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**VISUALIZATION OF FUTURE SCOPE OF
SPORTS PSYCHOLOGY IN INDIA: USING DELPHI
TECHNIQUE**

Visualization of Future Scope of Sports Psychology in India: Using Delphi Technique

Dr. Divya Darshan Sharma

Abstract: The purpose of the study was to visualise the future scope of sports psychology in India by using Delphi technique. The subjects selected for the study was 60 physical educators and coaches teaching sport psychology in professional institutions of physical education and sports and psychologist involve in the propagation of sport psychology and the opinion of these experts should be subjective to evaluation for assessing of future scope of sports psychology. In construction of questionnaire for Delphi study research scholar followed all the standard method prescribed for questionnaire construction. The maximum probable questionnaire items were prepared for each area to elicit relevant information of crucial importance from which the future scope of sports psychology could be ascertained. As a standard method of questionnaire construction to initial trial run of questionnaire of Delphi was circulated among selected experts. They suggested modification and changes. Based on the consultation with the experts the final form of the first round of the Delphi questionnaire was prepared. The questions of the second round questionnaire of Delphi were constructed on the basis of the responses of the first round questionnaire. The second questionnaire included first rounds with alternations were required and also new questions. Results of the first round were provided along with the questions, were applicable. The first round and second round of the questionnaire was mailed the experts along with a stamped, self-addressed envelope. The Chi-square was used as statistical techniques for the analysis of data. The significance of Chi-square was tested at .05 level of confidence.

INTRODUCTION

Sports psychology is relatively new field of study that is in its infancy or early child hood or we can say in the emerging phase as a science. This new field of study can be directed or moulded to take a path that is more appropriate in achieving the objectives and goals of the field that has been established or laid down. As the field grows the original concepts with regards to the objectives set may seem too narrow or found too inadequate and the need arises to expand the horizon of the field or rather too have a broader scope than the existing one. Students and professionals alike will recognize that the field of sport psychology's still in its adolescent age.

The area of sports psychology has grown tremendously in recent years, as evidenced by the numbers of coaches and athletes now looking to sport psychology for a competitive edge. These individuals are turning to various psychological training programs to learn, other things ways to manage competitive stress, control concentration, and improve confidence, increase communication and team harmony

* Sports Officer, Govt. M.L.B. Girls P.G. College, Indore

The nature of sports psychology is, and always will be, determined by the orientation of the people working in it. The nature of sport psychology in the future will be determined by the research, writing and applied practices of those now engaged in sport psychology.

Whether they work in a laboratory with a computer or down on the pool deck with swimmers is immaterial because whatever they are doing they will be establishing the field of knowledge, its applied practices and its philosophical orientation.

When the ancient Greeks wanted to reduce their uncertainty about what the future held in store, they consulted the oracles at Delphi. Today we consult the high priests of science and technology. We call them experts, in contrast to their predecessors at Delphi.

Delphi technique refers to series of intensive interrogation of samples of individuals (most frequently experts) by means of mailed questionnaires concerning some important problem or questions; the mailings are inter spread with controlled feedback to the participants. The responses in each round of questioning are gathered by an intermediary, who may then revise his own opinion and ratings. The fact that the respondents never meet face to face has been cited as the probable reason for the efficacy of this technique. The anonymity provided for the participant's apparently also encourages reflective ness and openness to new ideas and options and helps in blending diverse opinion into distinct and clearly stated majority and minority opinions.

The Delphi method provides a number of advantages as a group decision process. First it allows a group of experts to provide inputs anonymously. Because of this, the panel members are able to respond easily

and freely and to change their position without ego involvement. Secondly the consensus of the group should converge toward the best answer. However this does not mean everybody has to agree. The consensus simply represents majority responses, as represented by the median. Thirdly, any “halo effect” or “band wagon effect” should be minimized. One or two individuals will not be able to dominate the group or stifle the creativity of other panel members.

The Delphi survey method uses questionnaires but in a different manner than the typical survey. The Delphi technique uses a series of questionnaires in such a way that the respondents finally reach a consensus about the topic. It is basically a method of using expert opinion to help make decision about practices, needs and goals.

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METHODOLOGY

The study was a purpose to visualize future scope of sports psychology opinion of these experts was most crucial, hence the subjects selected for the study was 60 physical educators and coaches teaching sport psychology in professional institutions of physical education and sports and psychologist involve in the propagation of sport psychology and the opinion of these experts should be subjective to evaluation for assessing of future scope of sports psychology. In construction of questionnaire for Delphi study research scholar followed all the standard method prescribed for questionnaire construction. Based on extensive reviews the measure areas of crucial importance and indicated scope assessment in sports psychology were identified. The maximum probable questionnaire items were prepared for each area to elicit relevant information of crucial importance from which the future scope of sports psychology could be ascertained. As a standard method of questionnaire construction to initial trial run of questionnaire of Delphi was circulated among selected experts. They suggested modification

and changes. Based on the consultation with the experts the final form of the first round of the Delphi questionnaire was prepared. The questions of the second round questionnaire of Delphi were constructed on the basis of the responses of the first round questionnaire. The second questionnaire included first rounds with alternations were required and also new questions. Results of the first round were provided along with the questions, were applicable. The first round of the questionnaire was mailed the experts along with a stamped, self-addressed envelope. After the return of the questionnaires they were subjected to statistical analysis. The second round of questionnaire was then mailed (only to those who had responded to the first round) to the experts along with a stamped, self-addressed envelope. The Chi-square was used as statistical techniques for the analysis of data. The significance of Chi-square was tested at .05 level of confidence.

FINDINGS

The findings of the study has accomplished the vary purposes of the study on which the study was conceptualized. Research scholar had aim to visualize scope of sports psychology through this research project and findings have clearly indicated the futuristic scope, priority area, role of sports psychologists etc. This subject belonging to various expertise field of sports psychology and physical education have help with their sincere opinion in the successful accomplishment of this study. There opinion had largely and clearly indicated that what would be the future scope of sports psychology by next decade. Sports psychology will became an independent field of study in India by next decade further majority are also of opinion in practice of sports psychology for human developmental approach given more importance then basic research. Further the majority identified priority areas of sports psychology as motivation, motor skill acquisition excellence, aggression and anxiety. The findings are also highlighted some of existing practices in sports psychology majority are of opinion that psychologists in India does not work in applied aspect like preparation of sports person for competition, rather confined to other academic activities to justify their professional competence. For sports psychologists qualification, majority have opined that a master degree in physical education with degree or diploma in psychology should be a minimum qualification. India urgently needs to establish a resource and documentation center of sports psychology absolutely every expert agrees on this statement. For future development of sports psychology, sports psychologists should be institutionalized through accumulation of knowledge and application of it in sports field rather than simply accumulation of knowledge through research.

On following parameters it was seen that the majority of experts agreed that sports psychology should be

responsible for improving the effectiveness of coach as well as helping players to achieve excellence, for professionalization of sports psychology academic activities like conferences, workshops, group discussions, publication, seminars etc among sports psychology professionals should be constantly organized. Lastly in Indian context it is advocated that all those concerned with sports must be made aware about role of sports psychology, its utility, application for sports performance and training along with this professional courses like diploma in sports psychology with applied approach should be immediately start so that professionally eligible sports psychologist can be produced. Hence this seen beyond any apprehension that this study had accomplished the purposes for which it was conceptualized in every aspect.

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