

ISSN: 2249-894X Impact Factor : 5.7631(UIF)

Volume - 8 | Issue - 9 | June - 2019

REVIEW OF RESEARCH

International Online Multidisciplinary Journal



Journal No.: 48514

IMPORTANCE OF SPORTS PSYCHOLOGY



Ravi Gola

Ravi Gola

M.P.Ed, M.Phil, (Ph.D)

Research Scholar, Reg No : (Reg.No. 00609216038), Asst Prof In Physical Education.

ABSTRACT: From the time of Stone Age to this electronic or space age, to excel in any field has become a tendency of all human beings. In the field of sports and games.....

Page No :-37

Editor - In - Chief - Ashok Yakkaldevi



International Online Multidisciplinary Journal
REVIEW OF RESEARCH
ISSN NO: 2249-894X

Review of Research (ROR) Journal is an Online International Multidisciplinary Research Journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double-blind peer reviewed referred by members of the Editorial Board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

OUR CHIEF EDITORS

India



Ashok
Yakkaldevi

Iran



Bijan
Goodarzi

Bucharest



Ecaterina

Sri-lanka



Kamani
Perera

Associate Editors



Dr. T. Manichander



Sanjeev Kumar Mishra

Associated and Indexed, India

- ♦ MENDALEY
- ♦ GOOGLE SCHOLAR
- ♦ CITULIKE
- ♦ ENDNOTE
- ♦ ZOTERO
- ♦ DRJI

Content

Sr. No.	Title and Name of The Author (S)	Page No.
1	Assessment of Health Status and Dietary Intake of Adolescent Girls in Urban Patna: A Case Study Dr. Pragati	1
2	बाणगंगा नदी बेसिन के अपवाह क्षेत्र में परम्परागत विधियों द्वारा जल पुनर्भरण का एक भौगोलिक अध्ययन ममता सैनी	5
3	ग्रामीण क्षेत्रों में संस्थागत वित्त का प्रवाह व भूमिका ममता कुमारी	13
4	हरियाणा में पंच व सरपंचों का निर्विरोध चुनाव : एक अध्ययन डॉ. मीनू अजय कुमार	17
5	स्त्री-विमर्श : अवधारणा एवं स्वरूप श्री. अनिल शिवाजी झोळ	21
6	राष्ट्रवादी इतिहासलेखन : जागतिक वळवी विश्वास गोरखनाथ	25
7	Estimation of Biomass from The Terrestrial Weeds. Prakash N. Gholap	31
8	Importance of Sports Psychology Ravi Gola	37
9	Development of Personality Through Sports Shri.Vijayakumar T. B. and Dr. J. S. Pattanakar	41
10	Effect of Sudarshan Kriya Yoga(Sky) and Meditation on Intuitive Intelligence: A Major Tool of Decision Making Anupriya Gupta and Dr. Prativa Sree Swain	45
11	Need and Importance of Librery Automation Dr. Kate Namdeo Ramkishan	49

According to Singer, "Sports psychology explores one's behavior in athletics."

According to Brown and Makoney, "Sports psychology is the study of the application of psychological principles to sports and physical activity, at all levels of skill improvement."

"Sports psychology is the scientific study of persons and their behaviours in sports contexts and the practical application of that knowledge."

"Sports psychology deals with increasing performance by managing emotions and minimizing the psychological effects of injuries and poor performance."

It is clear from the above -mentioned definitions that Sports psychology is the study of behaviour and various psychological aspects in the field of Sports.

IMPORTANCE OF SPORTS PSYCHOLOGY

It is a well-known fact that in the field of sports the Sports physiology and sports biomechanics have achieved a very high level and the scope for further development seems to be less. For example, the strength, speed or endurance etc. which are the aspects of sports physiology have reached almost at maximum level. In the same way, the development of techniques has also reached near to the point of saturation. The further development or improvements in these aspects are very less. So, the only scope for further improvement in sports performance depends upon psychological aspects of physical education such as personality traits in relation to sports and games, sports intelligence, motivation for physical activities, growth and development, motivation, emotions, interest, attitude, motor skill learning and individual differences, etc. As a matter of fact Sports psychology plays a very vital as well as a vast role in the field of physical education. The following points may enable us to know the importance of Sports psychology.

