



## ROLE OF SPORTS PSYCHOLOGY

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### ABSTRACT :

*Physical Education, as a part of human education has always existed in the human society in one form or the other. Since time immemorial, even before the dawn of civilization and culture, physical exercise has been every important aspect of human existence. In the primitive societies the necessity for survival i.e. protection from hostile environment and beasts, motivated man to keep himself more physically fit and strong enough in comparison to stronger forces of nature.*

*The word physical refers to the body. It is often used in regard to various bodily characteristics such as physical strength, physical development, physical health and physical appearance. It refers to the body as contrast to the mind. Therefore when the word 'education' is added to the word physical it becomes physical education. It refers to the process of education that concerns with activities that develop and maintain human body.*



**KEYWORDS :** human education, sports psychology.

### INTRODUCTION:

The specialized field of sports psychology has developed rapidly in recent years. The importance of a sports psychologist as an integral member of the coaching and health care teams is widely recognized. Sports psychologists can teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel and in the competitive environment. Psychological training should be an integral part of an athlete's holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sport psychologist, and the athlete; however, a knowledgeable and interested coach can learn basic psychological skills and impart them to the athlete, especially during actual practice.

### ANXIETY

Anxiety normally refers to an unpleasant emotional state consisting of apprehension, tension, worry and nervousness. Anxiety is generally classified as having state and trait component. The differentiation between trait anxiety and state anxiety as proposed by Cattle and Scheier (1961) was a major breakthrough in anxiety research. Trait anxiety is a predisposition to experiencing anxiety in a range of situations whereas state anxiety refers to temporal and transitory feelings of anxiety associated with a specific situation. While

it is important to understand the fundamental differences between arousal, stress and anxiety, many situations involve elements of all three.

### MEANING OF AGGRESSION

Aggression is a part of human behavior and is necessary for an individual to live and struggle for higher achievements. Struggle for supremacy, dominance, and excellence in sports obviously involves aggression. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes alarming and it becomes an anti-social behavior. Aggression may help into performance of an athlete because it arouses the athlete to put in harder effort of the success of the team. Athletes must be helped to reduce and control aggression in order to play calmly and perform the best. Appropriate level of aggression as permitted under the rules governing the game tends to improve the skill and enhance the effort and on the other hand, high or low level of aggression will hamper and retard the performance in sports.

### AGGRESSION IN SPORTS

In sports today, aggression plays a major role. According to research it is apparent that sports is perhaps the only setting in which acts of inter personal aggression are not tolerated, but enthusiastically applauded by large segments of society, e.g., Tenebaum, Stewart, Singer and Duda, (1996). Tenebaum, 1996 define aggression as the infliction of an aversive stimulus, physical, verbal, or gestural upon one person by another. This definition encompasses two distinct types of aggression, hostile and instrumental. Tenebaum and colleagues describe hostile aggression as having a principal reward, or intent, to inflict pain upon another for the individuals own sake. In instrumental aggression the major reinforcement is the achievement of a subsequent goal. Instrument aggression in sports is welcomed as it is beneficial to support both individual and team success, were hostile aggression is unhealthy and can be detrimental to all aspects of a given sport. Professional sports are becoming increasingly more violent. Social psychologists have discerned a number of influences that may be involved. Sports players have scripts for resolving problems with physical action, thus when problems arise, they immediately seek to act, aggressively if necessary. Another influence is the violence inherent in over society and the media.

### THEORIES OF AGGRESSION

A number of theories have been proposed to explain the phenomenon of aggression. These theories of all into four main categories instinct theory, social theory leering theory, Redeemers theory of moral reasoning and Jerkewitz's reformulation of the frustration aggression hypothesis.

### REFORMULATED FRUSTRATION AGGRESSION THEORY

As originally presented by Dollard, Miller, Doob, Mouredr, and Sears, Frustration Aggression theory proposes that aggression is a natural response to frustration and that the aggressive act provides a catharsis, or purging, of the anger associated with the frustration. Berkowitz's reformulation of frustration does not necessarily result in aggression and proposed that frustration creates a readiness for aggression. For aggression to actually occur, certain stimuli associated with aggression must be the "reflag" for the enraged and frustrated bull. In the presence of frustration, certain stimuli can serve as "triggers" to release a disposition towards aggression in a frustrated individual. Negative affect, associated with frustration, is the fundamental spur to the inclination for aggression. Anger is the root of hostile aggression, but depression is another example of negative affect that can trigger an aggressive act. The development of aggressive tendencies is complex, but certainly learning from parents and other aggressors is a paramount.

