

# **I M.Sc. Sports Psychology**

**Semester : 3**

**Paper III : Psychological Preparation and Mental Skills Training**

**Unit : I – Importance of Psychological Preparation and  
Mental Toughness**

***Dr.K.Kannadasan***

Assistant Professor,

Department of Sports Psychology & Sociology,

Tamil Nadu Physical Education and Sports University, Chennai

- 600127

## Definition:

Psychological preparation refers to the mental preparation of the player before competition, during the competition, after the competition

# *Importance of psychological preparation*

- Mental training is important as well as physical training
- Mind trains the body hence it is necessary to train the mind for high level performance in sports
- Psychological preparation helps the player to meet the demands of competition situations and everyday problems.
- Psychological preparation is important because it helps the player to deal with negative emotions like anxiety, fear of competition and arousal etc.,

## *Cont....*

- It helps the player to develop qualities like developing self awareness, and control, positive attitude, self confidence, tough-mindedness, strong will power and determination etc.
- It also helps the player to develop their concentration, decision making, and goal setting.
- Psychological preparation helps to resolve the interpersonal conflict and to improve interpersonal relationships with team mates and the coach.
- It helps the athlete to learn mental skills.

# **Mental Toughness**

# Definition

"**Mental toughness** is the ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve."

"**Mental toughness** is a measure of individual resilience and confidence that may predict success in sport, education and the workplace".

# The Four Pillars of Mental Toughness



# Motivation

- Pushing yourself beyond your abilities
- Working hard (harder than others)
- Persistence – refusal to give up
- Setting difficult/attainable goals
- Bouncing back from performance setbacks
- Internal motive to succeed



# Coping with Pressure

- Cope effectively with adversity
- Stay calm under pressure
- Accept that anxiety is inevitable – enjoy it
- Make quick decisions under pressure
- Thrive on the pressure
- Maintain focus and effort under pressure

# Concentration (Attentional Focus)

- Remaining totally focused on the task
- Not being distracted by events surrounding the performance of the task
- Not being distracted by personal events
- Remaining in control despite unexpected, uncontrollable events

# Confidence (Self-Belief)

- Having an unshakable belief in your ability to achieve your goals
- Believing that you have unique qualities that will allow you to succeed. Believing that you can overcome obstacles placed in your way

**Thank you**