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**Dias Ren Trevor**  
Research Scholar, College of  
Social Sciences & Humanities,  
Srinivas University, Mangalore,  
Karnataka, India

**Vidya N**  
Assistant Professor, College of  
Social Sciences & Humanities,  
Srinivas University, Mangalore,  
Karnataka, India

**Corresponding Author:**  
**Dias Ren Trevor**  
Research Scholar, College of  
Social Sciences & Humanities,  
Srinivas University, Mangalore,  
Karnataka, India

## Factors affecting psychology of sports professionals in their upbringing in India

**Dias Ren Trevor and Vidya N**

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### Abstract

Due to intervention of corporates the huge funding has been invested in the area of sports. The sports sector have seen boom in India in recent days. Sports literacy rate in India is poor compare to other notion considering the percentage of human resource. The purpose of this paper is to understand the upbringing of the players' that create the psychological impact leading to become professional in the particular sport. The study also underpins avenues of psychological aspects in taking up sports as the career. In the processes of upbringing the role of the social agents, society and developmental structure plays a significant role. The parameters such as gender discrimination in sports participation, individual mental skills, financial support, and socio-economic status of the family, sports injuries & sports infrastructure are the major challenges and opportunities in the Indian context. Around 30 articles were referred in making a conceptual framework and codes has been borrowed from the literature to validate the concepts to make a deductive framework.

**Keywords:** gender discrimination, mental skill, financial support, socio-economic status, sports injuries, infrastructure

### 1. Introduction

Sports is an important activity in once life. But sports is the one of the neglected areas. In recent days sports started receiving the importance. It said that sportspersons are the best ambassadors of the nation. Hence importance has given much towards the physical education in order to have best sports training, physical fitness and mental maturity in order to groom the sports personality <sup>[1]</sup>. Sports has been viewed as a major business and there are numerous sports-commercial ventures are coming up. Some are administration based and some are assembly based commercial enterprises. Sports based events getting sorted out is one of the developing divisions. The sports commercial ventures additionally give numerous business opportunities at various levels. The requirements of investment in terms of developing sports facilities, training of the coaches, the support for sports science and development in sports medicine. Elite sports are only given with much priority and promoted in the sports policies. The children with backward socio economic background from village even though they have got chance of becoming top level athletes it is difficult for them because of poverty. Young girls from village are hardly access to the competitive sports. It has been notified that only 5.6 percentage of Indian population are literate in sports. Out of 121 Billion total Indian population only 57 lakh people are engaged directly or indirectly with sports, where as in US 20 percent of total population is engaged in sports <sup>[2]</sup>. Sports education in the academic system helps in overall development such as self-motivation, interactive tools and teaches the life skills. Even though physical education is the part of curriculum it is not considered as the significant aspect. It is important to revise and reconstruct the syllabus of physical education in the context with the need of society, honest appraisal and feedback system as to be kept on the continuous root <sup>[3]</sup>. Sports performance of the players are assessed by their physical ability. The psychological aspect is most significant for which priority is not given in India. The study underpin the importance of psychology concepts in sports to enhance the players' performance.

## 2. Related Works

### 2.1 Psychological challenges & Opportunities in Indian Sports

#### 2.1.1 Gender Discrimination in Sports

Women sports in India have not given much importance. Because of Government Apathy, lack of good sponsorship, lack of family support and gender discrimination in sports are affecting the development of sportswomen in India. Females have been underrepresented in the sports events. Because of lack of scope and growth as compared to men. Due to the extend factors such as female participation is less because of lack of motivation and also identified that risk taking probability is less among the rural women's and less of socialization [4]. Women's involvement in sports is still a developing aspect. The various constraints such as educational qualification of the parents, community, tradition, religion and personal constraints are discourages the women participation in sports [5].

