

Role of Sport Psychology in Sports and Physical Education

Sathish B. P.*

Director, Physical Education, Government First Grade College Bangarutirupathi-563116

Abstract – The capacity of the person to manage mental & emotional elements assists task success as well as providing a psychological basis for trust & health. Psychology of the sportsperson is very important for achieving the heights in sports. It includes various components physical, mental, spiritual and good emotional health of the sportsperson. Psychology includes the various components like personality; attitudes, anxiety, aggression and stress also play a vital role in sports. This paper identifies all these factors and their importance for the sportsperson to become the elite and successful sportspersons in their life.

Key Words - Sport, Psychology, Attitudes, Anxiety, Aggression and Stress

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INTRODUCTION

In two Greek words 'psyche' and 'logos' the term 'psychology' comes to life. The word "psyche" in Greek speaks of "life" or "soul;" the term "logos" means "discourse" or "study." In the past it has been known to be a soul research discipline. During Vedic & Upanishadic times in India the study of such questions became the main concern. Several aspects were studied of mental processes. The following Schools gave comprehensive accounts of the mind, mental processes, & methods of mind control, including Yoga, Samjya, Vedant, Nyaya, Buddhism & Jainism. The Department of Psychology was founded at the Calcutta University in 1916. Sports psychology uses psychological expertise and skills to discuss optimum success and well-being in sports & sports organisations, growth & culture, and processes problems relevant to sports.

BRIEF HISTORY OF SPORT PSYCHOLOGY

Sport psychology has existed in some form for almost as long as psychology itself. The first recorded study in sport psychology took place at the close of the nineteenth century. Norman Triplett (1898) performed what is often cited as the first experiment in social psychology as well as the initial in sport psychology. He demonstrated that cyclists tended to cycle faster when racing against other cyclists than they did alone. However, it was not until the 1920s that Triplett continued research on sport which formally developed the field of sport psychology. The athletic research laboratory of the University of Illinois was set up by Coleman Griffith in 1925. The 'Father of Sport Psychology' is often

referred to as Griffith, who often positions the psychology of sport by producing a university course, creates two main textbooks & serves as an advisor to professional teams. However, there was no smooth improvement in sport psychology, and the Athletic Research Laboratory ended in 1932 because of a lack of funding. There was little activity in the field of sport psychology between the 1930's and 1960's, at least in the Western world. In the Soviet Union, prior to the Second World War, sport psychology arose as a discipline. It's hard to obtain detailed knowledge during the Cold War about the practise of Soviet psychology but it is widely held that Eastern European teams hired sports psychologists during the 1960 Melbourne Olympics (Kremer, 1994). We are certainly aware that in the early 1970s East German & Soviet teams regularly employed sport psychologists in international competitions to improve their athletic performance. In the 1960s, the USA reappeared & several years later it acquired sport psychology in England & rest of Europa. Since then the field has grown to one of the largest rising academic disciplines worldwide. Interestingly enough, the sport psychology research had previously been strongly situated in relation to psychology in the area of sport science. However, this could change. Sport psychology was accepted by the American Psychological Association in 1986 as a psychoanalysis branch and in 1994, the British Psychological Society established a Psychology Sport & Training Section that now comprises an entire division of society

WHAT IS SPORTS PSYCHOLOGY?

The mind is the last boundary in sports sciences, all other systems are commonly utilized to enhance the performance of athletes. The science of human movement, kinesiology, is commonly used to enhance the movements of players. Even the athletes sampled blood & chartered their biorhythms (Straub 1980). He clarified further that the general input of an athlete just seems to have been overlooked. Even so, the study of psychology applied to athletes and to the athletic situation. Science is why we do what we do in the field of sports. Singer (1980) believed that psychology was, and still was, an aspect of sport. This realisation is very new in this part of the world & most often does not even include athletes. Ikulayo (1990) says that sports psychology is a sportive science that incorporates the science of psychology used in sporting circumstances by sportsmen / women. It could be also described as an effort to evaluate people in sport situations in order, in various psychological ways, to analyse, explain, identify, change, or predict behaviour.

