

NEED OF SPORT PSYCHOLOGY FOR SPORTS PERSON'S PERFORMANCE AND MENTAL WELL-BEING

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Abstract

The field of sport psychology is crucial for enhancing athletic performance and promoting mental well-being, making it an essential component in the world of sports. By exploring the psychological aspects of sports person, it reveals tactics that enhance performance while protecting their emotional well-being. This specialised field functions as a guiding influence in establishing and attaining objectives, refining focus, and handling pressures and worries amongst the demands of training and competition. Its importance transcends the specific domain, assisting sports person in surmounting obstacles, injuries, and cultivating resilience when confronted with difficulties. Sport psychology focuses on equipping players with mental skills, such as visualisation techniques, positive self-talk, and efficient coping mechanisms, rather than solely improving physical ability. Such comprehension cultivates assurance, resilience, and an optimistic outlook that are essential for long-term achievement and individual welfare. Sport psychology goes beyond the outcome of a game and focuses on the comprehensive development of sports person, including their mental strength and ability to achieve optimal performance and long-lasting mental resilience.

Keywords: Sport, Psychology, Sports Person, Performance.

Introduction

Sports psychology is a subcategory of psychology in which the principles and techniques of psychology are applied in a sports setting. The primary interest of sports psychologists is to provide and maintain an athlete's mental health and well-being in the midst of the stresses of a competition and to improve their athletic performance. The study of how psychological variables impact physical activity, exercise, and sports performance is known as sport psychology. It explores the psychological and emotional dimensions of athletic performance, with an emphasis on maximising an athlete's motivation, state of mind, and general well-being to augment their performance. The following are some crucial areas of sport psychology:

Enhancement of Performance: Sport psychologists help with sports person to strengthen their mental fortitude, focus, and concentration. They come up with plans to deal with pressure, tension, and worry when competing.

Setting Goals: It's critical to assist players in creating attainable and realistic goals. Sport psychologists support the development of both short- and long-term goals that maintain motivation and attention.

Imagery and Visualisation: To boost their confidence and psychologically used to prepare for

tournaments, sports person utilise mental imagery to picture themselves performing well.

Attention and Concentration: Strategies are used to help sports person become more adept at focusing and paying attention, particularly under duress.

Team Dynamics: To maximise performance and harmony among team members in team sports, sport psychologists may focus on team cohesiveness, communication, and leadership.

Rehabilitation and Injury Recovery: By addressing mental obstacles, preserving motivation, and promoting a more seamless return to sport, they help sports person recover from injuries.

Mental Health and Well-Being: It's critical to assist sports person with their mental health. Sport psychologists assist sports person in coping with mental health problems such as stress, anxiety, depression, and other conditions brought on by competitive pressures.

Life Skills and Transitions: Another aspect of sport psychology is helping players with life transitions, such as retiring or switching teams. They support sports person in adjusting to and overcoming life transitions outside of competition.

Sport psychology is not limited to professional players; everyone who participates in the sports or

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physical exercise, from weekend warriors to amateur sports person, can benefit from it. The discipline is always changing, bringing in fresh studies and methods to support sports person in reaching their maximum potential and preserving their mental health.

Literature Surveyed

Thom (2021) [1] In sports, mental toughness (MT) has drawn a lot of attention as a crucial component for attaining objectives when facing various pressures, hardships, or barriers. Though interest in MT is growing, it appears that there is still a lack of agreement on how to conceptualise it. This critical review attempts to: (a) critically examine MT conceptual challenges, (b) identify the most important parts of MT, and (c) construct a conceptual model to study MT in order to expand the current knowledge on MT.

Hings (2020) [2] The purpose of this article was to use the theoretical framework of emotional labour to examine the emotional educational, training, and practice gap in the professional development of sport and exercise psychologists in the UK. Fifteen master's students, five trainees, five novices, and five seasoned sport and exercise psychologists participated in twenty semistructured interviews. A theme analysis was carried out using an interpretive epistemology to analyse the recruited participant groups through abductive means. The following overarching themes were found in each participant group: (a) master's students (emotional labour as theory, practice); (b) trainees (emotional labour to survive, a professional development tool); (c) neophytes (emotional labour as a new professional, self-care); and (d) seasoned sport and exercise psychologists (emotional labour as a professional resource, lifelong learning). The study was used to provide a compiled list of practical suggestions for enhancing the training of sport and exercise psychologists. The themes expand on the literature on professional development in sport and exercise psychology. We offer suggestions to educators, professional associations, and regulatory bodies about how to: (a) support the development of skills related to the enactment of emotional labour; (b) support the enhancement of skills related to emotional labour; and (c) take into consideration safeguarding and welfare issues for students, trainees, and novices as a result of the emotionally charged transactions considering professional practice.

