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A STUDY ON IMPORTANCE OF SPORTS PSYCHOLOGY

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ABSTRACT:

In modern sports word all countries, players, coaches, athletes had modern and recent concept about coaching, equipments, competition level, fitness. Somewhere results and success depending on psychological status of athletes. The importance of sport psychology, both as an academic discipline and an applied practice, has grown substantially over the past two decades. Few within the realm of competitive athletics would argue with the importance of

being mentally prepared prior to an athletic competition as well as the need to maintain that particular mindset during a competitive contest. Nevertheless, recent research has shown that many athletes, coaches, and sporting administrators are still quite reluctant to seek out the services of a qualified sport psychologist, even if they believe it could help. One of the primary reasons for this hesitation appears to be a lack of understanding about the process and the mechanisms by which these mental skills affect performance. . This framework is intended to help bridge the general "understanding gap" that is currently being reported by a large number of athletes and coaches, while also helping sport psychology practitioners sell their valuable services to individual athletes and teams.

KEYWORDS: sports psychology, Motivation, Anxiety, Confidence, performance, skills.

INTRODUCTION:

Teaching is impossible without complete knowledge of learners' physical potential, mental abilities and intellectual powers at all stages of learning. The major objectives are acquisition of skills, high level of performance in physical and intellectual acts and activities. Without complete understanding of the behavior which is the central theme of

psychology, its modifications would be difficult to conceptualize.

MEANING OF SPORTS PSYCHOLOGY:

Physical education and sports make an art of science dealing with movement, motion, activity, play, recreation, etc. The branch of psychology which is intimately connected with human behavior on the play field - both under practice and competitive situations - with a view to bringing about qualitative improvement in performance, is called sports psychology. In sports greater emphasis is on

psychological training, coping strategies, mental skills, such as acquisition, motivation, growth and development. According to Browne and Mahoney: "Though its content areas begin with a behavioral emphasis, sports psychology is now looking at dynamics and interactional variables the athlete's perceptions and cognition." According to Cratty: "Educational sports psychology aims at educating physical educators, coaches, athletes and even sports administrators to understand and modify behavior."

Important terms of sports psychology:**Anxiety**

It is a disturbed state of the body or unrealistic and unpleasant state of body and mind. It is accompanied by nervousness, restlessness, increased heart rate, sweating, drying of mouth, and apprehension of danger, fear and rapid shallow breathing.

Motivation

The word motivation is derived from Latin term "Mover" which means to move. It is considered as a process by which the individual is inspired or coaxed in to doing something. To motivate is to induce movement. Motivation can be defined "as any condition that might energize and direct our actions." - Crook and Stein.

Self-esteem

It is a term used in psychology to reflect a person's overall evaluation of his/her own worth. It is what we think about self - positive or negative - evaluation. It is a feeling of personal capacity and worth.

Personality

Majority of people consider personality of a human being as only outward appearance. It can also be understood as the effect one leaves on others. It is the total sum of his 'being and includes physical, mental, social, emotional and intellectual aspects.

Imagery

Such as picturing yourself performing a sport in your mind. It is important to picture yourself performing the technique correctly and doing well. Also known as visualization.

Confidence

Sports psychologists help athletes with self confidence. To perform beyond what they have accomplished before, athletes need to believe that they are capable of going further.

Impotence of sports psychology

We know that performance improvement is mainly due to the application of principles of the sports enhancement science. It is important as it is related to our ability to understand athletic performance, how to make it better, how to influence favorable psychological outcomes from experiences in sports. It enables-

1. Help Athletes to manage with Performance Fears:

Sports psychologist can help athletes overcome fears, such as fear of failure, fear of embarrassment, and general performance anxiety. Fear to perform in such big compaction is challenge to athletes psychologically well trained athlete can give best performance in any stage or level of competition. This is common in athletes who are perfectionists or highly dedicated athletes that worry too much about what other people think about their performance. And some time expectation of representing organizations can also make feel so on athletes.

