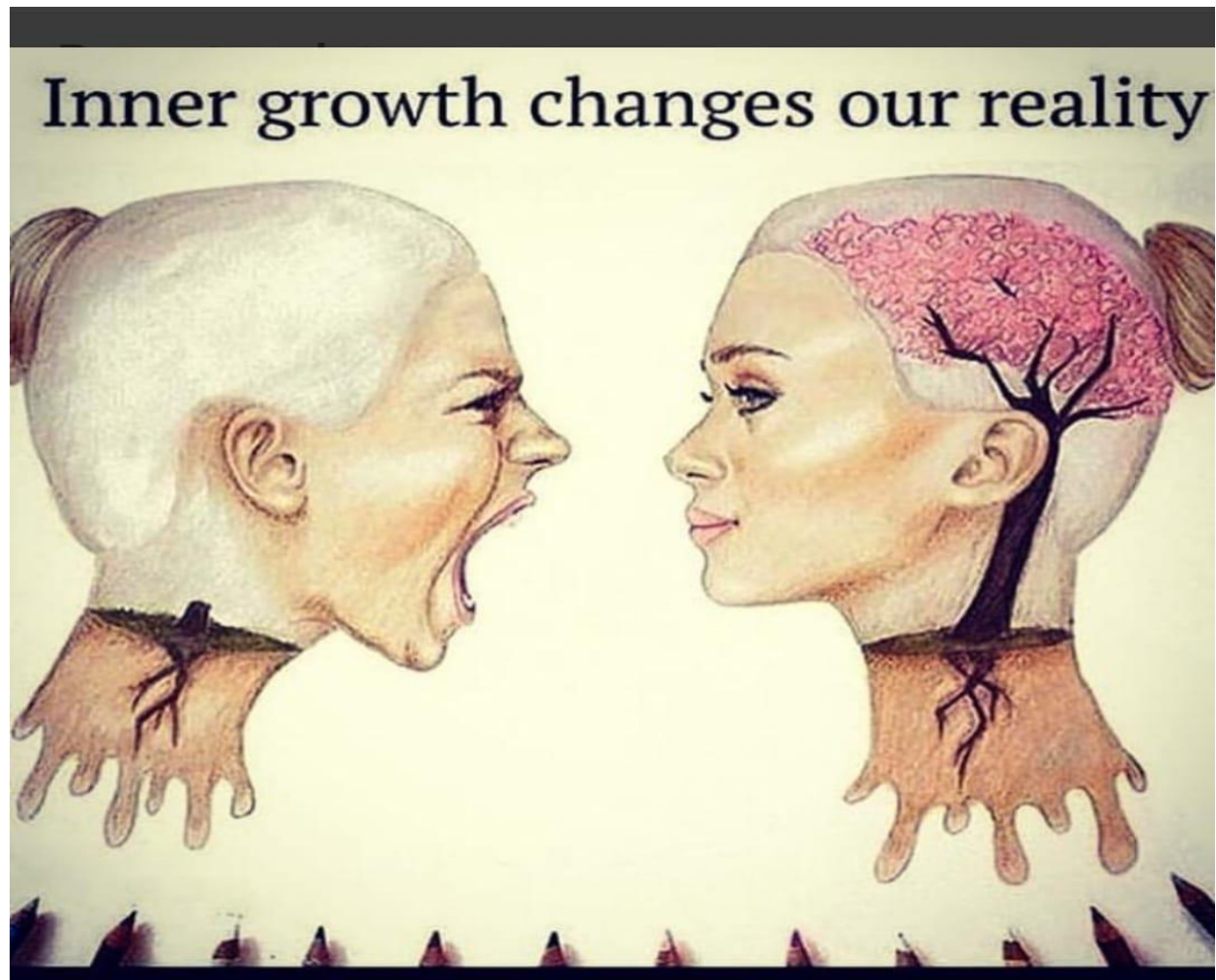


Tamil Nadu Physical Education and Sports University

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Department of Physical Education

Sports Psychology



Study Material

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Define Psychology (2 Marks)

Psychology is the study of human behavior and human relationships.

The word *psychology* was formed by combining the Greek *psychē* (meaning “Soul,”) with – *logia* (which comes from the Greek *logos*, meaning “Knowledge , Science”).

Psychology is the scientific study of the way the human mind works and how it influences behavior, or the influence of a particular person's character on their behavior.

