

Important Psychological Factor of Sports Player

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Abstract – For reaching high levels of sports, the psychology of the sports participant is quite critical. It requires many physical, behavioral, moral and emotional elements of the athlete. The different facets of psychology require personality; sport often entails behavior, fear, violence and tension. In this study we have discussed about the role of sports psychology, development trend of competitive sports psychology, benefits of sports psychology and important psychological factors which effect the physical performance which is concluded that sports psychology is necessary and should be employed in the scientific training of athletes for performance enhancement.

Keywords – Sports Psychology, Sports, Psychological

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INTRODUCTION

"The domain of sports psychology is directed at applying psychological evidence and concepts of skill learning and related human actions in the whole sport sector." "The physical psychology of sports is the field of psycho-psychology that deals with an individual's physical health through playing in games and sports,".

The fields of kinesiology and psychology are based on interdisciplinary scientific expertise. It comprises a review of the impact of psychological influences on success and the psychological and physical impact of activity in sports and practice. Applied physical activity can involve practice with players, coaches and parents on injury, recovery, teamwork, team bonding and job transfers, as well as guidance and testing in psychological abilities for improved success. Sport psychology, as used for Competitive sport as well as for human activities in health, is often referred to as 'sport and practice psychology'

Sport psychology is an investigation of fitness, athletics, training and physical activity influenced by psychology. Some sports counsellors work to enhance efficiency and raise enthusiasm for professional athletes and coaches. Some practitioners use sports and fitness to develop the lives and well-being of individuals over a lifetime. Psychology in sports is a very young psychological specialty.

The added intensity of competitions will make sportspeople respond to their performance skills physically and mentally. They can get nervous, race their heart rate, break into cold sweat, care about competition outcomes, find it difficult to focus on the job in hand, and this has led coaches to become

increasingly interested in the field of sport psychology, and particularly the competition anxiety area. The subject of the interest was on tactics utilized by athletes to retain leverage and maximize their success in the competitive scenario. When learnt, these strategies help the athlete to relax and positively concentrate his/her energy on training for and performing.

ROLE OF SPORTS PSYCHOLOGY

There are also some positions that sport psychology may play to achieve the sporting goals of the Country. The following roles can also be used for improved results in sports psychology

- Since the whole identity of the competitor is engaged in the field, athlete behavior control is one of the main functions of the sports psychologist. This may be used for improving efficiency by changing unwanted behaviors.
- The sports psychologist works on each individual's internal conflict and desires, making him or her choices that are vital to success or loss over the course of the game. They must be seen as individuals who understand their differences, so the need of one person to come from another person who comes from another culture must be divided.
- Sports counsellors also assist in the crisis response, states the writer. Crisis is known as an extreme condition with emotional reactions that hinder the capacity of an athlete to compete very well. Ensured high-quality results for competitors - by applying

therapeutic criteria before, after and after events, under competition strain. The sports psychologist helps the competitor block tension. Thoughts which discourage sporting success, avoid negative images and inhibitory self-assertions.

- The psychologist often brings up mental planning, which ensures that the analyst knows the conditions that affect the athlete a lot. This is social class, home, the economy, religious heritage, physical and spiritual tolerance, social status, and social importance of community. All are social status.
- In order to promote the learning phase, mistakes [that athletes produce may be addressed in the context of development of skills] are often included in success management OT the sport psychologist.
- This can be done by team bonding through behavior testing and monitoring. Sport psychology also facilitates contact with sportsmen and police. Interpersonal contact with athletes may also be involved. This is a crucial position. It is worth remembering, and in our diverse family, fields of employment, etc. that contact is really essential. The individual knows or is expected to know, it should not be inferred. To sustain a cordial relationship, it is essential to tell the individual what to do. If contact is formed, a connection is generated and a care plan that differs from one person to the next may be produced. Treatment may entail only talking to the person, which may help regain the trust of the athlete whether he or she is not positive.
- Study how to treat pressure from the competitor. The competitor must consider the discomfort and how soreness is associated with improved sports, thereby developing a good mindset towards the pain, according to Adedeji (1987).
- In inspiring athletes, the sports psychologist utilizes his understanding of human behavior. Motivation does not imply prizes for materials such as property, house and car etc. This time, athletes are inspired by new preparation strategies, they provide input on the training results, and they are even encouraged to join in the training schedule.
- Another significant field that the Sports Counselor works to improve the success of the sports is stress control. Stress management in athletes is improved.

