



IMPORTANCE OF SPORTS PSYCHOLOGY

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ABSTRACT:

From the time of Stone Age to this electronic or space age, to excel in any field has become a tendency of all human beings. In the field of sports and games, maximum of the world always try hard to achieve the top position at the international level competitions. Each and every country try produce excellent sportspersons, who may put colorful feathers in the cap of their country. Such types of achievements have become the prestige of every country.



KEYWORDS: Stone Age , electronic , produce excellent sportspersons.

INTRODUCTION

So, automatically, it has become a focal point of attention to enhance the performances of sports persons for the coaches, physical educators, researchers, sports scientists and physical trainers of every country. The history of world of sports reveals that the records in the field of sports which had been established in the past have been re-written in the present. As a result of this constant development, today's athlete is running faster, jumping higher and throwing farther than ever before.

HISTORY OF SPORTS PSYCHOLOGY

The first sports psychologist

has said to be Norman Triplett a North American man from Indiana, born in 1898. Triplett's first finding as a sport psychologist was that cyclists cycle faster in pairs or a group, rather than riding solo.

Carl Diem, a German who lived in Berlin, founded the world's first sports psychology laboratory in 1920.

In 1925, Cloman Griffith opened the first sports psychology lab in North America. He began his research in factors that affect sport performance in 1918, and in 1923, offered the first ever sports psychology course.

The Sports Psychology is helpful and it plays a vital role in the enhancement of sports performance of sports persons, because it has no such limit. Indeed, sports psychology is the

study of psychological factors that affect the learning and performance of motor skills. Due to its important role in the enhancement of performance in sports field, it is necessary for us to know the exact meaning of sports psychology:

According to John Luther, "Sports psychology is an area which attempts to apply psychological facts and principles to learning performance and associated human behavior in whole field of sports"

According to K.M.Burns, "Sports psychology for physical education is that branch of psychology which deals with the physical fitness of an individual through the participation in games and sports"



According to Singer, "Sports psychology explores one's behavior in athletics."

According to Brown and Makoney, "Sports psychology is the study of the application of psychological principles to sports and physical activity, at all levels of skill improvement."

"Sports psychology is the scientific study of persons and their behaviours in sports contexts and the practical application of that knowledge."

"Sports psychology deals with increasing performance by managing emotions and minimizing the psychological effects of injuries and poor performance."

It is clear from the above -mentioned definitions that Sports psychology is the study of behaviour and various psychological aspects in the field of Sports.

IMPORTANCE OF SPORTS PSYCHOLOGY

It is a well-known fact that in the field of sports the Sports physiology and sports biomechanics have achieved a very high level and the scope for further development seems to be less. For example, the strength, speed or endurance etc. which are the aspects of sports physiology have reached almost at maximum level. In the same way, the development of techniques has also reached near to the point of saturation. The further development or improvements in these aspects are very less. So, the only scope for further improvement in sports performance depends upon psychological aspects of physical education such as personality traits in relation to sports and games, sports intelligence, motivation for physical activities, growth and development, motivation, emotions, interest, attitude, motor skill learning and individual differences, etc. As a matter of fact Sports psychology plays a very vital as well as a vast role in the field of physical education. The following points may enable us to know the importance of Sports psychology.

1. Enhancement of physiological Capacities.

Sports psychology plays a very unique role in the enhancement of physiological capacities such as strength, speed and flexibility, etc. Motivation plays a major role in the enhancement of physical capacity of sports persons. It is well-known as well as an established fact that psychological capacities or powers can increase psychological capacities of individuals.

2. Learning the motor skills.

Sports psychology plays its major role in the learning of motor skills. Motor skills learning depends on the individual's level of readiness, i.e., physiological readiness and psychological readiness. Physiological readiness in children is development of the necessary strength, flexibility and endurance as well as the development of various organ systems so that they may perform motor skills required in the activity. Psychological readiness is related to the learner's state of mind. It means the desire and willingness to learn the particular skill. In psychological readiness, Sports psychology plays an important role. Sports psychology is also helpful in the cognitive stage, the associative stage and the autonomous stage of motor skill learning.

3. In Understanding Behaviour

Sports psychology helps in understanding the behavior of athletes or sportspersons engaged in competitive sports. Coaches also come to know the interest, attitude towards physical activity, instincts, drives and personality of sportspersons. It does not play its role in modification of behavior in sports situations.

4. In Controlling the Emotions.

Sports psychology plays a very important role in controlling the emotions of sportspersons during practice as well as competition. Generally, these emotions may bring spontaneous changes in the behavior of sportspersons. These are anger, disgust, fear, negative self thinking and feeling of ownership, etc. If these emotions are not controlled well in time, the performance may be decreased. Sports psychology plays a vital role at such juncture. It helps in balancing the arousal of emotions which further improve the performance.

5. In Preparation of athletes Psychologically for Competitions.

Sports Psychology also plays its role in preparation of athletes psychologically for competitions. In fact, it has become a trend to give psychological tips to athletes or team players before and after the competitions. That is why, Sports psychologists, services are required with a national level and international level teams. They create the will 'to win' in the players.

6. Role in the Emotional Problems of Sportspersons.

Stress, tension and anxiety are natural during practice period and competitions or tournaments. There may be some emotional problems such as depression, frustration, anorexia and panic etc. The knowledge of Sports Psychology may be helpful in such situations. Techniques of relaxation and concentration for stress management can be applied on sportspersons who are under such problems.

Conclusively, it can be said that sports psychology plays a very vital role in enhancing the performance of sportspersons. It deals with the various mental qualities such as concentration, confidence, emotional control and commitment etc. which are important for successful performance in sports and games.

CONCLUSION

Sport psychology plays a critical role not only in the enhancement of performance for athletes, but in the development and maintenance of psychological wellbeing within the competition environment. There is increasing recognition in the sport community that supporting athlete mental health is a vital aspect of competition performance, and is as integral to success as the competition skills to perform. The profession of sport psychology provided a very meaningful contribution to sports science service delivery for the Australian Olympic Team at the 2012 London Olympics, to facilitate athlete wellbeing and maximise the psychological skills required to compete at the highest level of international competition.

Sport psychology needs to continue to develop as profession to ensure comprehensive, holistic and evidence-based psychology services are available for athletes and teams, providing the range of services required to achieve peak performance. Equipping athletes with an understanding of their psychological functioning, and building the ability to implement a range of psychological strategies in competition, enables athletes to both execute their skills and thrive under pressure as they strive to reach their performance potential.

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