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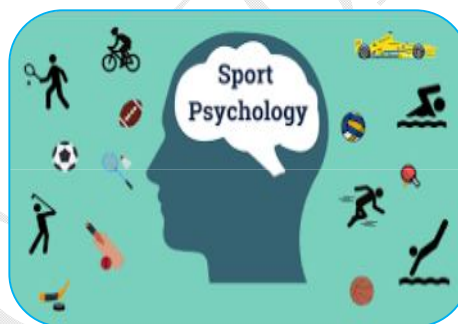
## THE STUDY THE ROLE OF SPORTS PSYCHOLOGY IN THE MODERN SPORTS

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### ABSTRACT

*Sports psychology refers to the psychological aspects related to sports and physical education. Sports are considered important for the development of the body and psychology is concerned with the development of the body and mind of a human being; therefore, sports psychology is considered very important for the all-around development of a person. Goal setting is a strategy that helps to control important psychological aspects that influence an athlete's performance such as attentional control, confidence, or motivation. In sports psychology itself, we get information about the behavior of the player and the way the players are facing mental problems during the competition. How does he remove the mental problems of the players? By praising the player on proper sports performance, he can be motivated to do better. The player can be motivated towards the goal by making the atmosphere more interesting with the help of music, spectators, etc. If we look at China, Japan, and South Korea in the Asian Games, they leave no chance to use science and technology in sports and any other field. The players of our country fall weak in the psychological strength needed in world-class competition. Today professional services are being taken to get better results in every field. Sports is one of them. Be it counselors in schools, motivators in the industry to motivate employees and conduct training programs to solve problems, or sports psychologists handling the increasing popularity and pressure in the sports world. Sports psychology is a new branch of psychology, but at present it is a very popular and accepted field all over the world. In this research paper, the role of sports psychology in modern sports has been studied.*



**KEYWORDS:** Athlete, Sports Performance, Technology, Sports Psychology, Training Programs, Science.

### INTRODUCTION:

The term 'Sports Psychology' is a combination of three words, Sports + Mind + Science. Studying directly the behavior of sports and the actions of players is called sports psychology. Sports psychology is the application of psychological principles to enhance skill at all levels in

sports and physical activities. Sports psychology is the study of the mental basis, function, and effects of sports. Sport psychology seeks to change the behavior of people related to athletics, physical education, recreation, and exercise through education and practical activities. Sports psychology is the branch of psychology for physical

education that promotes individual physical fitness through participation in sports. Psychology is a vast subject. This applies to all branches of human knowledge. Our every action is determined by psychology. It helps in keeping the human body healthy, but sports psychology throws light on the physical ability of the human being in

physical education. Sport psychology emphasizes that physical and mental fitness can be achieved through sports. That's why sports psychology has a big role in physical education so that a person can have versatile development, so sports psychology must be known.

Psychology is the knowledge of human behavior and the study of the behavior of players when they participate in sports competitions is called sports psychology. Sports psychology is a branch of psychology that deals with the behavior of players in the field of sports. Sports psychology has a big contribution to sports. Through this, players can see their mental behavior at different places.

Applied sports psychology seeks to improve the playing level of players. Teacher psychology focuses on building rapport and coordination to enhance team performance. Clinical sports psychology seeks to address the difficulties players face that hinder their performance.

The psychology of sports is a branch of psychology that studies the psychological processes and behavior of people during sporting activities. The goal of this applied science is to understand and optimize the athlete's internal state to fully exploit the physical potential. The first approach to psychology and sport involved coaches consulting psychologists. These showed him details of the athletes' behavior during competitions to find clues about their self-control. However, sport psychology has evolved over the years and today the relationship between psychologist and athlete is considered primary. The sports psychologist thus helps the competitor to control the stress of emotional and behavioral changes that affect their performance.

On the one hand, there is the expectation of success, the feeling that one's ability is directly related to sporting success. On the other hand, the expected effectiveness of technical actions and movements captures the attention and emotions of the individual. However, it is not only athletes but also coaches and sports psychologists who help teams. Which offers them a variety of techniques to develop so-called social skills. Therefore, these psychologists work with patients not only in counseling but also in sports facilities such as playgrounds and gyms.

#### **RESEARCH METHODOLOGY:**

The research paper has depended on secondary data.

#### **OBJECTIVE OF RESEARCH:**

- 1) To study the consequences of sports psychology on athletes.
- 2) To study the role of sports psychology in modern sports.