Vipene (2005) also described sports psychology as a science dealing with physical performance emotional aspects. This is an attempt to describe and predict an athlete's actions in the competitive sports climate. The psychological science of sport ends in the field of play alone for an athlete. It spills over into other facets of the athlete ranging from playing field to his own domestic activities. This sporting science must also be extended to competitors. However, there has been cases where psychologists and Psychiatrists work with athletes. The concern has been to make the athlete better.

PSYCHOLOGICAL FACTORS EFFECTING PHYSICAL PERFORMANCE

Physical success in sports no longer relies on the athlete's physiological well-being. The fact that numerous psychological factors affect & enhance your physical performance is now well known. The point where physiological response potential reaches the dead end, the psychological process seems to make the athlete click, by providing the boost or energy to achieve the goal, which physiologically seemed impossible. That is why psychological training and conditioning are now-a-days a part & parcel of total sports training programmes.



IMPORTANT PSYCHOLOGICAL FACTORS WHICH AFFECT THE PHYSICAL PERFORMANCE ARE:

Individual differences among the athletes

Each athlete is unique to oneself. In addition to physiological variations like height, weight, respectively, psychological differences are also related. Some athletes may be bold and extrovert, while others may be shy, introvert and retreat, & their level of awareness may also vary. Certain athletes are born psychologically healthy, while others are weak. Weak-determined athletes are unable to do their work. Therefore, individual variations in sport performance are an unavoidable phenomenon, & according to each athlete's personality the teacher / coach should adapt his approach.

Personality

The human personality is an incredibly complex system, deeply woven into a pattern that balances the draws & pushes of the outside world through motivations, emotions, behaviours & thoughts. It is his being's totality that comprises his physical, mental, emotional & temperamental composition. He is personally defined by his experiences, perceptions, memories, fantasies, instinct, behaviours, thoughts & feelings. Consequently, differences in personality are unavoidable, since two people do not have identical characteristics of personality. Sports excellence is focused on personality attributes. The most conducive personality characteristics in sports need to be established & cultivated. Therefore personality is a significant psychological aspect that influences the outcome of any sports performance to a considerable extent.

Intelligence

Intelligence is an individual's combined mental ability or resources for purposeful action, critical thought & efficient handling of one's environment & intelligence requires consciousness, an objective, and a meaning. It is a capacity for

taking on complicated, dynamic tasks that contribute to the development of new and different things. Individual intelligence plays a crucial factor when it comes to functioning physically. The more nuanced & interpretive the movement, the more intelligence it requires to be understood. Complex skilled interventions are part of athletic events. Since all professional activities are smart, there could be no questioning the connection between sport success and intellect.

Stress

Stress is described as a physical, mental or emotional need to disrupt the body's homeostasis. It's a daily part of life, we could probably 'discourage' if there were no tension. Stress in life and in sport is unavoidable, and all performers, musicians & athletes perform their duties at various levels of stress. The word can refer to any strain, whether because of your career, schoolwork, marriage, illness or a loved one's death. In all these, shift is the common denominator. Loss of awareness raises this fear as any shift is seen as a "threat," Hans Selye has developed a model for the potential effects of chronic stress on the body. His model is the general syndrome of adaptation that occurs in three stages: warning, resistance, and fatigue.

When the individual meets threatening stimuli or circumstance, the alarm stage is triggered. The warning stage is a relative short time when the fighting or flight response is triggered. The process finishes, when the danger is avoided, & body is relaxed. The resistance stage starts if the danger does not end & first response becomes a long stress. The state of activation is chronic and mild. It can't be kept forever. When the resources and power of the organism are utilised by sustaining an extended state of resistance, the state of exhaustion begins. Selye thought essential resources had been stripped from the immune system, which made the organism vulnerable to disease, exhaustion and injury.