2. Help to Improve Mental Skills for Performance:

Mental skills are also had equal importance in sports performance as best physic , fitness or you have perfect physic a game which needs that type of physic. The most common role for a sports psychologist is to teach mental skills for enhanced performance. In certain situations of a game especially in group games mental skills bring best results. A mental game expert can help you improve confidence, focus, composure, intensity, and trust in athletic performance. These mental skills help athletes improve performance and can help in other areas of an athlete's life.

3. It makes Mentally Prepare for Competition:

One of main intention of sports psychology is to preparing athletes mentally for compactions. Common role of a sports psychologist is to help athletes mentally prepare for competition and practice. This includes many of the mental skills mentioned above, but applied to specific situations on the athletic field. Sports Psychologist Bob Rotella Help Athletes Return After Injury Returning to play after an injury can sometimes be difficult for many athletes depending on the nature of the injury. Athletes are often left with “mental scars” long after an injury is physically healed. A sports psychologist can help injured athletes manage better with the pressures associated with returning to a prior level of performance pre-injury.

4. Improve focus and deal with distractions:

Maintaining focus till the end of game or towards result is most necessity thing to succeed in competition. In this manner psychological training will help on this factor. Many athletes have the ability to concentrate, but often their focus is displaced on the wrong areas such as when a batter thinks “I need to get a hit” while in the batter’ s box, which is a result-oriented focus. Much of my instruction on focus deals with helping athlete to stay focused on the present moment and let go of results.

5. develops confidence of athlete:

Confidence is key factor of success or a best performance. In enhancing performance we should built a strong confidence in athlete. And athlete is also trained to never lose confidence at any point of game. Doubt is the thing of confidence. If you maintain many doubts prior to or during your performance, this indicates low self-confidence or at least you are sabotaging what confidence you had at the start of the competition. Confidence is what I call a core mental game skill because of its importance and relationship to other mental skills.

6. Helps to Improve Practice Efficiency

Another common role of a sports psychologist is to help athletes improve the quality or efficiency of their practice. How sports psychology meant important in game or time of performance and also it gets same importance at the time of practice. Many athletes, such as collegiate athletes, have limited practice time. Coaches want to help these athletes get the most out of their practice time by understanding principles of motor learning and performance. Practice with dedicated and efficiency really worth’s success.

7. Develop coping skills to deal with setbacks and errors:

It is a very important thing to a sports psychologist and also a challenging thing for athlete. Working on setbacks and errors at the time of coaching can help to athlete to maintain these at the time of match. Emotional control is a prerequisite to getting into the zone. Athletes with very high and strict expectations, have trouble dealing with minor errors that are a natural part of sports. It’ s important to address these expectations and also help athletes stay composed under pressure and when they commit errors or become frustrated.

8. Setting goals:

This helps athletes get an overall vision of the work they have to do. They can also visualize what they have to achieve to get to their final goals. Goal setting is an extremely powerful technique for enhancing performance of a athlete so it is one of the most important strategies you can implement for success in any environment. Goal setting helps to focus attention and it is critical to maintain and enhance motivation.

9. Improves Concentration and Emotional control:

Concentration and control emotional are very important things for athletes. These two factors can help to move up to prime stage to sports persons and maintain consistent performance. Athletes also need to have the ability to concentrate intensely. All actions, even the most simple or intuitive ones, require concentration. A poorly executed move can result in a loss or an injury. It can ruin months of preparation. That's why even an athlete with mediocre training is not usually distracted. Doing mental training exercises that help you control your emotions and doubts can make the difference between success and failure. When poor emotional control affects an athlete's performance, it is usually because she let her emotions affect her concentration.

10. Increases mental representation and Relaxation technique:

A relaxation technique is any method, procedure, or activity that helps reduce physical and/or mental tension. It is meant to lower stress and anxiety and replace them with peace. Mental representations are symbolic ways of reproducing reality. Visualization is extremely powerful for athletes and non-athletes alike.

11. Help teams develop communication skills and cohesion:

A major part of sports psychology and mental training is helping teams improve cohesion and communication. The more a team works as a unit, the better the results for all involved.

CONCLUSION:

As we discussed above really sports psychology is key factor to success in sports. Well psychologically trained athlete can gently manages the every critical situation of games. When a athlete feels physically tired but that time if he had strong mindset towards win he definitely coordinates both towards best performance.

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