#### 2.1.2 Mental Skill Development

Sports psychology is most significant aspect in once individual outcome. Sports psychology pertains to factors such as anxiety, motivation, encouragement, personality, concentration, mental imagery, confidence and goal setting etc. in order to give importance to this aspects sports science & physical education is given much importance [6]. Coaches, friendly environment and physical education teachers have the first three ranks in the motives for athletes to choose their sport branches [7]. The key factors in sports climate is adaptive motivation outcomes including perceived competence, self-esteem, objective performance, intrinsic forms of motivational regulations, affective states, practice and competitive strategies and moral attitude, and the experience of flow. The ego climate was positively associated with extrinsic regulations and motivations, negative effect, maladaptive strategy use, antisocial moral attitudes and perfectionism, but negatively associated to positive affect and feelings of autonomy and relatedness [8].

#### 2.1.3 Financial Support to Develop Skills

The success of sports is directly related to the economic resource available for those sports [9]. Lower income families use their available resource and encourage their children to participate in the sports activities whereas the affluent families aim at a more organized form of opportunity. Parents from affluent families or rural settings reported that their children are engaged in physical activities for at least for 5 days a week and 60 minutes each day, whereas lower income families' children, spend more time for physical activities [10]. Schools due to lack of funds for sports activities cut the budget on the on sports which lead to the children to pay-to-play fee which the lower income families find it difficult to pay and the lower income families children participation have reduced. Children's participation in sports have decrease because of the sports fees which also includes equipment, uniforms and additional team fees [11]. The main constraints for lower income families is to fund the required amount of money for their children to participate in sports. There do exists some programs for lower income families to fund their money. Parents are unaware of such programs that exists. The parents must be educated on these matters so that their children can take part in physical activities and live a healthy life [12]. The privatization of sports has also lead to a decline of locally run institutions which helps the lower income people. The people leave and join the private training

institutions leaving in the downfall of the locally run institutions. The cost in the private institutions are high, which effects the lower income people [13]. There is a quick increase in participation in sports by the higher income people and there is a decline in the participation of the lower income people. As the participation of the wealthier people increases the investment in the lower income people decrease. The resources do not reach the lower income people at the younger age which does not jump that high income children get [14].

#### 2.1.4 Socio-Economic Status of the Family

The Socio-Economic Status (SES) of the families also has a huge impact on the sports they choose. Higher SES families put their children in expensive sports whereas lower SES families put their children in less expensive sports. In all societies the higher SES families have a higher participation in sports activities and they have a higher attendance in sports events then the lower SES families [15]. Low socioeconomic position (SEP), the lesser they participate in the physical activities and outdoor activities compared to the higher SEP. The indicators of SEP are parental educational level, parental occupation, income, or composite measures of SEP. The children outdoor play differs with the SEP indicator. Where the lower income household with a lesser participation in outdoor play [16].

#### 2.1.5 Sports Injuries

The effects of energy expenditure during submaximal exercise is affected by mechanical and muscular factors. The athlete's equipment such as footwear, track surface, and bicycle components on economy and muscular efficiency also effects his or her performance. The influence of the positive vs. negative work and storage of elastic energy in relation to the topic of economy and muscular efficiency [17]. The sports injury preventions framework can be designed, were the researchers can identify various injuries and prevention can be adopted by sports participants' coaches and sporting bodies so that the athlete can be injury free. All the information of previous injuries must be collected and a completed study of the injuries and the preventions techniques must be analysed [18]. Sport science is a scientific process which guides practice of sports and aim to improve the sporting performances [19].