Different methods may be used in anger control.

- Among competitors, discipline is taught purposefully. The discipline of sports man helps the person to establish a high degree of self-appreciation that increases results, builds trust and makes the athlete happier to compete in sports. Self-esteeming athletes may become inspired and effective.
- It is claimed that sports psychology reveals the individual to be optimistic, compassionate and receptive. This and several other fields are important to the growth of sport through sport psychologists.

DEVELOPMENT TREND OF COMPETITIVE SPORTS PSYCHOLOGY

Positive Sports Psychology

In August 2010, the first Motivational Psychology conference was conducted in China, with the emphasis on the positive interactions of people and the ability, inspiration and will of human beings being increasingly investigated by psychologists. In the American culture of psychology, positive psychology is a recent area of study. It reflects on the good qualities of human virtue and courage and allows psychology to look more openly and appreciably at human capacity, inspiration and skills. Positive psychology is a modern, relative model of negative psychological study. The so-called negative psychology is focused largely on the evaluation and the management of individual psychological disorders. In the past century, for example, the familiar jargon of psychiatric science is morbidity, hallucinations, fear, arrogance etc.

Smooth Experience

Flow is commonly viewed as a positive feeling in the area of sports psychology. It refers to an intense event when individuals are strongly concerned about an action or thing and drive the person through a certain activity or operation. JACKSON and MARSH bring flow into the sport psychology fields and describe it as a best condition of experience for athletes to function in the fullest possible way and to build the best degree of consciousness. Psychologists address flow condition in the area of sports psychology not just in description. They often pay heed to the fluent state psychological system and its influential causes to motivate athletes to gain their maximum expertise. The researchers have suggested in past studies pre-competitive plans, trust, optimum excitement, emphasis on encouragement and

intrinsic motivation, which affect the flow status of athletes.

Sports Investment

Positivity in Sport Psychology provides the idea of participation in the area of exercise. Sport investment study remains vacant in China. Up until now, we have identified only two publications on investments in sports through searching for the four core journals of foreign sports psychology, all of which only include a preliminary descriptive study of investment in sport.

As a significant predictor of athletes' good psychological appearance, the contribution of sport can represent the successful and stable psychological state of athletes and is conducive to the reinforcement of the good attributes of athletes, such as: optimism, stamina, sense of meaning and innovation.

BENEFITS OF SPORTS PSYCHOLOGY

Sports psychology is structured to develop your mindset and abilities in mental playing, so that you can accomplish your potential by recognizing restricting attitudes and taking on a healthy ideology.

This is a summary of the top ten areas that sport psychology can help you:

1. Focus enhancement and distraction control. Many athletes are able to concentrate, but they also focus on the wrong places, such as when a batter feels "I must get struck," when in the batter's box, which is a focus that focuses on results. Some of my guidelines on concentration help athletes to remain focused on the moment and to release performance.
2. Grow confidence in doubting athletes. Doubt is the reverse of faith. If you have several reservations before or after your results, it shows little self-confidence or at least that you sabotage the trust you had at the outset. Trust is a key mental gambling ability since it is essential and linked to other mental abilities.
3. Develop the ability to cope with retrograde and error problems. Emotional regulation is a necessary precondition for entering the region. Athletes with extremely high goals have difficulty coping with small mistakes which are a common part of athletics. These standards should be addressed and competitors should still be encouraged to remain under strain and be discouraged as they create mistakes.
4. Search your sport for the right intensity zone. I use strength in a wide sense to detect the

amount of excitement or mental activation needed for each individual to do their best. This can differ between individuals and sports. Feeling up and charged is crucial, but it is still necessary not to get too excited. You could match in well between being enthusiastic, but not over-excited.

