

What is the Inverted U Theory?

The Inverted U Theory describes the relationship between arousal levels and performance. The peak of the curve represents the optimal arousal level for peak performance. Either side of the peak, where arousal levels are too high or too low, suggests a decrease in performance.

What is the inverted-U theory?

The Inverted-U Theory is also known as the Yerkes-Dodson law. It is a psychological model which suggests that there is an optimal level of arousal for peak performance. The theory states that as arousal levels increase, so does performance, but only up to a point. Once arousal levels become too high, performance begins to decline.

What is an inverted-U function?

Other articles where inverted-U function is discussed: motivation: The inverted-U function: The relationship between changes in arousal and motivation is often expressed as an inverted-U function (also known as the Yerkes-Dodson law).

Is there a correlation between inverted U-function and peak arousal?

However, the correlation is considered weak; at best, the inverted U-function represents an entire family of curves in which the peak of performance takes place at different levels of arousal. A trusted reference in the field of psychology, offering more than 25,000 clear and authoritative entries.

What is the inverted U Hypothesis?

One area where the Inverted U Hypothesis has found particular resonance is in sport psychology. Athletes often talk about being "in the zone" - that magical state where everything clicks and performance soars. This state aligns perfectly with the peak of the inverted U curve. Take a sprinter at the starting blocks of an Olympic final.

In which sport can the Inverted U theory be applied?

An example of the Inverted u theory can be found in Snooker. This sport requires a high level of fine skill and focus of attention, and therefore players may benefit from a lower arousal level for optimal performance.

The inverted-U hypothesis: catastrophe for sport psychology. British Association of Sports Sciences Monograph No. 1. Leeds: The National Coaching Foundation. Hardy L, Parfitt G (1991). A catastrophe model of anxiety and ...

Motivation - Arousal, Goals, Drive: A second biological approach to the study of human motivation has been the study of mechanisms that change the arousal level of the organism. Early research on this topic emphasized the ...

Inverted u function definition ap psychology

Explore the Inverted U Hypothesis in psychology, its applications, limitations, and strategies for optimal performance across various domains.

Editor-in-Chief for Simply Psychology . BSc (Hons) Psychology, MRes, PhD, University of Manchester. Saul McLeod, PhD., is a qualified psychology teacher with over 18 years of experience in further and higher ...

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The inverted-U-shaped function between arousal and performance characterized by Yerkes and Dodson is very robust, such that in the behavioral sciences it is now considered as a law. The ...

Defining the Yerkes-Dodson Law: The Inverted U-Shaped Curve; The Psychology Behind Stress and Performance; Application of Yerkes-Dodson Law in Various Domains; ... M. ...

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It is typically referred to as the yerkes-dodson law. Intense emotion (motivation) increases the performance of quality. Cite this page: N., Sam M.S., "INVERTED-U ...

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The half of the loop concerning the brain regulating the body also encompasses the historic welcoming of psychologists into the field; this came with the demonstration that the stress response ...

The "inverted U" theory proposes that sporting performance improves as arousal levels increase but that there is a threshold point. Any increase in arousal beyond the threshold point will worsen ...

What is the Inverted-U Theory (Yerkes-Dodson Law)? The Inverted-U Theory is also known as the Yerkes-Dodson law. It is a psychological model which suggests that there is an optimal level of arousal for peak performance. ...

The inverted-U theory has a great deal of intuitive appeal, yet research results weigh in favor of the negative linear relation. We reviewed studies performed over the past 25 years on the stress ...

B: Inverted U-shaped relationship between EIB and psychosis. Recasting the data from Fig. 3 A in terms of functionality yields an inverted U-shaped curve where optimal TBW ...

This chapter originally appeared in Research Quarterly for Exercise and Sport, 1980, Vol. 51, 77-90. The idea that the relationship between arousal and performance is curvilinear (i.e., the ...

The Inverted U Hypothesis suggests that optimal performance occurs at an intermediate level of arousal while both low and high levels of arousal will result in impaired performance. This ...


The Inverted-U Theory is a foundational concept in psychology and performance sciences, widely used to explain the relationship between arousal--a state of mental and physical activation--and performance outcomes.

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ENERGY STORAGE SYSTEM

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Dimensions
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