Thakkar (2019) [3] Sports psychology is crucial in helping sports person perform better while addressing the various mental attributes - such as self-assurance, dedication, emotional control, and

focus - that are connected to athletic achievement. It supports the athlete's ability to maintain concentration and give their all. India, the world's second-most populated country, lacks the essential and necessary facilities to support its players and improve their psychological abilities. Nonetheless, we do observe that a number of professional and amateur sports clubs are interested in hiring sports scientists and psychologists to assist sports person in achieving peak performance.

Ohuruogu (2016) [4] This study aims to provide a summary of the several approaches sport psychologists use to psychologically prime sports person for optimal performance. In order to achieve optimal performance in athletic events, coaches and players ought to consider both the mental and physical components of performance while developing their training plans. Sports person should enter sporting events with the right mindset in mind in order to perform to their best. It is impossible to overstate the value of a sport psychologist to sports person or sports teams in this regard, which is why they are in a unique position to offer players who have become mentally exhausted due to environmental, psychological, or motivational issues the necessary therapy. In order to assist sports person perform at their best, the article suggested, among other things, that they practise mental and psychological skill training and that wounded sportsmen should have faster recuperation.

Hill (2018) [5] An updated & meta-analytical review of studies looking into multidimensional perfectionism in sports is given in this work. In the process, research reports on the connections between a variety of motivation, emotion/well-being, and performance criteria factors and perfectionistic worries and strivings are analysed. 52 studies and 697 impact sizes for 29 criteria variables were found through a literature search. A combination of maladaptive and adaptive motivation, emotion/well-being, and a small-to-medium link with improved performance were shown to be associated with perfectionistic strivings, according to random effects models. On the other hand, performance was unrelated to perfectionistic concerns, which showed a small-to-medium link with maladaptive motivation and emotion/well-being. Following a correction for the relationship between the two dimensions of perfectionism, the relationships exhibited by residual perfectionistic strivings and concerns indicated that the former was less problematic and the latter was more problematic than the unresidualized counterparts. Additionally, there was some preliminary evidence suggesting that gender, age, sport type, and instrument were moderating factors in some of the associations. The results indicate that while perfectionistic aspirations

are nuanced and unclear, perfectionistic worries are obviously detrimental for sports person.

Methodology

Considering the nature and objective of present study as well as resources; the investigator has been used normative survey method for study. In the present investigation all the steps and characteristic have been followed which are essential for normative survey method of investigation. The investigators developed a questionnaire and asked 200 sport persons using the following strategies to know the perception regarding sport psychology programs:-

Table 1: Genderwise Survey

S.No.	Variable	Gender	No of Respondents
1	Responses Recorded Before Counselling Programs	Male (Sr 1)	50
		Female (Sr 2)	50
2	Responses Recorded After Counselling Programs	Male (Sr 3)	50
		Female (Sr 4)	50

Questionnaire

Q1. Do you think that mental skills training programs will helpful for sports person to manage their stress?

- a) Always
- b) Sometimes
- c) Don't Know
- d) Very rarely

Q2. Do you agree that stress management will enhance performance of sports person in various sports?

- a) Always
- b) Sometimes
- c) Don't Know
- d) Very rarely

Q3. Do you accept that sport psychology support sports person for their goal setting?

- a) Always
- b) Sometimes
- c) Don't Know
- d) Very rarely

Q4. Do you feel that psychology assists sports person in coping with the mental challenges of injuries, maintaining motivation, and facilitating their return to competition?

- a) Always
- b) Sometimes
- c) Don't Know

- d) Very rarely

Q5. Do you know that the sport psychology is not helping in career transition support of sports person?

- a) Always
- b) Sometimes
- c) Don't Know
- d) Very rarely

Q6. Is it true that psychology built the confidence in sports person?

