**Social Facilitation Questions**

**Discuss the suggestion that ‘home field advantage’ will always improve the**

**performance of the home team. *(4 marks)***

**Explain the concept of ‘social facilitation’ and how it can affect performance. Outline the possible strategies which the performer and coach may use to limit any negative effects that may occur. (14 marks)**

**Discuss the effect that the presence of an audience may have upon the level of**

**performance for a novice performer and an elite performer. *(4 marks)***

**Social Facilitation Answers**

**Discuss the suggestion that ‘home field advantage’ will always improve the**

**performance of the home team. *(4 marks)***

**Agree**

A. Home support tends to improve performance/social facilitation effect/boost self-efficacy/lower levels of anxiety

B. More matches won at home than away/during early rounds of competitions/Olympic & World medals by host nation

C. Home teams tend to play more attacking styles/ tactics/functional aggressive behaviour

D. Proximity effect/closeness of crowd has negative effect on visiting teams

E. Larger crowd/hostile crowd has a negative effect on visiting teams

F. Away team commit more fouls/can become anxious/over-aroused due to crowd or unfamiliar surroundings

**Disagree**

G. Increased pressure from the home crowd

H. More important the game the greater the pressure/ choke effect/championship choke

I. Performers become more self-conscious at home causing over-arousal

J. Players place more pressure on themselves at home matches due to expectations

K. Social inhibition for the home team

L. Evaluation apprehension for the home team

**Explain the concept of ‘social facilitation’ and how it can affect performance. Outline the possible strategies which the performer and coach may use to limit any negative effects that may occur. 14 marks**

The concept of social facilitation and its effect on performance, addressing points such as:

A. Social facilitation – the influence of the presence of others on performance/presence of others increases arousal

B. Social inhibition – the negative effect of an audience on performance

C. Audience (watching either at event or at home)

D. Co-actors (performing same task but not in competition)

E. Competitive co-actors (in direct competition with player)

F. Social reinforcers (direct influence eg coach)

G. Linked to the Drive Theory

H. As arousal increases so does likelihood of dominant response/habit occurring

I. Experienced players perform better/simple skills

J. Novice players perform worse/complex skills

K. Evaluation apprehension suggests others only have influence if performer feels they are being judged

L. Baron’s Distraction-Conflict Theory – suggests performers must focus on task and ignore audience

***Possible strategies for limiting negative effects, addressing points such as:***

M. Mental rehearsal/imagery/visualisation

N. Train in front of others and gradually increase the numbers

O. Improve selective attention and cut out the effect of the audience

P. Reduce the importance of the event

Q. Avoid social comparison with others/teach/ coach in a nonevaluative environment initially/verbal encouragement

R. Encourage team mates to be supportive

S. Use stress management and relaxation techniques/accept suitable examples/goal setting

T. Accept second named stress management technique

U. Use attributions correctly/accept suitable examples

V. Ensure skills are over-learned to encourage the dominant habit to occur as the levels of arousal increase/highly skilled/autonomous phase/ performance accomplishments/ensure success

**Discuss the effect that the presence of an audience may have upon the level of**

**performance for a novice performer and an elite performer. (4 marks)**

1. Presence of an audience increased arousal/anxiety

2. Can lead to either social facilitation

3. Or social inhibition

4. Increase in arousal will cause the dominant response

5. Novice – not well-learned – poorer performance

6. Elite – well-learned – improved performance

7. Complex skill more difficult to perform/simple skill easier to perform

8. Will also have an impact if they feel the crowd is evaluating them/evaluation

apprehension

9. The importance of the crowd will also dictate the level of arousal