#### 2.1.6 Role of Social Agents

A family is the most potent of socialization institutions thus sports involvement is affected by family members. Also there are other factors such as age, sex, education and occupation which associates with sports involvement [20]. It is evidential that families' sports culture is a chief factor in an individual's sporting interests where family social class and demographics are some sub-factors. 'Parenting style' impacts upon the effectiveness of parenting practices in relation to children's sport and physical activity [21]. The Key to a successful sports person is to fulfil the psychological needs. It can be seen that when motivation and care is given to a sport's person the performance of his or hers changes drastically. The importance also lies in examining competence, autonomy, and relatedness independently [22]. For an elite athlete the coaches and peers act as the most important aspect of motivation. Parents on the other act as were limited to emotions and moral support. A good relationship between the coaches, peers and the athlete is the most important this when it comes to motivation. The social agents also play a role in the athlete's life: instruction and leadership to coaches; emotional support,

collaborative and/or competitive behaviors for peers, and for parents, a diminished role relative to when the athletes were younger [23]. In the motivational climate of individuals it was found that parent and peers climate plays the most influential part. The athlete with a higher goal-orientation had greater sport competence, self-esteem, and more enjoyment in sports. The continuation in that particular sports depended on the athlete's enjoyment and their self-esteem [24].

**2.1.7 Sports Infrastructure**

Sports infrastructure also plays a major impact on sports performances. The municipalities which have more of parks can promote more of running whereas municipals having more of swimming poles can promote swimming in that place. Different sports have different indicators. Mass participation and club participation have made sports infrastructure important. Often the measures of infrastructures fail because inactive people have a wrong perception in supply of facilities. The purpose is to identify the impact of infrastructure in individual and sport clubs using geo-coded data [25]. One of the reasons for the downfall of sports in India is due to the lack of facilities. The concern comes to higher

education institution due to budgetary problems [26]. The people who take part in sports live a better and healthier life. The education and motivation alone is not enough for a sports person but also a well-established infrastructure [27].

**3. Objectives**

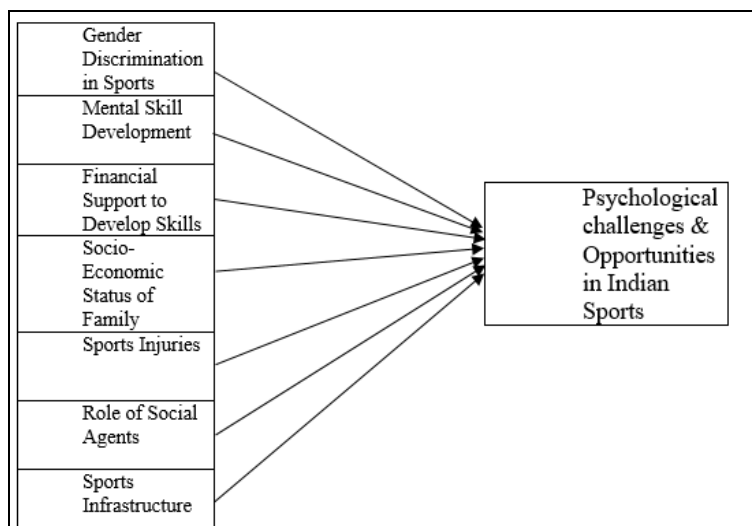
1. To explore the challenges & Opportunities in improving psychological skill in India.
2. To identify the emerging trend in sports eco-system.
3. To suggest the policy maker about the significance of developing psychological models in sports.

**4. Methodology Used**

The type of the study is Descriptive nature. Secondary source of data has been used. The major purpose of this study is to provide direction to descriptive and conclusive research. To study the extent of work carried in the area of sports psychology. To develop this paper research papers, in reputed journals, conference proceedings, reports, magazines, newspapers and articles have been refereed. Codes has been extracted to make conceptual frame work.