- a) Always
- b) Sometimes
- c) Don't Know
- d) Very rarely

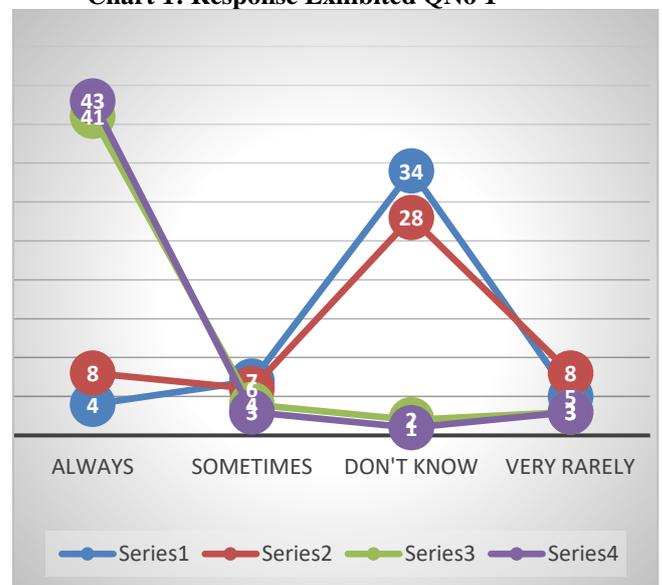
Analysis

We asked the respondents whether the respondents think that mental skills training programs will helpful for sports person to manage their stress. In this regard we got the different response from the different categories of respondents, which is tabulated below and also presented in the form of graph:-

Table 1: Response Recorded QNo 1

S. No.	Option	Responses Recorded Before Counselling Programs		Responses Recorded After Counselling Programs	
		Male	Female	Male	Female
1	Always	4	8	41	43
2	Sometimes	7	6	4	3
3	Don't Know	34	28	2	1
4	Very rarely	5	8	3	3

Chart 1: Response Exhibited QNo 1



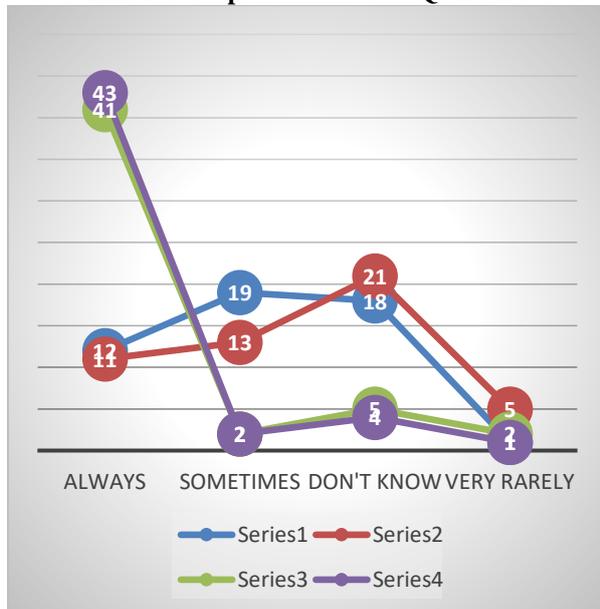
We further asked the respondents whether the stress management will enhance performance of sports person in various sports. In this regard we got the different response from the different categories of respondents, which is tabulated below and also presented in the form of graph.

2	Sometimes	10	12	6	7
3	Don't Know	20	16	5	5
4	Very rarely	2	8	1	1

Table 2: Response Recorded QNo 2

S. No.	Option	Responses Recorded Before Counselling Programs		Responses Recorded After Counselling Programs	
		Male	Female	Male	Female
1	Always	12	11	41	43
2	Sometimes	19	13	2	2
3	Don't Know	18	21	5	4
4	Very rarely	1	5	2	1

