

PSYCHOLOGICAL STRESS IN DANCESPORT

Abstract

Many factors of different stress levels influence the performance of dancesport couples in various ways. Some of them are invariable and the dancers cannot affect them (judges, other competitors, music, dance floor, dance partner, etc.). Others are variable, i.e., a dancer can affect them promptly (body condition, outfit, choreography, dance skills, etc.). In addition to the foregoing, the psychological stress of dancers depends on his personality traits and the immediate preparation for the competition.

Key words: *psychological demands, dancesport, psychological preparation, factors of stress*
