Color association method in sport

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In sport.....

Not ready and aware

Ready and aware

Not ready and not aware

Ready and not aware

(mentally) ready for a game
Statistics showed that, most frequently, winners in sport are in red.

(Hill & Barton, 2005)

Colors in sport
Color Association Method...

...a projective technique based on Lüscher’s Color Test.

Lüscher’s Color Test
- since 1947.
Lüscher’s Color Test (LCT)

BLUE
- inner peace and balance
- recovery
- relaxation

BLUE
- High sensitivity and vulnerability
Lüscher’s Color Test (LCT)

**Green**
- ”elastic tension”
- Strong will power
- Persistence
- Endurance in action

**Green**
- too rigid for a change
- stick to one’s own point of view
Lüscher’s Color Test (LCT)

**Red**

- vitality
- energy
- striving for achievement
- striving to accomplish a goal

Red

- Passion for game, action, competition, fulfillment of experience in all life domains.
Lüscher’s Color Test (LCT)

Yellow
- Most bright and shiny color
- Hope, expectation of the future

yellow vs. red
Vitality, but moderate

yellow vs. green
dilatation – constriction
Lüscher’s Color Test (LCT)

Purple
- blue & red
- tendency towards action and conquest, but also for achieving deep inner peace
- sensitivity, intuition

Purple
- emotional immaturity
- cultural differences
Lüscher’s Color Test (LCT)

Brown
- contains hint of red and yellow
- vitality of brown is passive, receptive, sensory

Brown
- high somatic sensitivity
- illness
Lüscher’s Color Test (LCT)

Black

- negation of any color at all
- nothingness
- nonentity

Black

- Extreme forms of compensatory behaviors
- Stubborn protest against the existing order
Lüscher’s Color Test (LCT)

Gray
- lack of any psychological tendency
- uninvolved
- constrained
- keep aside
- restrain oneself of any action

Gray
- not bright, not dark
- lack of color
Color Association Method...

...developed as a new assessment technique by Jiri Simonek.

- Combination (association) of word and colors.
- Association (James; Wundt).
- Overestimation of cognitive capacity for conscious self-control (Damasio).
Color Association method

- In sport diagnostics:
  - individual profile
  - team profile
  - mental state test (energy test)
Example of an individual results on CA test

- **Risk** – to which extent I am willing to take a risk.
- **Effort** - to which extent I am mentally adjusted to make the effort.
- **Pain** - to which extent I am mentally adjusted to tolerate pain.
- **Fear** - to which extent I am mentally adjusted to tolerate fear.
- **Tiredness** - to which extent I am mentally adjusted to cope with tiredness.
- **Injury** - to which extent I am mentally adjusted to perceive a possibility of an injury.
- **Training** - to which extent I am mentally prepared to tolerate training.
- **Match** - to which extent I am mentally adjusted to master a match.
- **Habit relations** - to which extent I am mentally able to use habit relations, i.e. repeatedly and without thinking (automatically) perform some activities.
CA method – energy test
Thank you for your attention!!!

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