### REDUCING AGGRESSION IN SPORTS

Aggression in sports can be curtailed, or at least minimized, if all concerned are interested in doing so. The sad part of that some of the most influential people actually promote rather than discourage

violence because they believe it sells tickets. As this attitude is allowed to continue, there is little hope of solving the problem. If it is allowed to continue on the professional level, it will continue to be promoted at the lower skill levels, athletics in the youth leagues emulate their heroes on the collegiate and professional levels.

They watch their sports heroes receive awards, applause, money, and adulation for behaviour that borders on open aggression, and they want to become like them. In this section we will discuss ways to reduce aggression on the part of participants and spectators.

### CONCEPT OF PERSONALITY

Personality determines success and failure in life as an empirical force for decades by now, these traditional beliefs or "old wives' tales" have acquired such a halo of infallibility that few dare to question them. After all, it is claimed, if people have believed them all these years, they must be correct. Traditional beliefs about personality are myriad. The implication of this belief is clear. If the person has some socially undesirable traits, he inherited them from his parents. So forget about trying to change them. If he is stingy and sullen, he can't become generous and cheerful any more than one can change his eye colour, his stature, or the size of his ears. The implication is that neither training nor desire to improve will be of any avail. The person is a prisoner of his genes. The acceptance of this belief discourages any motivation to try to improve the personality closely related to this old wives' tale is the belief that certain personality traits automatically accompany certain physical traits. The person with red hair has fiery temper, for example; or the person with a high forehead is a "brain". The implication is that, since the physical traits are inherited and thus not subject to change, the personality traits that accompany them are similarly implacable to change. Like the "chip off old block" belief, this belief also discourages the individual from trying to improve his personality.

### MEANING OF PERSONALITY

Personality is a set of traits that define the way a person's behavior is perceived. Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions. The term personality is derived from the Latin word 'persona' it means or 'mask' which actors used to put on whenever they appeared on the stage in Rome later persona was understood to be specific role on the state of Romans.

Personality is mental organization of a human being at any stage of his development. The human being is a completely integrated functioning unit as a complete whole is separates the physical from the mental or leads to a dualistic interpretation of the facts of human existence cannot be accepted to us.

Personality is their dynamic organization with the individual of these psychophysical systems that determine his unique adjustment to his environments. Individual has inherent needs, urges or drives serves as motivation of behavior towards satisfied goals. If the individuals fails to achieve one or more of these behavior goals, if occurs a disorganization of his personality unless a changed mode of action results in the satisfaction of the needs or unless the goal itself is modified.

Personality is related to his system reaction and reaction possibility in total as viewed by follow members of society. It is the sum total of behavior trends manifested in his social adjustment. Human personality does not exist unless there are other individuals to react to the individual and to whom he may respond or surround him by a system of reactions and behavior.

Personality traits 'a mode of behavior'. It is the some particular quality of behavior such cheerfulness or self-reliance, which characterized the individual in a wide range of his activities and it fairly consistent over a period of time. A person who is cheerful and self-reliant or gloomy and hesitant, does not indicate that he is the sum total of gloominess and hesitancy or cheerfulness and reliance but is more than these. Total personality is a sum of traits with the differences that personality is more than sum of qualities. Personality traits are dynamic and flexible dispositions resulting at least in part from the integration of

specific expressing characteristics models of adoption to one’s surrounding, the behavior of the individual’s is regulated from within him and relatively independent of external environment influences a person to be sympathetic in all his dealings. Personality is the product of one’s heredity and his environment in which the person lives. There are overall incidences available with us that environment plays a major role for personality development. Today life has become so competitive that it affects our environment factors. In fact life is now totally dependent upon the competitive environment.

In the age of advancement of science and technology we are taking maximum advantage of man-made machines. The tremendous explosion of recent knowledge and its advancement have given us maximum comfort, so that we are able to do work by sitting at one place by utilizing a limited time. Such comfort and availability of excessive leisure time have changed our living environment which is turn is leading us towards several degenerative diseases. Personality factors include one’s physical structure emotional reactions, attitudes, interests, motivation and intellectual level.