Chart 2: Response Exhibited QNo 2

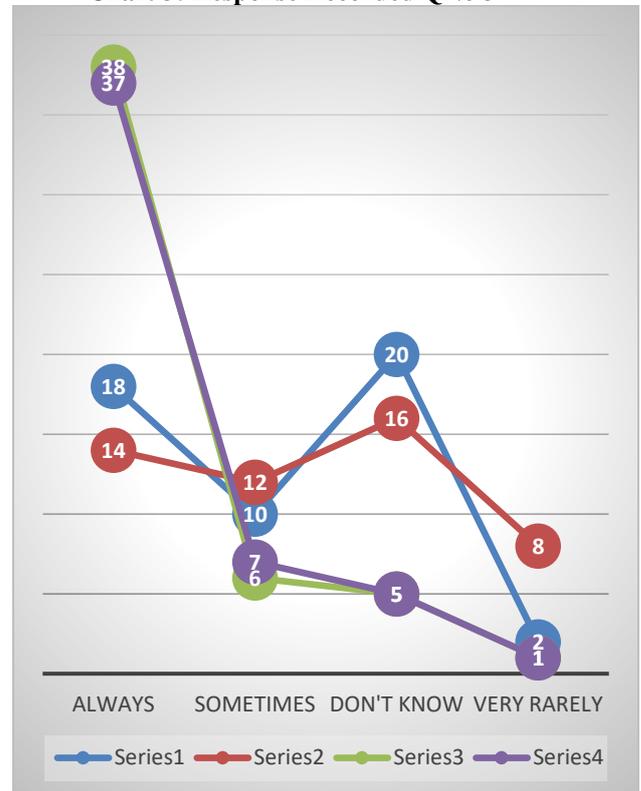


Sport psychology support sports person for their goal setting. Hence, we asked the respondents whether they agree that before counselling programs sports person may face problem in goal setting as they have different perceptions.

Table 3: Response Recorded QNo 3

S. No.	Option	Responses Recorded Before Counselling Programs		Responses Recorded After Counselling Programs	
		Male	Female	Male	Female
1	Always	18	14	38	37

Chart 3: Response Recorded QNo 3

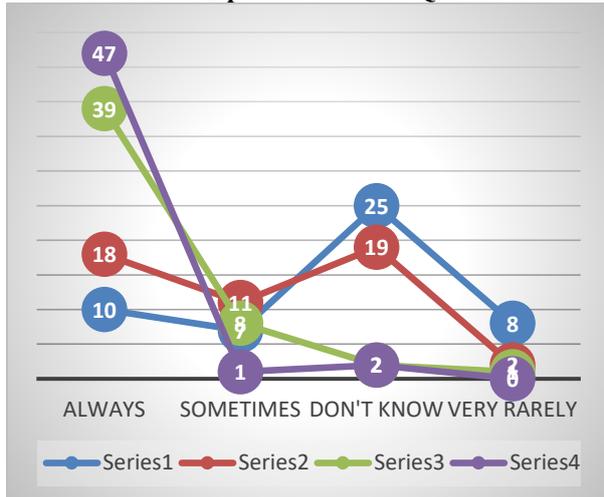


In the next inquiry, we asked the respondents whether they feel that psychology assists sports person in coping with the mental challenges of injuries, maintaining motivation, and facilitating their return to competition. We got the response as below:-

Table 4: Data record for the question number 4

S. No.	Option	Responses Recorded Before Counselling Programs		Responses Recorded After Counselling Programs	
		Male	Female	Male	Female
1	Always	10	18	39	47
2	Sometimes	7	11	8	1
3	Don't Know	25	19	2	2
4	Very rarely	8	2	1	0

Chart 4: Response Recorded QNo 4

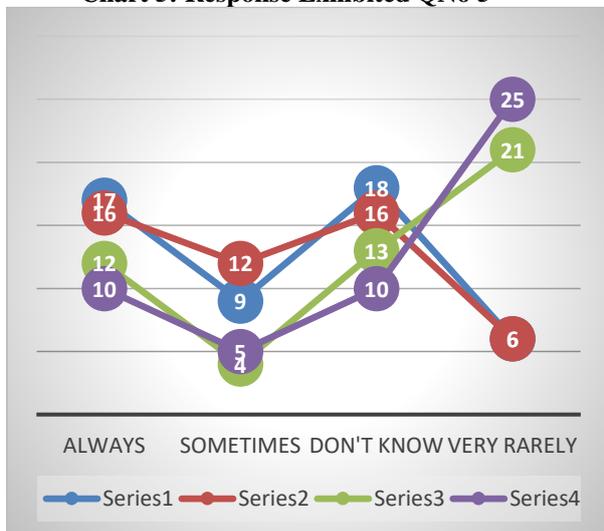


Awareness is need of today environment so we would like to know about career transition support whether this is not helping to sports person. In this regard we got the different response from the different categories of respondents, which is tabulated below and also presented in the form of graph.

