

University of Groningen

## Psychological Momentum

Gernigon, Christophe; Den Hartigh, Ruud J. R.

*Published in:*  
 Dictionary of Sport Psychology

**IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.**

*Document Version*  
 Final author's version (accepted by publisher, after peer review)

*Publication date:*  
 2019

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*

Gernigon, C., & Den Hartigh, R. J. R. (2019). Psychological Momentum. In D. Hackfort, R. J. Schinke, & B. Strauss (Eds.), *Dictionary of Sport Psychology: Sport, Exercise, and Performing Arts* (1 ed., pp. 228). Elsevier.

### Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

### Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

*Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.*

### **Psychological Momentum** (Cross ref.: Hot hand, Momentum)

n. Psychological Momentum (PM) is a positive or negative dynamics of cognitive, affective, motivational, physiological, and behavioral responses to the perception of movement toward or away from either a desired or an undesired outcome. Such a perception can be fostered by any event or series of events that alters the perceived rate at which one is moving regarding the outcome in question. The history and the context in which such events are embedded determine the occurrence and the intensity of PM more than the events per se. Therefore, PM is a process of extrapolation that builds upon previous experiences and extends to anticipated future outcomes (e.g., Hubbard, 2015). PM should not be confused with the 'hot/cold hand' phenomenon, which refers to the belief that streaks of success/failure breed future success/failure. The occurrence of streaks is neither sufficient nor necessary to entail a perception of movement toward or away from a final outcome.

Researchers have identified a number of properties of PM. It may be experienced by individual athletes and teams, but may also be perceived by spectators and supporters watching a match. PM can develop either gradually or abruptly. Generally, negative PM is entered more abruptly than positive PM, and is harder to escape from (e.g., Gernigon, Briki, & Eykens, 2010). Although PM can carry over to subsequent situations, it is also hard to regain once it has been interrupted (Markman & Guenther, 2007). PM can develop on short time scales such as within one match, on longer time scales such as during a season, and PM processes at different time scales may influence each other (Den Hartigh, van Geert, Van Yperen, Cox, & Gernigon, 2016).

Sport psychologists, coaches, and athletes are often interested in the specific link between PM and performance. Although studies on the relationship between PM and outcomes of performance have revealed inconsistent results, researchers have discovered relations between PM and process measures of performance, such as efforts and synchronization.

### References

- Den Hartigh, R. J. R., van Geert, P. L. C., Van Yperen, N. W., Cox, R. F. A., & Gernigon, C. (2016). Psychological momentum during and across sports matches: Evidence for interconnected time scales. *Journal of Sport & Exercise Psychology*, 38, 82-92.
- Gernigon, C., Briki, W., & Eykens, K. (2010). The dynamics of psychological momentum in sport: The role of ongoing history of performance patterns. *Journal of Sport & Exercise Psychology*, 32, 377-400.
- Hubbard, T. L. (2015). The varieties of momentum-like experience. *Psychological Bulletin*, 141, 1081-1119.
- Markman, K. D., & Guenther, C. L. (2007). Psychological momentum: Intuitive physics and naive beliefs. *Personality and Social Psychology Bulletin*, 33, 800-812.

*Christophe Gernigon & Ruud J. R. Den Hartigh*