Personality depends on the physique, physiological and behavior. Kretschmer, a German psychiatrist, distinguished three body forms, the panic (short) the asthenic (tall, thin) and athletic (muscular). The types of personality along with there were extroverts, introverts and midway respectively. Brand postulated three major bodies’ builds the endomorphic (fat) the Ectomorphic (lean) and Mesomorphic (muscular). The endomorph is a pleasure lover. The Ectomorphic is energetic and competitive. Although the study of body types was carefully made, the psychologists have not been able to find any consistent relationship between physique and personality. Development of one’s personality is dependent of the heredity and environment. at birth we are endowed with a complex set of genes that provide for potential has its limits, which no environment can transcend, these limits may be attained in an impoverished environment. Twins brought up in separate environment show a greater equality of scores in intelligence test than unrelated children reared in separate environments. The greater similarity of intelligence between twins is explained on the basis of greater similarity in heredity of the twins, but the environmentalist’s points out that the equality of intelligence scores is not as high as between the twins reared at the same place, which point to the influence of environment.

**RESULT**

**Table-3  
Comparison of Activity-Passivity Trait of DPI between the  
Players of Individual and Team Games**

Group	Mean	SD	SE	MD	O-‘t’	df	T-‘t’
Individual Game Players	14.255	2.989	0.180	0.044	0.243 <sup>@</sup>	1278	1.96
Team Game Players	14.298	3.425					

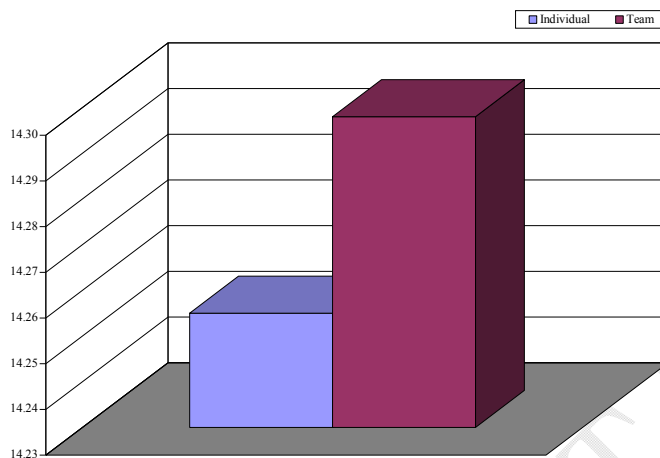
<sup>@</sup>Not significant at 0.05 level.

From the above table it is observed that the mean of the Individual Game players in Activity-Passivity Trait of DPI is 14.255 and that of Team Game players it is 14.298. The Standard Deviations of the Individual Game players and Team Game players are 2.989 and 3.425 respectively. The Standard Error between the groups is 1.580. The Mean Difference (MD) is found to be 0.044. Hence the obtained value of the ‘t’ is 0.243.

As the obtained value of ‘t’ is less than the table value of ‘t’, hence it is concluded that statistically there is no significant difference between the means of the Activity-Passivity Trait of DPI Scores. After observing the two means it is found Team Game players has more Activity-Passivity Trait of DPI than that of Individual Game players.

The reason might be that in Team Games, the players are more concerned about the strategy in comparison to the Individual Game players.

The Mean Score in Activity-Passivity Trait of DPI is presented graphically in Figure-3.



**Figure-3**

**Figure Showing the Mean Score of Activity-Passivity Trait of DPI of both Individual and Team Games Players.**

## CONCLUSION

Appropriate level of aggression as permitted under the rules governing the game tends to improve the skill and enhance the effort and on the other hand, high or low level of aggression will hamper and retard the performance in sports.

Instrument aggression in sports is welcomed as it is beneficial to support both individual and team success, where hostile aggression is unhealthy and can be detrimental to all aspects of a given sport.

As originally presented by Dollard, Miller, Doob, Mowrer, and Sears, Frustration Aggression theory proposes that aggression is a natural response to frustration and that the aggressive act provides a catharsis, or purging, of the anger associated with the frustration.

The acceptance of this belief discourages any motivation to try to improve the personality closely related to this old wives tale is the belief that certain personality traits automatically accompany certain physical traits.

Personality traits are dynamic and flexible dispositions resulting at least in part from the integration of specific expressing characteristics models of adoption to ones surrounding, the behavior of the individuals is regulated from within him and relatively independent of external environment influences a person to be sympathetic in all his dealings.

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