

Relation of Psychological Components with Sports

Manoj Kumar M.*

Physical Education Director, Govt. First Grade College Kota, Padukare, Udupi District

Abstract – In modern day sport, success is result of several variables. These include physical preparation, appropriate strategies or tactics, nutritional plans, self-control and mental strength. Sports performers are need to know and understand about the relation of psychological components with sports which will be help to performers with better result. The knowledge of sports psychology and how psychological technique can be applied to influence the performance of individual and teams.

The psychological components are having good relation with sports. Sports psychology plays vital role in sportsmen their sports enhancement. Every coach and athlete should understand the psychological factors that affecting on sports person and his sports performance. It is the duty of sports trainer to study and apply sports psychology into the training schedule. It should be taken initiative by assessing the needs of the sports team and creating customized programme.

Keywords: Concentration, Confidence, Control, Anxiety, Nausea.

INTRODUCTION

In modern day sport, success is result of several variables. These include physical preparation, appropriate strategies or tactics, nutritional plans, self control and mental strength. Sports performers are need to know and understand about the relation of psychological components with sports which will be help to performers with better result. The knowledge of sports psychology and how psychological technique can be applied to influence the performance of individual and teams.

Sports psychology addresses the important mental processes that work together to facilitate effective performance in sports. Athletes display their non unique pattern of behaviour which engaged in sports performance. Some psychologists believe that quality performance and participation in sports are determined by personality. Mental game coaching is that the segment of sports psychology that concentrates specifically on helping athletes break through the mental barriers that are keeping them from performing up to their peak potential. By focusing on the psychological components like mental skills needed to the successful in any sporting competition. Sports psychology helps the sports performer to understand how the mind influences on performance.

COMPONENTS OF PSYCHOLOGY:

Mental quality those are very important for successful sports performance. There are main four components of psychology which is most important normally we call the 4 'C's.

1. Concentration - Ability to maintain focus
2. Confidence - Believe in one's abilities
3. Control - Ability to maintain emotional control
4. Commitment - Ability to continue working to agreed goals

1) Concentration:

Concentration is one of the mental quality to focus on the target. If the athlete lacks concentration then his/her sports abilities will not be success or effective.

Concentration varies with sports events and three different types of concentration.

- a) Sustained concentration – This may required especially with distance running, cycling, tennis etc.
- b) Short bursts concentration – Required for sport like cricket, field events in athletics.
- c) Intense concentration – Sprinting events.

Strategies to improve concentration are very personal. One way to maintain focus is to set process goals for each session or competition. The athlete will have an overall goals for which the athlete will identify a number of process goals that help focus on specific aspect of the task. E.g. sprinting technique requires the athlete to focus on being tall, relaxed, smooth and to drive with the elbows.

2) Confidence:

Confidence results from the comparison an athlete makes between the goal and their ability. The athlete will have self confidence if they believe they can achieve their goal. When an athlete has self confidence they will tend to persevere even when things are not going to plan, show enthusiasm, be positive in their approach and take their share of the responsibility in success and fail.

HOW TO IMPROVE SELF-CONFIDENCE:

To improve their self confidence, an athlete can use mental imagery to (a) visualize previous good performance to remind them of the look and feel. (b) Imagine various scenarios and how they will cope with them good goal setting can bring feeling of success. If athletes can see that they achieving their short term goals and moving towards their long term goals then confidence grows.

Confidence is a positive state of mind and a belief that we can meet the challenge ahead a feeling of being in control. It is not the situation that directly affects confidence, thoughts, assumptions and expectations can build or destroy confidence.

| Aspect | High self confidence | Low self confidence |
|-----------|---|---|
| Thoughts | Positive towards success | Negative, defeat or failure doubt |
| Feelings | Excited, anticipation, calm, prepared | Tense, fear, not interesting to take part |
| Focus | On self, on the task | On other, on less (coach, umpire) |
| Behaviour | Give maximum effort, commitment, willing to take part, chances, positive reaction | Lack of effort, give up unwilling to take risk blaming others |

3) Control:

Identifying when an athlete feels a particular emotion and understanding the reason for the feelings is an important stage of helping an athlete gain emotional control. An athlete’s ability to maintain control of their emotions in the face of adversity and remain positive is essential to successful performance. Two emotions that associated with poor performance are (a) anxiety and (b) anger.

Anxiety comes in two forms (i) physical (ii) mental

Physical – (Sweating, nausea, needing the toilet)

Mental – (Worry, negative thoughts, confusion)

When an athlete becomes angry, the cause of the anger often becomes the focus of attention. This leads to a lack of concentration on the task.

4) Commitment:

Sports performance depends on the athlete being fully committed to numerous goals over many years. The many competing interests and commitment include work, studies, friends, social life and other sports.

Within the athletes sport, commitment can be undermined by,

- A perceived lack of progress or improvement.
- Not being sufficiently involved in developing the training programme.

- Not understanding the objective of the training programme.
- Injury
- Lack of enjoyment
- Anxiety about performance
- Becoming bored
- Not working as a team
- Lack of commitment

Psychological hints and tips to the athletes:

- Build strong minded attitude with himself
- Get training with realistic, achievable and progressive targets.
- Positive enthusiasm (create)
- Proper diet in proper time
- Positive talk with co-athletes
- Control emotions
- Humour
- Laugh
- Listen to music
- Visualize calm
- Positive attitude
- Relaxation technique
- Create goals and make a plan
- Control situation
- Avoid bad news
- Change life situations that bother you
- Do puzzles
- Read something funny
- Practice meditation
- Breathe deeply and evenly

CONCLUSION:

The psychological components are having good relation with sports. Sports psychology plays vital role in sportsmen their sports enhancement. Every coach and athlete should understand the psychological factors that affecting on sports person and his sports performance. It is the duty of sports trainer to study and apply sports psychology into the training schedule. It should be taken initiative by assessing the needs of the sports team and creating customized programme.

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Corresponding Author

Manoj Kumar M.*

Physical Education Director, Govt. First Grade College Kota, Padukare, Udupi District

E-Mail –