

SPORTS PSYCHOLOGY

Presented by

B.R. Rawte

Assistant Prof. Department of Physical Education

INTRODUCTION

- In the history of psychology, strong differences of opinion among the psychologist exist about what psychology should study.....?
- Today many psychologist shares the idea that psychology should study behavior; even those who want to study internal mental events generally agree that this must began with a look at behavior.

What is psychology

- Psychology is science of soul
psychology is science of consciousness
psychology is science of mind
psychology is science of behaviour

Definitions of psychology

- Psychology is the science of the activities of individual in relation to the environment (wood worth)
psychology is the positive science of behaviour (watson)
psychology is the science of human behaviour and experience (cruze)

Meaning of sports psychology

Sport psychology is the study of a person's behavior in sport. It is also a specialization within the brain Psychology and Kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, , and periodization

Origin & Development of Sports Psychology

- Origin & Development of Sports Psychology
 - Historical Development in North America
 - Historical Development in the other parts of the World
 - Historical Development in India
 - Development of different organizations and Associations

- **Historical Development in the other parts of the World :**

Historical Development in the other parts of the World The introduction of testing instruments to be applied in school settings took place in Spain in the early decades of the twentieth century, thank to the efforts of some teachers and physicians interested in child psychopathology and therapeutic Pedagogic. The French school seems to have dominated the field, although some other influences may be traced to its Italian and German sources. The contribution tries to clarify the main lines of thought that may be found in the early applications of testing practice that take place in Spanish educational psychology.

- Development of different Organization and Associations :
- Development of different Organization and Associations The (ISSP) was formed by Dr. Ferruccio Antonelli of Italy in 1965. In 1966, a group of sport psychologists met in Chicago to form the (NASPSPA).

MODERN CONCEPT OF PSYCHOLOGY

- The discoveries made by the structural, gestalt, and functional schools of psychology have become part of the general store of psychological knowledge; but the schools has vanished.
- Behaviorism and psychoanalysis in its modified form are still exist among the current psychologist. The new concept of psychology gives new perspectives to the current psychologist to describe behavior.

THE NEW CONCEPT INCLUDES THE FOLLOWING MODERN PERSPECTIVES

- The Biological Perspective
- The Cognitive Perspective
- The Humanistic Perspective
- The Behavioral Perspective
- The Social Perspective
- The Psychoanalytic Perspective

Nature of sport psychology

- physical education and sports are a social phenomenon both the processes are integral part of general education, and involve learning as well as performance. Interdisciplinary nature of physical education and the competitive nature of sports, have almost compelled the classifiers of knowledge to consider them as emerging disciplines which is, perhaps, why psychology in physical education and sports has much more than merely educational over- tones. Before a attempt is made to pin point the exact nature of psychology in physical education and sports it is necessary to clarify these concepts.

Scope of sport psychology

- behaviour
- individual differences
- heredity and environment
- development stages
- personality and intelligence
- Learning
- measurement and evaluation

Importance of sports psychology

- motivation and learning
- increase of performance
- knowledge and eligibility of behaviour analysis
better learning
- development of tolerance and mental load capacity
- investigation of sports process
- solution of personal and group problem
- psychological guidance

Relationship of sport psychology with other sport sciences

Relation with individual psychology

relation with educational psychology

relation with developmental psychology

relation with social or group psychology

relation with physical psychology

relation with clinical or medical psychology

relation with sociology and psychology

relation with sport management and
psychology

relation with sport training , exercise and
psychology