**Abstract**

The relationship between somatic and cognitive arousal and power output of the lower extremity is an area of human performance that has not been fully studied. Researchers show that around this stage enhanced mental motor performance; however, these results are for interpretation. It is known that the more anxiety an individual experiences, focused cognitive abilities at this moment may be experimentally altered. These methods demonstrate that optimal ballistic performance will increase due to the moderate levels of increased arousal in a counter movement jump. This brings a multiplicative approach to neural output and may be used as either natural or mental influenced performance. Levels of mental arousal showed a much higher performance when low and high levels showed a decrease in performance. This has been supported with studies that show individuals perform better in a neutral condition. It is important to note that the release of an anxious state has been standardized to exclude high levels anxiety with the outcome of a decrease in performance. Also, it is important to test the inverse relationship. This theory means that current motivation and arousal of the individual can determine their emotional state. An overall theory would explain that the anxiety will enter a kala frame and would manifest and “win” or even to a para-pug state. There are a few psychology researchers that have analyzed strength performance in relation to ISS in which produced no relationship to decrease in strength performance. These have been termed “anxiety” or “mental stress effects.” Levels of mental arousal showed a much higher performance when low and high levels showed a decrease in performance. This has been supported with studies that show individuals perform better in a neutral condition. Therefore, it is important to test the inverse relationship. This theory means that current motivation and arousal of the individual can determine their emotional state. An overall theory would explain that the anxiety will enter a kala frame and would manifest and “win” or even to a para-pug state. There are a few psychology researchers that have analyzed strength performance in relation to ISS in which produced no relationship to decrease in strength performance. These have been termed “anxiety” or “mental stress effects.”

**Results**

Averages 43.77272727 40.69090909 41.72727273 38.01818182 39.05454545 36.79090909

**References**