5. Help teams build expertise and teamwork in collaboration. Maintaining teams improve teamwork and coordination are a big component of sport psychology and mental conditioning. The more a squad functions as an entity, the greater the outcome.
6. Introducing a stable framework of beliefs and identifying delusional thinking. One field I'm proud to support athletes in identifying ineffective values and behaviors such as comfort zones and pessimistic selves that prevent them from performing well. These central dysfunctional values provide a fresh way of thought to recognize and substitute. You can remain trapped in unhealthy or unfounded convictions, no matter how hard you work or attempt.
7. Motivation for improved or balanced efficiency. It is necessary to consider the degree of incentive and why your sport is motivated. In the long run, certain motivators are safer than others. Extra-motivated athletes also have misplay, for instance athletes who take interest in sports only because of their parents. For the right purposes, I am working with athletes to help them adopt a positive sense of inspiration.
8. Build post-injury trust. Some competitors are completely trained for competition and exercise, but some scars exist psychologically. Damage can harm confidence, create uncertainty and trigger a loss of attention during the competition. I support athletes recover physically from wounds and confront the anxiety of rejuvenation.
9. To build tactics and game plans for individual games. Researcher hire excellent mentors to support competitors strategically train themselves paraphrases, racing tactics and course preparation abilities. In this field, a mental coach teaches athletes and teams to build basic mental skills. In sports like golf, racing and many squad sports this is really important.
10. To more frequently locate and join the "zone." Everything I do on the emotional side of sports is included. The main objective is to have athletes access the

area while learning basic mental abilities that will help sportspeople reach the area more often. You cannot play every day in the field, but you can set the conditions to play more frequently.

IMPORTANT PSYCHOLOGICAL FACTORS WHICH EFFECT THE PHYSICAL PERFORMANCE

Individual differences among the athletes

It is special to each competitor. Aside from variations in physiology such as height, weight and so on, psychological differences are often related. Some athletes may be extroverted and outgoing, whereas others may be quiet, introvert, and withdrawn, but their vision levels may vary as well. Some athletes are psychologically born powerful, and others are frail. Weak-disposed athletes struggle to do their work. Therefore, different output variations are a natural occurrence, and the teacher/trainer needs to adapt his methodology to the essence of a single competitor.

Personality

The human personality is a beautifully dynamic system, delicately woven into patterns that offset the pulls and pushes of the outer universe. The motivations, feelings, behaviors and ideas. It is his totality which includes his physical, behavioral, emotional and characteristic composition. His own identity is his knowledge, vision, recollection, fantasy, intuition, customs, reasoning and feelings. Personality variations are thus unavoidable because two people cannot exhibit identical personality characteristics. Sports excellence is based on personality characteristics. The behavioral qualities that are most conducive to athletic success need to be established and cultivated. Personality is also a vital psychological aspect, which defines to a significant degree the outcome of any sport.

Intelligence

Intelligence is an individual's combined mental potential or energy for deliberate action, for reasonable reflection and efficient management of the climate, Intelligence includes consciousness, aims and values. It is the desire to perform the complicated, complex tasks that contribute to something fresh and distinct. An individual's intellect plays an important part in functioning physically. The more nuanced and interpretive the movement, the more intelligence it needs to be grasped. Complex skilled practices relate to sports. Provided that all professional conduct is intellectual, there should be no arguing the connection between sport and intellect.

Stress

Stress is a physical, mental or emotional need to disrupt the body's homeostasis. If there were no tension, we probably might be "disappointed about it." It's an everyday aspect of life. Stress in life and sport is unavoidable and both performers and musicians working at various degrees of stress. The word should refer to any form of pressures, whether it be because of a loved person's career, schoolwork, marriage, sickness or death. In all these things, the common denominator is transition. With loss of familiarity, Author created a model for the potential effects of chronic stress on the body, with all the changes considered a "hazard." Its model is a syndrome of general adaptation in three phases, warning, resistance and fatigue.

- When the individual meets a threatening stimulus or condition, the warning stage is activated. The warning phase is a comparatively short time until the war or air reaction is enabled. The stage stops and the body moves to a more relaxed state if the danger is stopped.
- The process of resistance starts if the danger does not stop and the initial response becomes a sustained condition and tension. The activation is chronic, mild. It can't be held for sure.
- The state of fatigue begins when the vitality and force of the body is used up because of the long state of resistance. Selye felt the essential energy of the immune system had been depleted such that the body might become susceptible to disease, exhaustion and injury.

