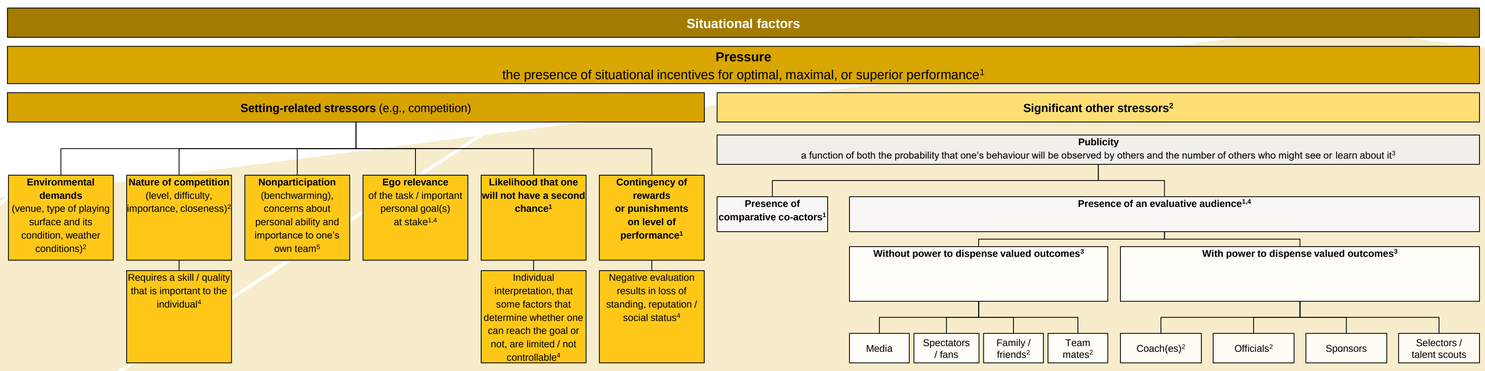
3 Situational factors

- Setting-related stressors
- Significant other stressors



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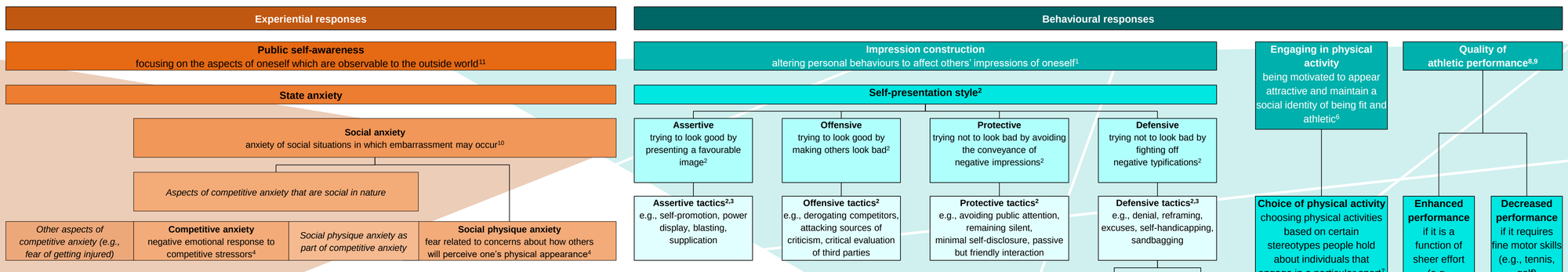
4 Responses

- Experiential responses
- Behavioural responses



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