1. Enhancement of physiological Capacities.

Sports psychology plays a very unique role in the enhancement of physiological capacities such as strength, speed and flexibility, etc. Motivation plays a major role in the enhancement of physical capacity of sports persons. It is well-known as well as an established fact that psychological capacities or powers can increase psychological capacities of individuals.

2. Learning the motor skills.

Sports psychology plays its major role in the learning of motor skills. Motor skills learning depends on the individual's level of readiness, i.e., physiological readiness and psychological readiness. Physiological readiness in children is development of the necessary strength, flexibility and endurance as well as the development of various organ systems so that they may perform motor skills required in the activity. Psychological readiness is related to the learner's state of mind. It means the desire and willingness to learn the particular skill. In psychological readiness, Sports psychology plays an important role. Sports psychology is also helpful in the cognitive stage, the associative stage and the autonomous stage of motor skill learning.

3. In Understanding Behaviour

Sports psychology helps in understanding the behavior of athletes or sportspersons engaged in competitive sports. Coaches also come to know the interest, attitude towards physical activity, instincts, drives and personality of sportspersons. It does not play its role in modification of behavior in sports situations.

4. **In Controlling the Emotions.**

Sports psychology plays a very important role in controlling the emotions of sportspersons during practice as well as competition. Generally, these emotions may bring spontaneous changes in the behavior of sportspersons. These are anger, disgust, fear, negative self thinking and feeling of ownership, etc. If these emotions are not controlled well in time, the performance may be decreased. Sports psychology plays a vital role at such juncture. It helps in balancing the arousal of emotions which further improve the performance.

5. **In Preparation of athletes Psychologically for Competitions.**

Sports Psychology also plays its role in preparation of athletes psychologically for competitions. In fact, it has become a trend to give psychological tips to athletes or team players before and after the competitions. That is why, Sports psychologists, services are required with a national level and international level teams. They create the will 'to win' in the players.

6. **Role in the Emotional Problems of Sportspersons.**

Stress, tension and anxiety are natural during practice period and competitions or tournaments. There may be some emotional problems such as depression, frustration, anorexia and panic etc. The knowledge of Sports Psychology may be helpful in such situations. Techniques of relaxation and concentration for stress management can be applied on sportspersons who are under such problems.

Conclusively, it can be said that sports psychology plays a very vital role in enhancing the performance of sportspersons. It deals with the various mental qualities such as concentration, confidence, emotional control and commitment etc. which are important for successful performance in sports and games.

CONCLUSION

Sport psychology plays a critical role not only in the enhancement of performance for athletes, but in the development and maintenance of psychological wellbeing within the competition environment. There is increasing recognition in the sport community that supporting athlete mental health is a vital aspect of competition performance, and is as integral to success as the competition skills to perform. The profession of sport psychology provided a very meaningful contribution to sports science service delivery for the Australian Olympic Team at the 2012 London Olympics, to facilitate athlete wellbeing and maximise the psychological skills required to compete at the highest level of international competition.

Sport psychology needs to continue to develop as a profession to ensure comprehensive, holistic and evidence-based psychology services are available for athletes and teams, providing the range of services required to achieve peak performance. Equipping athletes with an understanding of their psychological functioning, and building the ability to implement a range of psychological strategies in competition, enables athletes to both execute their skills and thrive under pressure as they strive to reach their performance potential.

IMPORTANCE OF SPORTS PSYCHOLOGY

REFERENCES;

1. Bunch, M.E. (1958): "The Concept of Motivation"
2. Clifford. T.M; Richard A. King; John R. Weisz; John Schopler(1986), "Introduction to Psychology" 7th Ed; McGraw Hill Book Co.
3. On Learning Values Through Sports, Quest 1 (Dec. 1963) pp-23-29