Define Sports Psychology (2 Marks)

Sports psychology means applying psychological theories and concepts to aspects of sports such as coaching and teaching.

Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity.

Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations.

According to M. L. Kamlesh sport psychology is the application of psychological principles to sport and physical activities at all levels of skill development.

Write short notes on Sports Psychology (5 marks)

“ Sports psychology means applying psychological theories and concepts to aspects of sports such as coaching and teaching” .

Sports psychology is concerned with analyzing human behaviour in various types of sport settings. It is individual behaviour acting individually and acting in a group.

The sport psychologist uses psychological assessment techniques and intervention strategies in an effort to help individuals to achieve their optimal performance. Sports psychology is an applied psychology with three major activities such as clinical, educational and research.

According to M. L. Kamlesh sport psychology is the application of psychological principles to sport and physical activities at all levels of skill development.

Sports psychology focuses on learning and performance, and training and performance. Sports psychology considers both the participants and the spectators. Emotional factors like tension, anxiety, stress and motivation play an important role in sports psychology. Certain amount of tension and anxiety are necessary to put forth the best performance.

The various personality factors like extrovert, introvert, intelligence, emotional stability, dominance reserved, anxiety, etc affect the performance of athletes. Sports psychology helps to make sport more attractive to prospective athletes. Family and economic conditions too play an important part in sports psychology.

Sports is the only field where sportsmen's behaviour is molded, modified and studied. Every aspect of sports men's behaviour becomes a subject under sports psychology.

Sports psychology helps to replace the earlier beliefs and practices based on tradition and conventional belief. For example, Triple jump, rotation style in discus and football were believed to harm the women but now it has been proved by researchers that there is no harm in doing these activities.

The main objective and scope of sports psychology is to help the individual and the coach to understand, explain and predict the performance. Sports psychology increases the efficiency of the physical education teacher and coach while applying psychological theories in the field.

The scope of sports psychology is very vast as it has no limit. It is still expanding. Awareness among the coaches and physical educationists about sports psychology is increasing.

Writing research articles and books in sports psychology, conducting many research studies on athletic personality, motivation, self-concept, anxiety, emotional arousal, extroversion, introversion, neuroticism, will to win, ergogenic aids, reaction time, response time, aggression, Locus of control, creativity and intelligence have increased the scope of sports psychology.

Many questionnaires in personality, anxiety, creativity, motivation, self-concept, will to win, Iocus of control, aggression and achievement motivation were prepared by Indian Sports psychologists.

Many universities have included sports psychology as one of the teaching subjects at the undergraduate and postgraduate levels for physical education course. Conducting national and international conferences on sports psychology by the Sports psychology Association of India (SPAI) provide the best opportunity for exchange of ideas and research knowledge among participants,

There are many branches of psychology which are related to sports psychology. Each branch deals with different types of athletes in action.

Write short notes on branches of Psychology (5 Marks)

Social Psychology

The study of group dynamics, including the social behaviour of sportsmen in playsituations, with group and society is one of the important part of this discipline. This also deals with the cooperation, attitude for competition, group formation, group maintenance, group cohesion, sociometry, leadership, management, social and cultural effects on the performer.

Educational Psychology of Sports

This is connected with motivation and learning of the athletes such as retention, reminiscence, transfer of coaching and teaching. Athletes must receive process and retain information for subsequent use. The coach is responsible for creating an environment in which information can be efficiently received.

Developmental psychology

This deals with the growth of human beings from birth to death. 1) The heredity and environmental influence on the performer during competition 2) optimal age for learning the skills of different types 3) The peak years of performance 4) The sex and age difference of the competitors and its influence on the performance level.

Clinical psychology

This deals with behavior and psychological disorders. This may be due to the following various reasons, 1)Injuries received during training and competition 2) Inability to adopt a particular system of play 3) Due to phobia (fear)and disappointment 4) Due to defeatism(negativity).

