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IMPORTANCE OF SPORTS **PSYCHOLOGY**



RaiOpla

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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

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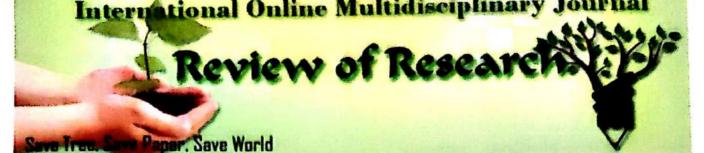


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According to Singer, "Sports psychology explores one's behavior in athletics."

According to Singer, "Sports psychology explored by According to Brown and Makoney, "Sports psychology is the study of the application of According to Brown and physical activity, at all levels of skill improvement." psychological principles to sports and physical activity, at all levels of skill improvement." logical principles to sports and physical activity of persons and their behaviours in sports contexts and "Sports psychology is the scientific study of persons and their behaviours in sports contexts and

the practical application of that knowledge."

ctical application of that knowledge.

"Sports psychology deals with increasing performance by managing emotions and minimizing "Sports psychology deals with increasing performance."

the psychological effects of injuries and poor performance."

chological effects of injuries and poor performance of the study of th 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 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.

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com reac MPORTANCE OF SPORTS PSYCHOLOGY

In Controlling the Emotions. controlling psychology plays a very important role in controlling the emotions of sportspersons sports well as competition. Generally, these emotions must be sportspersons. sports pay well as competition. Generally, these emotions may bring spontaneous changes in the wing practice as well as competition. These are anger, disgust, fear, negative sale them. during practice as the performance of sportspersons. These are anger, disgust, fear, negative self thinking and feeling of behavior of sportspersons are not controlled well in time. the performance of th behavior of sport of these emotions are not controlled well in time, the performance may be decreased.

ownership, etc. If these a vital role at such juncture. It helps in balancing the ownership, etc. ... 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 sports psychology the performance. sports 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 ompetitions. 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 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.

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1. Bunch, M.E. (1958): "The Concept of Motivation"

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