Table 5: Response Recorded QNo 5

S. No.	Option	Responses Recorded Before Counselling Programs		Responses Recorded After Counselling Programs	
		Male	Female	Male	Female
1	Always	17	16	12	10
2	Sometimes	9	12	4	5
3	Don't Know	18	16	13	10
4	Very rarely	6	6	21	25

Chart 5: Response Exhibited QNo 5

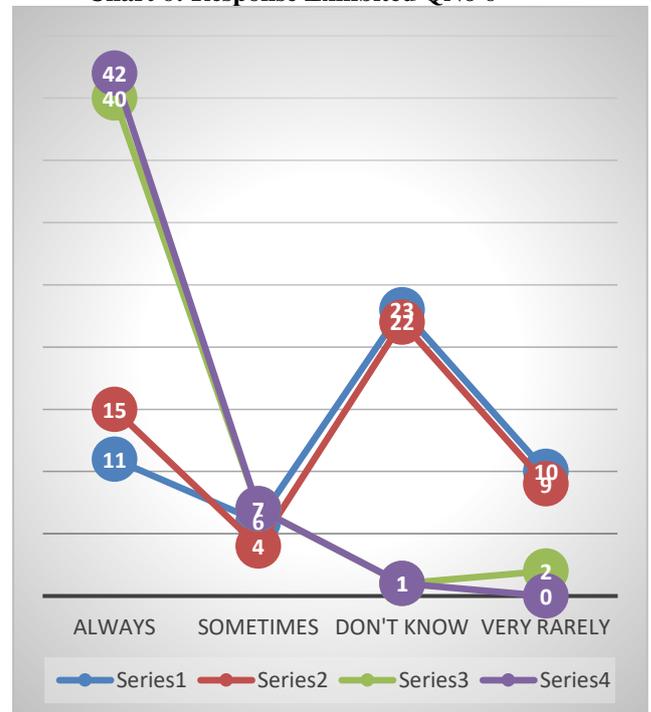


Psychology helps every person to acquire knowledge about motivations, cognitive processes, the impact of social groupings, and various other facets of human behaviour will enhance your self-awareness. Hence, we asked the respondents whether this is true that psychology built the confidence in sports person. In this regard we got the different response from the different categories of respondents, which is tabulated below and also presented in the form of graph.

Table 6: Response Recorded QNo 6

S. No.	Option	Responses Recorded Before Counselling Programs		Responses Recorded After Counselling Programs	
		Male	Female	Male	Female
1	Always	11	15	40	42
2	Sometimes	6	4	7	7
3	Don't Know	23	22	1	1
4	Very rarely	10	9	2	0

Chart 6: Response Exhibited QNo 6



Conclusion

Sport psychology is a distinct discipline that investigates the psychological elements that impact sports person performance, physical exercise, and bodily activity. The field of study centres around comprehending and improving the cognitive aspects of engaging in sports, including training and competing, in order to better player's performance

and general state of being. The sport psychology is supportive for the following area:-

- **Goal Setting:** Assisting sports person in establishing explicit and attainable objectives that enhance motivation and concentration.
- **Imagery and Visualisation:** Utilising the power of mental imagery to practice and visualise great performances, boost self-assurance, and alleviate anxiety.
- **Self-Talk:** Instructing sports person on the utilisation of positive self-talk and productive internal dialogue to effectively handle tension and enhance self-assurance.
- **Enhancing Concentration and Focus:** Strategies to enhance an athlete's capacity to concentrate in the presence of distractions and sustain focus during competitive events.
- **Stress Management:** Techniques for effectively managing and alleviating stress, anxiety, and pressure encountered throughout training and competitions.
- **Motivation:** Developing a deep understanding of and nurturing one's internal drive, establishing incentives, and sustaining enthusiasm for training and participating in competitions.
- **Building Confidence:** Strengthening an athlete's self-assurance in their skills through the application of diverse psychological methods.
- **Communication Skills:** This enhances communication skills among team members to promote enhanced collaboration and comprehension.
- **Leadership:** Fostering the growth of leadership abilities in team members or captains to cultivate a constructive team atmosphere.

Conflicts of Interest

The authors declare that there are no significant competing financial, professional, or personal interests that might have influenced the performance or presentation of the work described in this manuscript.

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