Gender Discrimination in Sports	Mental Skill Development	Financial Support to Develop Skills	Socio-Economic Status of Family	Sports Injuries	Role of Social Agents	Sports Infrastructure
Government Apathy Lack of good sponsorship Lack of family support Gender discrimination Underrepresented Lack of scope Lack of motivation Less of socialization Educational qualification of the parents Community Tradition Religion Personal constraints	Individual outcome Anxiety Motivation Encouragement Personality Concentration Mental imagery Confidence Goal setting Competence Self-esteem Objective performance Ego climate Negative effect Positive affect Autonomy Relatedness	Economic resource Lower income Spend more time Lack of funds Children participation Sports fees Privatization of sports Private training Investment	Huge impact Expensive sports Higher participation Parental educational level Parental occupation Income Lower income Lesser participation	Energy expenditure Submaximal exercise Mechanical & muscular factors Footwear Track surface Bicycle components Muscular efficiency Elastic energy Injury free Information of previous injuries Preventions techniques Sporting performances	Socialization Family members Age Sex Education Occupation Sports culture Social class Demographics Parenting style Emotions Moral support Competitive behaviors Goal-orientation Competence Self-esteem	Indicators Mass participation Club participation Infrastructure Supply of facilities Sport clubs Geo-coded data Lack of facilities Well-established

**Fig 1:** Deductive codes on Psychological challenges & Opportunities in Indian Sports



**Fig 2:** Conceptual Frame work on Psychological challenges & Opportunities

## 5. Discussion

The codes mentioned in the Fig 1 are borrowed from literature strengthens the concepts. In fig 2 the relationship between the variables leading towards the psychological challenges & opportunities in Indian sports have been shown. It has been found that sports is not just a game but also provides various career opportunities. Due to growth in technology, the industries have been grown to a great extent around the globe. Sports organizing come under event management sector. Since evolution has occurred in media and technology, sports event management has grown to a great extent. Basically, event management is a service industry which includes different levels of logistics such as advertisement, event sponsors, branding, marketing, finance, sports culture and managing sports resources, managing spectators, player's logistics providing the sports instructors, sports trainers, sports managers etc. In India, even though hockey is the national game/sport of the country, people participate more in cricket. Cricket is one of the major areas where investment flows to the highest. Hence the sports is one of the emerging trend in India. The major impact on the lower income families is that the increasing cost of sports activities as the days go by. The problem of paying registering fees. The registration fees have increased and is increasing day by day, whether it is a team sport or and an individual sport. Many find it difficult to pay for the equipment, coaching and footwear [29]. The benefits in sports that kids get are higher academic performances, lower dropout rates and they develop skills like decision making, communication, teamwork and time management. But some kids unfortunately do not get the opportunity to play sports because their parents do not have the money or sources to fund their children in the field of sports. It is likely that higher income family's children take part in sports more than that of the low income families. About 1 in 5 lower income parents drop their children from sports because of the financial aspect [30]. Registration fees is one of the biggest aspects affecting the participation of lower income families. There are some institutes or tournaments which give a wavier in the amount of registration fees but they require proper documentation of their parent's income which a few would not like to disclose. There has been an increase in participation of lower income people taking part in the sports activities [31].

## 6. Conclusion

One of the factor about which was mentioned by all of them

some kind of trade-off between academic studies and taking up sports as career. One thing which all of them agreed is about gaining a basic graduation degree at least, and second thing was about back up plans which parent and teenager wants to have in life. There were so many uncertainties which was mentioned by all of them was about talent (whether the child has that much of talent that he will be able to perform at some level in sports), selection (it is very difficult to get selected from a small place with limited opportunities), lack of infrastructure and professional coaching facilities were among some problems which were highlighted. Some other important factors were support from family, friends and coaches and awareness about the possibilities in sports also affects in taking up sports as career. Though parents and teenager both give due importance to academics but their views on alternative career options varies, where parents think that if their kid will not be able to make career in sports which is very uncertain type of career, with no guarantee of number of years of employment therefore parents want their kids to focus simultaneously on studies to earn a minimum of graduate degree so the probability of unemployment can be reduced. But teenager said they can play cricket for different levels then can do some kind of certified courses in the same field and become instructor or umpire like something while coach suggests that there are ample of opportunities available for talented kids and with support and with support and guidance they can do very well in their life.

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