



SPORTS PSYCHOLOGY AS A BOOSTER IN THE ENHANCMENT OF SPORTS PERFORMANCE

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ABSTRACT :

Competition is a biological as well as a socio-cultural phenomenon and has been existing in nature and in human society from time immemorial. Consciously or unconsciously every one is competing with someone in one way or the other. Competitions are indispensable for the development of sports performance and for the improvement of various performance pre-requisites. Competitions also provide some sort of satisfaction to the inner self of man. The higher load of competition, the greater is the satisfaction derived from it. Unfortunately in the modern sports the win-at-all-costs-or-do-not-play attitude is developing which should be condemned by all true sports lovers. Because to much emphasis upon winning is the negation of the sports philosophy and objectives of physical education. If success is evaluated in terms of 'winning' only, the outcomes, of sports activity are very negligible and if success is evaluated in terms of enjoyment, satisfaction, developing one's self-confidence, improving health-standard, etc, the benefits are numerically much greater.

KEYWORDS : Sports Psychology, Booster, Enhancment, Sports Performance.

INTRODUCTION

Today sports has gained world wide significance and participation in it is considered as one of the Fundamental Human Rights. The International charter of Physical education and Sports adopted on 21 November,1978 by the United Nations Educational, Scientific and Cultural Organization (UNESCO) has rightly stressed that the promotion of physical education and sport from pre-school age to old age should be considered as one of the essential duties of the national governments. In no period of the world history were sports so popular, organised and important as today.

COMPETITIVE SPORTS:

In the modern International sports arena 'competitive sports' has become a highly technical job. Today world and Olympic medals are decided by hairline distance and such micro distances can very well be overcome through the scientific psychological preparation for completion. It is an established fact that all other things being equal in two opponents in sports, the one with better psychological preparation will always have an edge over the other. Various sports psychologists have preparation is indispensable for peak performance.



PSYCHOLOGICAL PREPRATION:

The psychological preparation of sportsman is an important aspect of the total preparation of sportsmen for better performances. Various factors like motivation,

will-power, mental load capacity, psychological characteristics as per the nature of the game, proper use of psycho-regulative techniques, realistic but challenging goal setting, etc play a vital role in the psychological preparation of the athletes. Similarly, competitors possessing the abilities of quick reaction, brisk perceptual analysis, adequate concentration, sharp memory, and high intelligence always have an edge over those competitors who lack these qualities. One should also remember that psychological preparation should go on side by side with the physical training schedule.

COLLECTION OF INFORMATIONS :

In sports, composition of abilities is a basic steps towards improvement of function and performance. Better achievements can never be expected until and unless the individuals and the teams know their own performance, the performance of the opponents as well as the established standards which they have to fight. It is advisable that the specific peculiarities, performance level, strong and weak points and also the tactical behaviour and style of the opponents is well assessed and then conveyed to the sportsman. Similarly the information about the external competition conditions. Like the place of the competition, the ground and the surface conditions, the climatic conditions, the attitude of officials, the reaction of the audience, etc. should be collected in advance and the training should be carried out under similar conditions. So that the sportsman is habituated to the conditions under which he has to compete and thus not much disturbed when he actually participates in the competition. Even the daily routine, the type of food, etc. also should be similar to that expected during competition days. We should keep in mind that every new situation or factor which the sportsman has not faced before, tends to increase the burden of psychic load on him.

ANALYSIS:

In team competitions, the role of each sportsman should be made clear to him and he must be made fully aware of his functions during the game. Discussions about the tactical plans along with their minute details should also be carried out beforehand. Before the competition, the coach should give only brief instructions and hints about the important aspects of the competition plan. Similarly, the intervals and pauses may be used for brief instructions and for any corrections needed in the tactical plan. Every coach and sports psychologist should keep in mind. No matter what the results of the competition is. He should link up with his team” and protect his players from the adverse remarks of obtrusive friends. Spectators and the press. An encouraging talk containing the promise of doing better in the next competition is very helpful for a sportsman who has not been able to achieve his goal. Do not analyze or criticize the performance immediately after the competition, because at that time players are ‘emotionally tensed’ and they badly need rest. The performance should be analyzed after a few hours or before the next competition. ‘Praise before you blame’ should be the guiding principle in analyzing the performance of the players. ‘Empty talks’ should be avoided and in its place, a proper analysis of the faults and imperfections of the players should be done along with all possible solutions. So that they may improve their game and may present a better performance in future Good examples should be stressed and prepared for the next competition. In a nut shell, the analysis of the last game should become the preparation for the coming match or meet.

REFORM OF PLAYER’S:

For international competitions long-term planning of 5 to 6 years is needed and thus proper rehabilitation programme after one competition, say after one annual or national meet. Should be followed. The constant ‘Rapport’ between the coach and the players should be maintained, so that better and effective training may continue for a number of years.

CONCLUSION AND RECOMMENDATIONS:

Within a short span of time, sports psychology has taken giant strides and today it has been accepted as a full-fledged discipline in the sense that no training of sportsmen is considered complete

without adequate emphasis on 'psychological training' which plays an extremely important role in competitive sports. In India, day by day 'Sports Psychology' is gaining importance but in comparison to advanced sporting countries like the U.S.A., Germany, U.S.A.R. the psychological preparation of our sportsmen is lagging far behind. Today the 'Quest for excellence' in Olympic or World Cup competition no longer makes allowance for haphazardly constructed coaching or competition plan. We should also note that certain psychological characteristics such as 'Withdrawal' may favour proficiency in individual sports and certain psychological characteristics such as 'gregariousness' may favour proficiency in team sports. In the end, it is beyond any doubt that, if our country wants to win international laurels in the modern world of sports, sound psychological preparation of our sportsmen is greatly needed.

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