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Role of psychology in sports

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Abstract

Psychology is the study of human and animal mind. Psychologist tries to understand why living beings act the way they do. The sports psychology employees the concepts theories and tools of the larger field of psychology in seeking to describe control and predict the behavior of those involved in sports. There are three principle factors that are studied in sports Psychology which contribute to athletic performance, athlete, coach and environment in which these individuals and other interact. Coaches train the players more effectively by studying their psychology so that athlete performs more efficiently. One of the goals of applied sports psychology is to investigate human performance (seiler 1992) by striking a balance between the physical and mental dimensions of performance. There are many methods to judge player's mental behavior which is very important factor to improve the sports performance. These methods are as:- observations, introspection experimentation, clinical case study method, psycho analysis genetic method, and psychometrics. The factors involved in the sports activities related to psychology are as behavior, motivation, emotion, growth and development, learning, anxiety, aggression, individual differences, intelligence, interest etc.

Keywords: Psychology, sports, motivation, behavior, childhood, learning, aggression

Introduction

Psychology is the study of human and animal mind. Psychologist try to understand why living beings act the way they do. The sports psychology employees the concepts theories and tools of the larger field of psychology in seeking to describe control and predict the behavior of those involved in sports. There are three principle factors that are studied in sports Psychology which contribute to athletic performance, athlete, coach and environment in which these individuals and other interact. The athlete performance is the primary concern in sports psychology. By studying the attitude, feelings and other mental process of competitors one can be able to identify their psychological characteristics and the strategies they use before, during and after any event.

Need of psychology in physical education and sports: Sports psychology helps coaches to train more effectively the athlete to perform more efficiently. One of the goals of applied sports psychology is to investigate human performance (seiler 1992) ^[2] by striking a balance between the physical and mental dimensions of performance. Sports without psychology are the headless horseman trying to run in the various directions. Without accomplishing anything both the name psychology makes the teachers, coaches and sports psychologist aware of the fact that individual though alike in many respects and different from one another in personality makeup, capacities, and abilities, innate and acquired traits. The concept of Athletic coaching is based on the premise of individual differences. Psychology offers unlimited opportunities for coaches and physical education teachers to understand motor activities and growth and development of players.

There are many methods to judge player's mental behavior which is very important factor to improve the sports performance. These methods are as:-observations, introspection experimentation, clinical case study method, psycho analysis genetic method, and psychometrics. The factors involved in the sports activities related to psychology are as under:

1. Behavior: Behavior is a very wide and comprehensive term. Determining adequate behavioral pattern motivation, attention and concentration needs more and it is integral part of

sports psychology. Following things should be insured to bring out necessary and positive changes in the behavior of player. For coaching and teaching give positive and frequently reinforce for correct skills and behavior. Use right techniques for correct performance give frequent and consistent and reinforcement for desired behavior. Positive reinforcement helps to perform a skill more effectively.

2. Motivation: Motivation is drive from the word motive, it means any idea needs emotions or organic States prompt a man to an action. Every individual has internal motivation and external motivation. A coach can motivate the player properly if he or she can find the capacities of player. These are two types of capacities that is physical activity and mental capacity. To encourage these capacities player should be motivated by the different methods as rewards, scholarship, competition, and feedback, sense of achievement, goal setting, internal and external interest.

3. Emotions: - Emotions are in natural phase and they have a great importance in life. They are the feeling that is love; anger, fear, haltered, wonder etc. *Some* feelings are pleasant and sum is unpleasant. Human personality is reflected in the man emotional reactivity. The sports activity covers much wider prospective of human life, if you wish to a game. Through sports activity many emotions reflect. These emotions can judge through the sports psychology.

4. Growth and development: There are five stages of growth and development which directly related to psychology i.e. infancy period, childhood period later childhood period, adolescence period, and adulthood period. During these phases child expresses his/her style in different ways. In every phase she faces many problems due to some stress they can't express themselves in front of their elders. In age of adolescence there are many psychological problems which we can judge from the observation of their behavior. And sound counseling is also required and which is part of psychology

5. Learning: the human behavior cannot be explained without reference to learning according to Smith, "The acquisition of new behavior and or strengthening or weakening of old behavior as a result of experience." According to Guinness 1990: cognitive learning covers every mental activity that is commonly regarded as a 'thinking of knowing, recognizing, learning, conceptualization imagery, problem solving remembering, reasoning and judging learning totally depends on Brain. The techniques and the tactics which player used during game is invention of his mind. Learning in strength of player. A Coach can judge the learning instinct of player by judging his/her psychology so as well as learning is related to physical activity it. It also related to human or sports psychology.

6. Anxiety: Anxiety has been defined a variety of ways such as "a disturbed state" of body (Johnson 1951) 'emotional reactivity' (Hardman and Johnson 1952) ^[5] 'arousal' (sberbic 1956) 'nervousness' (Ekegami 1970) ^[7] 'unrealistic and unpleasant state' of the body and mind (Akunas 1969) anxiety has five fact number i.e. ego threat (threat of self esteem as a result of failure), physical danger (threat of personal harm), ambiguity (fear of unknown distraction of daily routines) fear of destruction of daily social evaluation, fear of negative evaluated by others by (Ender 1978). Anxiety affects psychologically to the person personally. If coach understands

the anxiety level of the sportsman then all the problems related to anxiety can be solved. Sports psychology helps more to overcome the anxiety level of sports person.

7. Aggression: Aggression is the instinct of fight in sports. If its level is balanced then it plays positive role, otherwise it effect negatively to the behavior of players as well as his fitness and achievement or performance. It is also a psychological factor which we can judge only through the psychology.

8. Individual differences: Physical education teacher or coaches 'generally deals with students or sports persons in ground or in class on the basis of their physical individual differences, in the same way psychological individual differences also play important role for training and performance. To attain good performance coaches should be very careful towards this aspect.

9. Intelligence: According to Terman (1921) intelligence is the ability to think abstractly according to weehsler (1944). It is the ability to act purposefully to think nationally and deal effectively with the environment. Intelligence is Involved and reflected in everything that a person participate in physical activity and sports helps the individual to become more intelligent. Intelligence plays important role to elite sports person's performance. Sometimes a player is the more intelligent than their partners what due to some stress and shyness their intelligence suppressed. But with psychological counseling of this problem can be solved and actual performance can be seen in sports, it is due to only psychology reading.

10. Attention: In general view attention is a concentration of consciousness on an object or an idea. Attention generally involves selectivity in and control of visual and auditory process. Attention of sportsman in ground plays its important role. If sportsman is a very attentive, higher performance can we achieved otherwise vice versa. The performing athlete shall never give their best unless they have developed correct and effective attention style. Right from motor skill acquisition stages to the highest competitive performance level. Attention plays important role because most psycho physiological and mental process such as cognition, memory and intelligence, motor performance depends on it. Right attention of the individual can be judged by the reading of psychology of a person.

11. Interest: Interest is considered as it driving force behind attention. Arousing interest physical activity and sports is a very vital. Some sportsman does not show their interest according to their capabilities. Through counseling they can be encouraged for the training and performance.

Conclusion

It is concluded that as physical education is integral part of the education in the same way psychology is also integral part of sports. Sports Psychology directly related to sports persons. All sports activities/ skills are related to the human behavior and human behavior can be judged only by the individual's state of mind and study of mind is a psychology.

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