Attitude

Attitudes are thinking and sensing. The prediction of behavioral reactions is also considered to be evaluative in nature. They are critical in deciding on the form and degree of learning and are the representation of a specific object of action's likes and dislikes. For e.g., if a child says "I love to run," it demonstrates his running attitude, then when the child says, "I don't want to run," he reveals the child's running attitude. Awareness and faith entail attitudes. Attitudes are formed by direct knowledge and contact with persons. Healthy physical principles and ideals contribute to positive and good behaviors, encouraging athletes to endeavor to attain greater success.

Motivation

Motivation is a strength, a drive which, at a specific time, encourages, forces and induces a person to act or act in a special way to attain a certain reason. Without inspiration, there is either little to

do or nothing to do, and the activities or skills taught will quickly be lost. The first requirement for effective learning is motivation. Motivation is essential to resolve the obstacles that may otherwise have had a detrimental effect on success. Many top-class sportsmen have struggled to accomplish their job without due focus, tremendous interest, setting correct attitudes and the subsequent maximum inspiration. Therefore, it is important to identify forms and means to inspire athletes to do better.

Aggression

Aggression is a human aspect and a person needs to survive and struggle for further results. Clearly violence is involved in fighting for supremacy, domination and success in competition. In one way or another, aggression in athletic activity is natural and unavoidable. The condition appears disturbing and an antisocial behavior as animosity overcomes provocation. Aggression may improve an athlete's results when it excites an athlete for the team's progress. In order to play peace and do the highest, athletes must be supported in reducing and controlling conflict. As allowed under the rules regulating the event, the required degree of violence appears to increase ability and initiative, however high or low aggression in sports hampers and slows results.

Arousal and Activation

The expression "arousal " represents the differing degrees of physical, intellectual or perceptive preparation. Activation is a short-term shift in mobilization resources which includes raising energy above the thrilling, baseline of the person for a short period of time. The excitement is the physical states and the sensations of which the athlete is able to compete mentally and emotionally. Athletes strive to help see, see more deeply and focus more on impending conditions with enough degrees of activation and excitation. Overactivation and over-activity by an athlete may reduce or even prevent performances at all, although optimal arousal and activation levels at the appropriate period can certainly contribute towards improved results. Therefore, we need to know what the true triggering powers are, which push an athlete to step or act to accomplish this objective.

Anxiety

Anxiety includes distressed mental condition, emotional reactivity, excitement, nervousness, and surreal and unpleasant mental state. Fear is a central component of any successful condition, and competitive success cannot be accomplished without a certain degree of fear. Neither too strong nor too low fear is beneficial to sports. Enough fear leads in the best possible results. Sportsmen would not accomplish their objective until they learned to deal

with challenging competitive conditions while handling anxieties.

Attention and Concentration

Attention is the focus of awareness on one object. It's the method of obtaining a clearly seen entity or feeling. It helps to put mental alarm and preparation and, as a result, you get alert and alive and try as efficiently as possible to practice your mental as well as physical strength. High quality focus is necessary in order to achieve successful success in sports competitions. Different cognitive exercises and intense learning will improve the ability to concentrate attention on the job at hand and to achieve improved results. There are many variables that distract and reduce focus and concentration, contributing to poor output in turn.

Mental Imagery

Mental skill and imaging allow the athletes to form their emotional condition and how they function. Such mental exercise enables the athlete by thinking and projecting regarding the performance and accuracy of the specific ability or mission. In order to improve combat spirit, athletes are important to pictures vital competitive conditions in order to manage themselves better. Mental testing in athletic conditions definitely serves to enhance the cognitive and physical fitness of the competitors. It helps to ensure the energy flows smoothly as necessary.

Group Dynamics

A sports team consists of many individual people, each with different orientations and perceptions, which may at times conflict with team success. Better success is accomplished by fusing the personal emotions and skills of each team member into a team project. The achievement of a team relies on how the team works and feels closely in common. Psychological harmony of the team members represents the success result. The dynamics and success of the group thus affect each other and are further determined by the team's cohesion. Better community cohesion has been shown to typically yield better results.

CONCLUSION

For decades, the value of sports psychology has been recognized; yet, there is very little interest given by both coaches and athletes if it can boost outcomes. Many trainers and competitors are now focusing on the athletic element of the event, but sport success is defined by a variety of physiological variables. This paper therefore concludes that sports psychology is required and should be used to prepare athletes for performance improvement because of the contributions of

psychology to sports. It is necessary for sports development in the region.

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