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## Influence of Sports Psychology on Sports Performance

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### Abstract

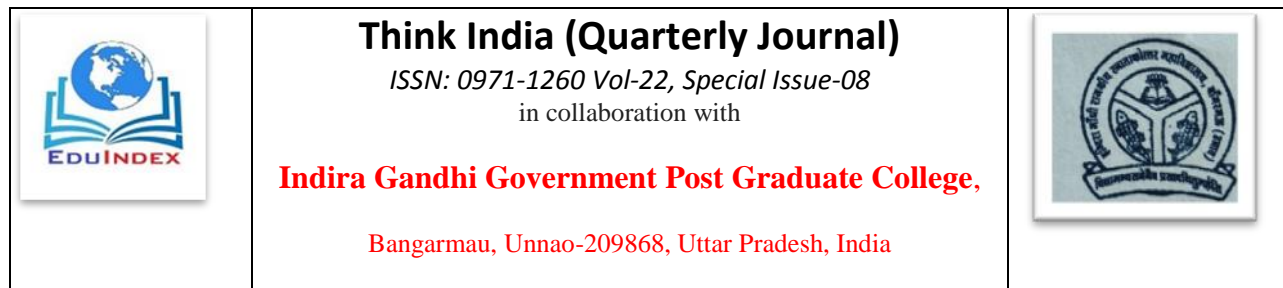
*Sports psychology is the study of psychological impacts on sports, athletic performance and physical activity. Sports psychology explains overcome barriers and improves performance in sports and games. Sports instructors sought to explain the various phenomena associated physical activity and developed sports psychology experiments. Germany is the birth place of sports psychology. The first sports psychology laboratory founded by Dr. Carl Diem in Berlin in 1920. The early years of sport psychology highlighted by the formation of the Deutsche Hochschule für Leibesübungen College of Physical Education, Berlin, Germany by Robert Werner Schulte in 1920. The lab measured physical abilities and aptitude of sports in 1921. Sport psychology experiments started as early as 1925 at institutes of physical culture in Moscow, Russia. Youth sport also very important factor in sports psychology which conducted sports programs for children below 18 years old. Physical education is an integral part of total education process. Sports psychology involved in physical education to create mental fitness among students.*

**Key Words:** Sports Psychology, Physical Education, Youth sport.

### Introduction

The word “Psychology” has been derived from two Greek words of “Psyche” and “Logos”. Psyche means mind or soul and Logos means study. Hence Psychology means study of mind or soul. According to K.M. Burns, "Sports psychology is one of the branches of psychology which deals with physical fitness of an individual through participation in games and sports. Sports psychology is an interdisciplinary science that draws knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It conveys the study of psychological factors which affect sports performance and participation in sport and exercise. It studies the behavior of player’s psychological approach mainly during competition.

Early years of sport psychology in North America involved and isolated studies of motor behavior, social facilitation and inculcate habit among sportsmen. During the 1890s, E. W. Scripture conducted a range of behavioral experiments, measuring the reaction time of runners. Despite Scripture's previous experiments, the first recognized sports psychology of study was carried out by an American psychologist Norman Triplett, in 1898. The work of Norman Triplett demonstrated that bicyclists were more likely to cycle faster with a pacemaker or a competitor, which has been foundational in the literature of social psychology and social facilitation.



Coleman Griffith elaborated and taught the first sports psychology university courses namely "Psychology and Athletics" in 1923 at the University of Illinois and he became as "The Father of Sports Psychology" in the United States, as a result of his pioneering achievements in that particular area. He performed causal studies on vision and attention of basketball and soccer

players and was interested in their reaction times, muscular tension and relaxation, and mental awareness. Griffith began his work in 1925 studying the psychology of sport at the University of Illinois funded by the research in Athletics Laboratory. Until the laboratory closing in 1932, he conducted research and practiced sport psychology in the field. The laboratory was used for the study of sports psychology, where different factors that influence athletic performance and the physiological and psychological requirements of sport competitions were investigated.

Youth sport also very important factor in sports psychology which refers to organized sports programs for children below 18 years old. Researchers in this area focus on the benefits or drawbacks of youth sport participation and parent's impact of their children's experiences of sporting activities. Now a day's maximum youth being influenced by what they see on television from their sport idols. Due to this reason it is not rare to see old play acting in a game of soccer because they are being socially motivated by what they are seeing on television. Life skills refer to the mental, emotional, behavioral and social skills and resources developed through sport participation.

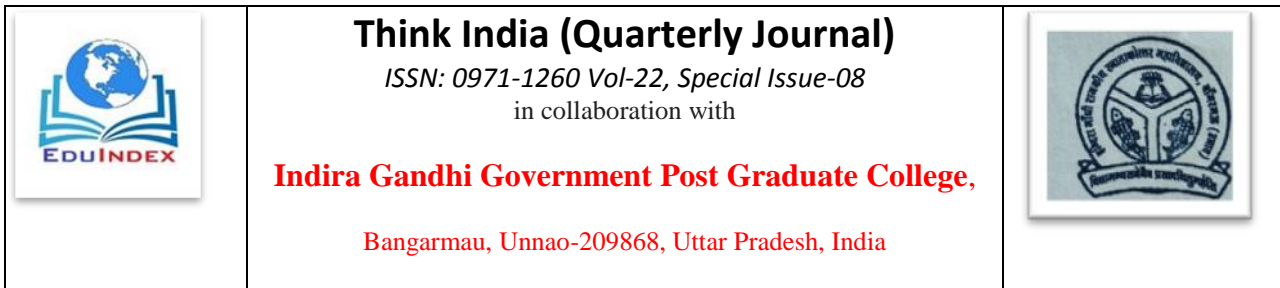
Researchers in the following areas focus on the kinds of coaching schedules to improve their technique and athlete's performance.

