

OVERVIEW ON SPORTS PSYCHOLOGY

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ABSTRACT

The sport psychology is the modern branch of psychology. It is more advanced in western country like G.D.R. This sport psychology is essential teaching to every national team. The modern psychology is the study of internal and external behavior of a man in the field of sports is called psychology in sports (By wanton). The external behavior is the expression of thinking and movement. But the internal behavior is the expression of feeling. This behavior are also called respectively as overt behavior and co-overt Behavior.

It is entirely being recognized that accomplishments in sports is only depend on health, physical education training practice, schedule, genetic factors, quality experience but also psychological factor. The training and physical preparation of bodies have been emphasized for a long time but new mental preparation and right attitude of athlete are as know ledged at strong underlying components for success. The psychological theory which are highly relevant to human performance in physical activities may not justify the situation in top level sportsmen/ sport, competitive sports. So it became very much necessary to understand more about sports and psychology of sport/sportsman. So stimulus associated with right response. This theory is very useful to a coach that how the condition of stimulus (effect of exciting or feedback) and how they will give to the play to change into right response.

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INTRODUCTION

The term psychology is the combination of two Greek word i.e. 'Psyche' and 'Logos' which mean 'mind' and 'study' respectively hence psychology can be regarded as the study of mind however it was difficult to study mind because it was an abstract concept which could neither be touched nor seen by the people. The later development which took place in psychological area of science indicated that since the activities of mind are reflected in our behavior, they can be observed and studied scientifically. The mind can be read through the behavioral ministrations of the individuals. So with the passage of time psychology become "science of Behavior". The behavior which is both internal and external as a whole. The inner subjective feelings and various psychophysical changes form the part of internal behaviors whereas the overt bodily actions, gestures, postures, vocal expressions etc, constitute the external behavior of the individuals. There are three components of behaviors of the individuals. There are three components of behaviors namely cognition (knowing) Conation (doing) and Affect (feeling). All these components of behaviors can be studied with the help of various psychological method, Questioning method, Experimental method, Testing method Introspection method.

If the study of behaviors is restricted to general populations only it remains general psychology but when it covers a particular group or situation and utilizes the general psychological concepts for practical purposes in some specific field of activity then it becomes practical or applied psychology. As is the case of sports. Then we apply various psychological principles laws and concepts in sports situations then it becomes-sports Psychology. To be more comprehensive we can define sports psychology as a "Science of Behaviors of those involved in the field of sports" which means that in sports psychology we study not only the sport man and woman but also those people who are directly or indirectly involved in sports situations. These people may be coaches mentors, planners, organizer of game, audiences and so on.

Psychology can be defined as the study of soul in Greek word. The psychology can be divide into (soul) and logos (Study). The Psychology is the study of mind, consciousness and should.

The psychology deals with knowledge of behavior and it is psychological means psychology is necessary for a coach. The psychology tells us about the old knowledge mental condition of a player coach and judge. The coach can judge that player is the fit for which game.

Sport

Sports All physical activity which we can face, is called sport. It may mentally or physically. Sports is also related with the evolution of man and other motor quality, related to sports. Through the sport we can develop the personality of a man.

Sport Psychology

The origin of sports psychology as a scientific field can be traced back to the year 1965 when a Roman psychiatrist Prof. Ferenczi founded the international society of sports psychology in Italy. There after the sports psychology has grown a great deal and spread in various countries of the world. However lot remains to be done to establish sports psychology as a separate scientific discipline like other well established branches of applied psychology.

With the advent of various sports Sciences as helping measures for athletes to attain peak level performance in competitions, sports psychology is gaining increasing importance amongst all because in modern competitive sports the competitions at some points highly depend on the psychological capacities of the athletes.

Though sports psychology as a science is in its infancy yet it has already made its marks which are being further taken ahead by the sports conscious countries in the world.

The sports psychology can offer many important helps to coaches and athletes for psychological preparation of high level competitions it can help during training also where the training schedules can be made according to the individual psychological make up of the athletes. It can help in reducing presumptive tensions through the psycho regulatory procedures. It can suggest the ways and means for motivating athletes for giving maximum performance. Various psychological tests can assist the selectors in selecting the probable of right temperament, intelligence, confidence and other desirable psychological qualities of proposing athletes.

The knowledge which applied in the field of sports, is called sport psychology. The sport is a psychological activity. In modern society takes more interest is psychology of sports. When a sport man try to win a competition, there are some right type of attitude and motivation is required. The psychological optical plays an important role in good performance in sports.