Attitude

Attitudes are about thoughts and feelings. Attitude is often thought to predict behaviour attitudinal responses are also evaluative in nature. They are significant in deciding the kind and extent of the learning that takes place and reflect the likes and dislikes concerning a specified object of action. For example, if a child says "I like running", it reflects his attitude towards running, and if a child says, "I don't like running" it shows this child's attitude towards running. Attitudes involve knowledge and beliefs. Attitudes are developed through direct experience and interpersonal communication. Positive beliefs and values concerning physical activity result in development of good and positive attitudes, enabling the athlete to strive hard for better performance.

Motivation

Motivation is strength, a force that motivates a person to act or to act in a particular way, at a specific time, to achieve the defined purpose. In the absence of motivation, either there will be no learning, or very little learning, and the learned activity or skill will be forgotten very soon. Motivation is the first requisite of efficient learning. Motivation is important for overcoming the challenges that would otherwise have negatively affected the results. Many top-class athletes have struggled to accomplish their mission without due consideration, great interest, the right mindset & resulting maximum encouragement. It is also important to find ways & means to inspire athletes to perform better.

Aggression

Aggression is an aspect of man's actions and is required to survive and fight for greater accomplishments. Clearly, competing for supremacy, supremacy & sport excellence means violence. In one way or the other, violence is natural and unavoidable in sports. When animosity overcomes violence, the situation becomes disturbing & anti-social. Aggression can lead to an athlete's success, as it makes it more difficult for the athlete to succeed. In order to play safely & perform better, athletes have to be helped to minimise & control violence. As allowed under the rules governing the game, acceptable levels of aggression appear to promote & enhance effort and hamper and delay success in sport at either low or high levels of aggression, from the other hand.

Arousal and Activation

The term arousals reflect the varying degrees of readiness to perform physically, intellectually, or perceptually. Activation is a short term change of energy mobilization, and implies raising of energy above an individual's arousal, baseline, for a brief period. Arousal and activation are the bodily states and feelings that indicate the degree to which an athlete is physically and emotionally ready to perform. With appropriate levels of activation and arousal athletes tend to see better, think more clearly, and concentrate longer regarding the impending situations. Over-excitement over-activation and Over-arousal of an athlete may result in reduction of performance, or even in an inability to perform at all, whereas, optimum levels of arousal and activation at the relevant time may definitely help in better performance. It is, therefore, necessary to know what are the real activating forces that push and pull an athlete to move or act for achieving the goal.

Anxiety

Anxiety means an unexpected & uncomfortable state of mind; emotional reactivity; excitement; nervousness; & unreality. Anxiety is a central component of any competitive situation & competitive success cannot take place without a certain amount of anxiety. Nor does it lead to athletic success either too high or too low anxiety. Appropriate fear results in good results. Sports people would struggle to achieve their target if they did not learn to deal with challenging competitive conditions by controlling anxiety.

Attention and Concentration

Attention is the emphasis of awareness on one thing. It's the mechanism of clearly before the mind getting the object or thought. It helps bring mental alertness & preparation and, thus, you are alert & alive and try as effectively as possible to exercise your own mental & physical strength. Giving high quality attention to the skill /task during sports competition is important for effective performance. Various cognitive strategies and intensive over learning of skills may enhance the capacity to focus attention on the task at hand resulting in better performance. There are number of factors which distract and reduce attention and concentration, which in turn will result in poor performance.

Mental Imagery

Athletes may mould their emotional condition and how they approach their physical efforts through mental capacity & imagery. Such mental practise helps the athlete by thinking about & imagining the efficiency and accuracy of the specific skill or task. Mental imaging of competitive critical circumstances is important for improving the battle spirit in order to help an athlete organise himself better. The mental evidence of competitive conditions definitely leads to an enhancement of the emotional & physical condition of the competitor. It also contributes as required in the smooth flow of energy.