### **Athlete coaching**

Coaching psychology influences training methods for athlete performance. It aims not only to improve performance in sports, but also to develop athlete's comprehensive. Hence factors affecting development such as athlete motivation have been studied through cognitive, social and emotional theories. A study found that athlete narcissism impacts the effectiveness of performance expectations set by the coach. Physical and mental skill enhancement is also studied with cognitive-behavioral theories.

### **Education**

Coaching psychology can also be applied in schools and it examines the most effective ways of educating students grounded in psychological theory. For example, theories on motivation focus on the effects of self-efficacy on student performance. Improving teacher confidence and self-efficacy is also an area of study for coaching psychologists.<sup>[4]</sup> Coaching psychology also guides students, teachers and staff in effective goal-setting and goal-attainment. Additionally, coaching methods like reciprocal peer coaching are encouraged because they cultivate support and trust among educators. Peer coaching in the classroom also provides a collaborative environment for students, which is conducive for learning.



**Importance of sports psychology:**

Sports psychology plays a vital role in the enhancement of physiological capacities such as strength, speed, flexibility and endurance. Motivation plays a major role in the enhancement of physical capacity of sport persons. It plays a major role in the learning of motor skills 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. Sports psychology helps in understanding the behavior of athletes engaged in competitive sports. 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, gear, negative self-thinking and feeling of ownership, etc

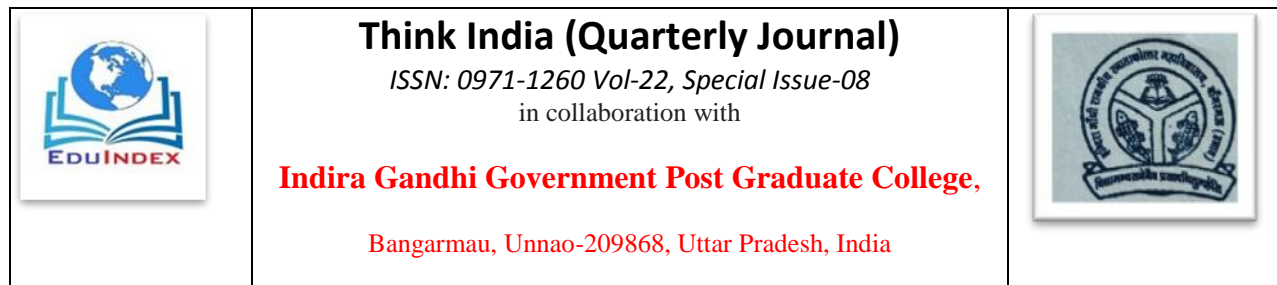
**Advantages of Sports Psychology:**

1. Enhance coping skills to deal with setbacks and errors. Emotional control is a prerequisite to getting into the zone. Athletes with very high and strict expectations, have trouble dealing with minor errors that are a natural part of sports. It's important to address these expectations and also help athletes stay composed under pressure and when they commit errors or become frustrated. 2. Develop confidence in athletes who have doubts. Doubt is the opposite of confidence. If doubts raised by athletes prior to solve and improve performance. Confidence is a core mental game skill because of its importance and relationship to other mental skills.3. Right zone of intensity find out in sport in a broad sense to identify the level of mental activation that is necessary for each person to perform his or her best. This will vary from person to person and from sport to sport. 4.To incorporate a healthy belief system and identify irrational thoughts. One of the areas which helping athlete to identify ineffective beliefs and attitudes such as comfort zones and negative self-labels that hold them back from performing well. These core unhealthy beliefs must be identified and replaced with a new way of thinking. 5.Some athletes find themselves fully prepared physically to get back into competition and practice, but mentally some scars remain. Injury can hurt confidence, generate doubt during competition, and cause a lack of focus.

**Discussion:**

Psychological factors play a major role in improving sports performance than physical factors. Sport psychologists recognize the dramatic impact of the athlete's mindset and focus on preparing the mind to overcome barriers on the field during competition. Enhancing motivation is fundamentally a change of attitude, developing a positive 'can do' mindset and engaging in systematic behaviors – the short-term process goals – that facilitate improvement. Leadership role in sport will have considerable influence on how motivated athletes or team might feel.

**Conclusion:**



Implementation of sports psychology program is essential for sportsmen. It may be introduced in schools, colleges and Universities for getting good performance in competitions and it makes sportsmen mentally sharp and socially well adjusted. Due this study we can say implementation of sports psychology will give better results for athletes when they are doing their activity on the field.

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