#### **The Role of Sports Psychology in the Modern Sports:**

The psychology of sport is the branch of psychology that studies the mental processes and behavior of human beings during sporting activities. The two main approaches to sports psychology are the developmental perspective and the therapeutic perspective. On the other hand, sports psychology can be divided into athlete psychology, coach psychology, counseling, and management counseling depending on the scope of application. In addition to technical and tactical preparation, it is important to prepare the mind during the competition, that is, to find the optimal position of control. This is how psychology explains the impressive performance of these teams. Reinforcement at the right time is essential for boosting players' confidence and is one of the key principles of psychological, technical, and tactical training. Sports psychologists help athletes and coaches benefit from idealization. Realistic goals and actionable steps to achieve them can boost a player's confidence, maintain motivation and help avoid self-esteem issues.

Group psychology promotes a team environment that is focused on a common goal. A united presence is more popular than an internally divided team. Self-training can be used in sports to learn new skills, increase motivation, get rid of negative habits, and initiate action. Sustain effort in extreme conditions and stay focused for long periods. Additionally, positive self-care can increase self-esteem, motivation, focus, and performance. This can prevent the player from getting tired quickly as the players concentrate on their work.

Imagination training is an effective way to reduce anxiety and relax. Competitions require a certain amount of stress, but stress can hurt performance. Sports psychology can help athletes better manage stress. For example, it can help an athlete live with as little stress as possible so that they can perform all daily tasks with ease. It can also reduce pressure by lowering the athlete's expectations and focusing on achieving goals. Awareness techniques can be very useful in achieving good results in sports. Some feelings drive the performance. The emotional state of an athlete has a direct impact on their performance in competition. Creating favorable emotions is an important factor in improving any individual's performance in sports. In addition, sport psychology helps athletes access negative emotions, such as anger, fear, and frustration.

For athletes, injury is one of the most painful moments in life. Psychological support can help cope with the injury and relieve discomfort. A psychologist can give the athlete the tools needed to gradually return to training and stay motivated during rehab. An example is the situation of goalkeeper Sergio Asenzo, who suffered four cruciate ligament tears during his career. It is also very helpful in preventing relapse. In general, the current state of sports psychology is positive, but the future is even better.

The tasks and assignments of a sports psychologist can become very complex if players are not trained to deal with complex tasks. Therefore, mastering mental health is also essential to coach a competitive team sport. This is also a category of sports psychology. The value of a sports psychologist has been demonstrated in working with high-level sports teams. As such, they have become almost indispensable in any sport.

The knowledge required to select the right people for each team role is as important as it is complex. Behind the best performance in the field lies the effective and professional work of a sports psychologist, which plays an important role in improving self-esteem and psychological well-being. We need to continue to support the sector so that it can further develop and build cohesive and strong sporting teams that are a source of collective well-being at both elite and amateur levels.

As every person is different, it is difficult to establish a standard procedure, but some methods and tools are likely to be used. With the help of a psychologist, an evaluation and diagnosis are done to identify areas the athlete needs to work on. These may include population changes and other items. On this basis, we create an ideal image of the type of participation that should be carried out and propose the tools that can be used.

Enlightenment At first glance, it may seem simple, but it is not. How players react to certain situations, when players feel safe and when players feel less safe, what triggers player distractions, and what strategies players can use to solve the problem. All this is revealed by enlightenment. Just as it is important not to lose concentration in critical moments, it is also important to give rest to the body and mind. So that stress does not increase and problems like injury, insomnia, and lack of concentration arise. Visualization is a technique that helps the player visualize his goals and ways to achieve them. Help show motivation, concentration, and confidence. So that any psychological change is aligned with the objective and the actions needed to achieve it.

## CONCLUSION:

The psychology of sports is a discipline with a certain prestige, authority, and competence in the professional market. Campaigns linking sports to public health encourage more and more people to incorporate sports into their lives. Undoubtedly, this opens up new opportunities for sports psychologists in areas such as physical activity, leisure, and recreational sports or for people with special needs. It is difficult to deal with stress and emotions when players are playing. Sports psychology plays a vital role in modern sports as everyone has skill, ability, and confidence. Sometimes it is all about taking advantage of the opportunity at the right time. Taking a risk when no one is thinking of it. To do something different than other people. At present, recommendations should be made to the Central and State Governments for the appointment of sports psychologists for various sports teams. The psychology of sport is the branch of psychology that studies the mental processes and

behavior of human beings during sporting activities. In this way, sport psychology helps the competitor to control stress, which creates an emotional and behavioral disorder that can affect his performance.

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