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The role or psychology in sports has given has given to a new branch of psychology is called a sports psychology. Sport psychology is a recent researched branch of modern science of sports according to.

According to John's Lather - Sports psychology is an area which attempt to apply psychological fact and principal of training, performance and associate with human behavior in whole field of sports.

Robert N. Singer says that sport psychology explains ones behavior in athletes.

Dr. Ghose defines sports psychology as “the science of athlete is mind and its faculties.

Krishna Moorthy & Pham Shan arm : Sport psychology deals with psychology of athletes both at rest and in action.

Sleet(1973) :The discipline of psychology of sports is by no means limited to study of athlete or behavior in athlete competition. Sport psychology research is also interested in acquiring knowledge regarding, crowd behavior, rehabilitation and therapy though physical activity, motor skill, acquisition. Play group dynamics, readiness, prop reception, motor deductibility, body image, personality and physical ability and phenomena of movement.

The definition of sports psychology as given by American sport psychologists like john D. Leather and Robert N. Singer explains the definition pull forward by steel indicate

that sports psychology is not limited to study the behavior of athlete and to motor learning. It covers the many things in psychology of spots.

Herbert Hag : A well expert in sports pedagogy states that sports psychology has two part.

1. Psychology of motor learning.
2. Psychology of sports.

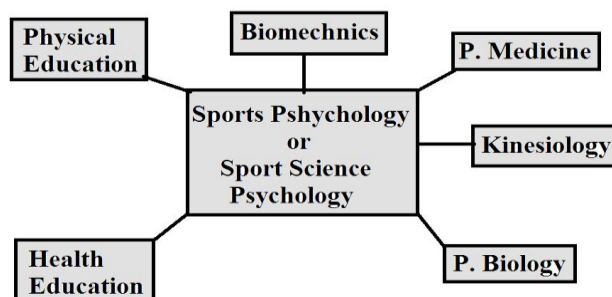
According to him psychology of motor learning will cover the study of the psychology in term of which skill, knowledge and attitude regarding sports, are acquired and retained or learned yet mote specially. It considers the neurological conception of this process, developmental, perceptual and motor behavior. As kinesthetic and performance, general method of instruction and law, and principal of learning appreciate to psycho motor skill. On the other hand, the psychology of sports examines the psychological variables of personality. Motivation, intelligence and emotional status as they effect or are effected by sporting activity i. e. It consider the relationship of such variables to participation success pattern in sports.

We may also consider the similar opinion expressed by Dr. H. T. A. Whiting in 1972 who status that sport psychologist might approach his study of behavior in sport situation in different whys, dependent upon the training interest, facilities and in elevations. Two main area suggested by him.

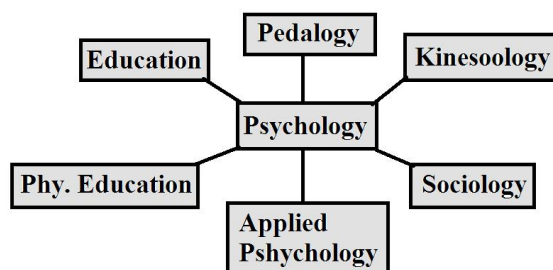
1. Skill learning and performance.
2. Competition.

He also states that sports psychology is not only interested in high level performance but he is primary concern with some behavior in competitive situation also. Thus the psychology of sport competition represent frame work into which much of what has been said, might be fitted. Although these may be genetic predispositions which effect the development of such behavior. It is primary out come of learning occupations a central position within psychology and competitive behavior. As a learned phenomena is legitimate area of study for psychologist in general and sports also.

To conclude, it can be said that sports psychology has become an important branch in the field of sports science. The sport science has been used into a great extent from the last few years. Sports science is a recognized as an independent science in European Science department. And the expert in European country consider the sports psychology as one of the sport science like sport medicine, sport Biology kinesiology, Biomechanics, physical education and health Education. The different branch of science have been shown as systematic diagram below-



Sports psychology is a independent branch of sport science has occupied a position of importance in these days and research work has started in this field of sports. The research in the different area of sports psychology has drawn strength from diversifies view points conversed by many discipline like as psychiatry, applied psychology, Education and pedagogy, physical Education, sociology and kinesiology.



Sport psychology is one of the sport science which deals with motor learning and psychology of competition or sp. Psychology is theoretical field of sport science that deals with the possibilities and boundaries of psychology through sports.