Group Dynamics

A sports team includes different individual athletes, each with a different emphasis & interpretation, often interfering with the team's success. Better results can be achieved if every team member incorporates his personal feelings & expertise into a complete team effort. The effectiveness of a team depends on how closely the team works & feels together, i.e. The team members' relational unity represents the product of the results. Group dynamics & success thus affect each other and are further affected by the stability of the team's employees. Better cohesion of the group was found to be generally more effective.

THE ROLE OF SPORT PSYCHOLOGY IN SPORTS PERFORMANCE ENHANCEMENT

Sport Psychology plays a great deal in achieving the nations' goals, and so Sports Psychology has a few of the roles to play in increasing success.

1. As the whole personality of the athlete plays a major role, some of the sports psychologists' major roles lies in athlete's behavioural control. It's used for performance enhancement through the modification of undesirable attitudes.
2. A sports psychologist focuses on the individual's emotional dispute and needs & makes choices that are important to success or failure during the match. They must be treated as individual realizing their differences hence the need of one person must be separated from those of another person who comes from a different background.
3. The Sports Psychologist Ikulayo (1990 & 2003) also reports on crisis action. Crisis is defined as an extreme condition where an athlete's success is achieved excellently or hindered. Ensure athletes' high standard of success-under competition pressure, applying different psychological concepts before, during & after competitions. The sports psychologist assist the athlete to block out stress provokingly Thoughts, discouraging self-doubts, avoidance of negative imagery & inhibitory self-statements that may impair sports performance.
4. In the psychologist's mental preparation the element also includes our perception of the factors that affect the athlete as per Adedeji (1987). These are social status, the home, the economic background, their religious setting, physical tolerance, the moral background, social status and value system in the society.
5. The sports psychologist frequently assists in the development of success OT of the participant, in order to promote the learning process.
6. This could be achieved through team building by conduct checking & tracking. Psychology of sports also facilitates contact between athletes & the public. Interpersonal contact between athletes may also be involved. This is a critical position. Communication is of great importance and in our diverse communities, workplaces respectively. It is not supposed to be identified or known

by the user. To establish a cordial relationship, you should tell the person what to do. When contact is established, a partnership is established and care plans that differ from person to person could be drawn up. Treatment could only include talking to someone who could help restoring the confidence of the athlete if he or she is not self-confident.

7. Learn how to deal with pain by the athlete. As per Adedeji (1987) it is important for an athlete to understand what is suffering and the relationship between pain and progress in sport.
8. In inspiring athletes, the sports psychologist uses his or her individual intelligence actions. This time encouraging the athlete to take part in training by different means, makes him or her feel the success of training, and also makes them have a say in the training plan. Motivation does not signify material reward like money, home, vehicle etc.
9. Another important field where sports psychology can assist in improving sports performance is stress management. Stress management in athletes is established. There are different strategies to deal with tension.
10. Ten. Among athletes, discipline is taught intentionally. The sport man / woman discipline enables the person to establish very high self-esteem, so that they can improve results, build trust & make the athlete happy to be involved with sports (Weinberg 1995). Self-esteeming athletes will become more inspired & effective (Core 1990).

CONCLUSION

For decades, the value of sports psychology has been achieved, but very few coaches and athletes think about ways to enhance their results. Many coaches and athletes also concentrate on athletic success, but a mix of physiological factors, technical abilities, tactical insight & state of mind decide sport performance. The top performance of all four variables is critical. But it can be argued that the last is the executive function, when the mind decides whether or not what you've trained in recent years is made known – but it's that part of sports success that is generally least regarded in training for competition at the time when it's necessary. Therefore it is the mind that provides maybe the greatest opportunity for competitive advantage in a world where many athletes are mentally, technically & tactically more and more alike.

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Corresponding Author

Sathish B. P.*

Director, Physical Education, Government First Grade College Bangarutirupathi-563116

sathishbsv@gmail.com