Explain the Need and Importance of Sports Psychology (15 Marks)

1. Sports psychology helps to predict the sportsmen's behaviour and performance. Varied behaviours may be due to psychological or biological factors.
2. It is easy to find out the problems of athletes and problem athletes.
3. It helps to formulate principles pertinent to understand the behaviour under stress and tension.
4. With the help of psychological inventories self-esteem, self- concept tension, emotion, aggression and various other personality traits could be measured.
5. Helps to find out the different traits of athletes, non athletes and various team players by using inventory techniques.
6. By using projective techniques, able to project a person's inner self like fears, desires, hopes and Â· difficulties without his knowledge.
7. Helps to find out the traits of teachers and coaches.
8. Per group relationship and inner group relationship could be found out by using sociometry.
9. Psychological disorders could be assessed.
10. Exercise and sports help to release emotions through socially approved channels. This gives confidence and self satisfaction.
11. Many researches on psychological parameters of sportsmen were conducted.
12. Many research materials were published.
13. Seminars of national and international levels conducted in different parts s of India.
14. Research Journals like Journal of Physical Education and Sports, NIS Scientific Journal are published with sport psychology.
- 15_Sport psychology is introduced as one of the subject in physical educations courses.
16. A sport psychologist are sent along with the teams
17. Many researches are being done on personality, motivation, perception. Self concept, anxiety, arousal, activation, aggression. Tension and will to win.
18. Many personality inventories were developed on Indian population to assess the personality traits of sportsmen and sportswomen.

Explain The History Of Sports Psychology in India (15 Marks)

Sports psychology is an applied psychology which occupies a place of pride in th hierarchy of sports. The National Institute of Sports at Patiala was started in 1961 and this played a pivotal role the concept of sports sciences including sports psychology., The institute

had direct contact with the world of physical exercises and sport sciences outside India. The development of sport sciences became a global movement only after the Rome Olympics in 1960. The coaches and physical educationists started realizing the importance of "Psychic" effort. The importance of mental processes was felt and that became a must for the understanding of conditioning. A few researchers realized that the 'virgin realm of the benefit of athletes. Without this neither excellence nor perfection in the performance outcomes at the international sport competition of Indian athletes is perhaps the reason for the appearance of sports and many other phrases were frequently used by the media.

The sole aim of N. I. S. which is under the direct control of the Sports Authority of India is to produce high caliber coaches of various sports. The Sports Authority of India opened their regional Centres at Bangalore, Calcutta, Gandhinagar and Trivandrum. In the seventies LNCPE, Gwalior and NSNIS, Patiala established excellent research laboratories with great effort and guidance from foreign experts.

Throughout India in the university departments sports psychology was introduced as a new subject at the graduate and post graduate levels. The faculty of sports sciences at NIS which started functioning in 1981-82, is today an enviable centre of research in sports medicine, Sports psychology, biomechanics, sport physiology and kinanthropometry. The major thrust here is on the conduct of data based research studies. Punjabi University, Patiala is the only institution in India that has established a full-fledged department of sports sciences. This will be another significant milestone in the development of inter-disciplinary degree programme in physical education and sport sciences.

The Tamil Nadu Physical Education and Sports University has started a full-fledged Sports Psychology Department in the year 2006. This department is involved in teaching, research, consultancy, counseling service in the area of Sports Psychology.

Sports Psychology Association of India (SPAI) a member of the International Sports Psychology Association is contributing a lot for the promotion of Sports Psychology in India.

Founded on 23rd February, 1985 on the sacred soil of Laxmibai National College of Physical Education (now a University). Gwalior under the patronage of Prof, N.N. Mall (then Dean) on the initiative of (Miss) Avinash Sidhu, M.L. Kamlesh, Rajinder Singh, Agyajit Singh. and others, the SPAI aims 'to promote advancement of exercise and sport psychology. facilitate communication among members through scientific meetings, and disseminate the latest

information on the subject among individuals, institutions and organizations involved in activity and sport performance'.

The Goals of Psychology

The four main goals of psychology are to describe, explain, predict and change the behavior and mental processes of others

To Describe

Describing a behavior or cognition is the first goal of psychology. This can enable researchers to develop general laws of human behavior.

For example, through describing the response of dogs to various stimuli, , Ivan Pavlov helped develop laws of learning known as classical conditioning theory.

To Explain

Once researchers have described general laws behavior, the next step is to explain how or why this trend occurs. Psychologists will propose theories which can explain a behavior.

To Predict

Psychology aims to be able to predict future behavior from the findings of empirical research. If a prediction is not confirmed, then the explanation it is based on might need to be revised.

For example, classical conditioning predicts that if a person associate a negative outcome with a stimuli they may develop a phobia or aversion of the stimuli.

To Change

Once psychology has described, explained and made predictions about behavior, changing or controlling a behavior can be attempted.

For example, interventions based on classical conditioning, such as systematic desensitization, have been used to treat people with anxiety disorders including phobias.