SCOPE OF PSYCHOLOGY IN SPORTS

It recent year, psychologist have been working on many diverse problems in the various folds. The knowledge of psychology is being used in the military organization, not only for the requirement purpose. Bur for modern warfare technique and teach is. In industries, it is role being emphasized for the effective organization as well as for more productivity. Similarly in field of sports, its importance can never be over estimate not only for preparing the athlete / player for appetitive sports, but its very essential for becoming a good coach.

In sports, we finds many problems which are fascine by our playas/athletes which are of psychological in nature, e.g. problem related with –

1. Education reconditioning.
2. Motivation technique for learning new skill in playing field.
3. Psychological preparation for a contest and hazards evolved in it.
4. Teaching and coaching method.
5. Motivation for peak performance.
6. Perceptonal development and the learning of movement pattern.
7. Relationship or personality traits to athletes progress.

To obtain the scientific information containing these problems of motivation motor learning emotional evolvments, perceptonal development and theory of personality. We have to look after forward to the knowledge of psychology. We have to study need and drives feeling and emption. Reflexes and reactive time, anxiety, and aggress ness, sensation and perceptions, principles of transfer of learning and many other psychological phenomena in the field of sports.

Sports being a psychosocial activity leaded with competition and co-operative spirits gives rise to psychological stress and strain. Exoterically when a athletes has to face an unexpected defect. The coach with the help of psychological knowledge would train the

athlete to handle such a situation in a true sportsman spirit. The training should induce in the player the skill of adaptability to the psychological stress and strain emotional problem can be handled. So that the players can face situation in realistic manner and proper spirit.

A coach has to plan and arrange his training activities in accordance with same established psychological principle. Any good coach has to apply the psychological principles –

1. To understand, accept and help each player.
2. To state their goal, targets and expectations.
3. To adopt the training method and practice period according to individual players needs interest and ability.
4. For establishing rapport with athlete and player.
5. To Give each Player a sense of fitness, both physically and mentally.

The field work of sports can greatly benefit from the knowledge gained from the various area of psychology. The coach as well as the others who are interested in improvement of athlete performance have to face such questions.

1. How can highly skilled performance be developed.
2. What factors should be emphasized to enhance the learning situation.
3. What factor of growth and development need to be considered.
4. What is role of personality, Profile or specific traits in contributing to outstanding achievement.
5. What are the main area where experimentation in sports is needed.
6. How the interpersonal and social relationship between the individual players in the same group effect the performance of the team.
7. What type of psychic problem occurs in the field of sports.

To answer these questions, one has to take the help of knowledge of various area of psychology. How sports is related with the various area of psychology is shown through following diagram.

The psychology of learning investigators, learning process and the various factors evolved in it. It is also attempt to provide a basis of learning. Principles such as motivation, retention acquisition, reinforcement and transfer of training. A definite need arise for coach to learn, learn and apply the research and concept because these factors operate the skill performance.

The knowledge of social psychology supply information on the social dimensions of human behavior i.e. How attitude, and value forms the nature of group dynamics and effect of group individual's behavior. The sport situation where people from various social a economic background are involve, is one of the most unusual phenomena of our times. The socio-metric technique help the coach to asses the group structure of his team and to bring the group cohesion. If it is lacking.

The developmental psychologist is interested in the origin of behavior in heredity and environmental factors and its intention. He also studies the behavior of infants, children adolescents, young adult in relation to their physical and mental social, emotional growth and developments. Any coach dealing with a group of athlete and player should aware of the characters that associate with his teams age group. He should provide the training to technique according to their maturational levels.

The clinical psychologist is involved in understanding personality, disorder, intellectual, determination, as well individual difference in behavior. He studied the emotional problem of individual and also diagnosed the mental illness of various type sports evolve situations which are full of emotional hazards. The athletes and players faces situation which are full of frustration, conflicts, disappointments, anxiety, fear and aggression. How to recondition those emotional problem. A coach has to seek the help of clinical psychologist.

The research of these psychologists provide a basis for understanding and predicting behavior of sportsman at various age level. This knowledge help us know about –

1. Psychological conditioning of sportsman.
2. Psychological preparation of athlete or player as motor learning or skill equitation.
3. Psychology of oceanic which effect the performance of sportsman/player.
4. Personality traits of sportsman and their relationship with sport performance.
5. Psychological causes of Peak performance and psychological effect of top performance of the player.
6. Psychological principles applied in the field of sport and physical education.
7. Psychological aspect of sport training.

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