

PSYCHOLOGY AND SPORTS: IMPORTANT TERMS, CONCEPTS (STUDY MATERIAL)

1. Psychology: The science of seeking to describe, understand and predict the behaviour of an organism. Psyche (soul) and logos (science). For the first time, Rudolf Goeckel used the word Psychology as meaning the study of the mind. Unfortunately the word mind could not be clearly defined therefore Rene Descartes regarded psychology as a study of consciousness. Consciousness is awareness-a domain of personal and private experiences chiefly based on sensation, perception and cognition.

Woodsworth remarked "first Psychology lost its soul, then it lost its mind, then consciousness, but it still has a behaviour of a kind."

2. Definition of psychology: According to Mc Dougall "Psychology is a science which aims to give us better understanding and control of the behaviour of the organisms as a whole."

According to Woodsworth: "It is the science of activities of an individual (organism) in relation to his environment."

According to Crook and Stein: "Psychology is the scientific study of behaviour and mental processes of humans and other animals."

3. Meaning of sports psychology: Physical education and sports make an art of science dealing with movement, motion, activity, play, perception, etc. The branch of psychology

3. Meaning of sports psychology: Physical education and sports make an art of science dealing with movement, motion, activity, play, recreation, etc. The branch of psychology which is intimately connected with human behaviour on the play field - both under practice and competitive situations - with a view to bringing about qualitative improvement in performance, is called sports psychology. In sports greater emphasis is on psychological training, coping strategies, mental skills, such as acquisition, motivation, growth and development.

4. Importance of sports psychology: We know that performance improvement is mainly due to the application of principles of the sports enhancement science. It is important as it is related to our ability to understand athletic performance, how to make it better, how to influence favourable psychological outcomes from experiences in sports. It enables-

- (a) Enrich a player's self-knowledge
- (b) Create better learning situation
- (c) Research
- (d) Analyse behaviour of sportsmen
- (e) Stabilize performance for a longer period
- (f) Correct psychological disorders
- (g) Identify the talent for a specific sport.

5. Definitions of sports psychology:

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- According to Browne and Mahoney: "Though its content areas begin with a behavioural emphasis, sports psychology is now looking at dynamics and interactional variables the athlete's perceptions and cognition."
- According to Cratty: "Educational sports psychology aims at educating physical educators, coaches, athletes and even sports administrators to understand and modify behaviour."

6. Need of sports psychology: Teaching is impossible without complete knowledge of learners' physical potential, mental abilities and intellectual powers at all stages of learning. The major objectives are acquisition of skills, high level of performance in physical and intellectual acts and activities. Without complete understanding of the behaviour which is the central theme of psychology, its modifications would be difficult to conceptualize. The innate behaviour (instincts, emotions, reflexes) is required to be understood. Psychology makes the teachers and coaches aware of the fact that individuals though alike in many respects, are different from one another in personality, make up, capacities, abilities, innate and acquired traits, so sports without psychology is a headless horseman trying to run in various directions without accomplishing anything worth the name.

7. Anxiety: It is a disturbed state of the body or unrealistic and unpleasant state of body and mind. It is accompanied by nervousness, restlessness, increased heart rate, sweating, drying of mouth, apprehension of danger, fear and rapid shallow breathing.

8. Management of anxiety: An athlete is often 'psyched up' for competition through various techniques. If he does not know how to manage it, it will affect his performance level. Reduction in physiological arousal, muscular tension, somatic adjustments and progressive relaxation can help in management of anxiety.

9. Personality: Majority of people consider personality of a human being as only outward appearance. It can also be understood as the effect one leaves on others. It is the total sum of his 'being' and includes physical, mental, social, emotional and intellectual aspects.

10. Definition of personality: According to Munn, "Personality may be defined as the most characteristic integration of an individual's structures, modes of behaviour, interests, attitudes, capacities, abilities and aptitudes.

11. Role of sports in personality development: Sports are conducive to growth and development of the physique. The person carries himself with grace and agility. Games and sports unfold the hidden talents and desires. It provides a large platform for social interaction to develop moral values which are a very essential attribute of personality.

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12. Motivation: The word motivation is derived from Latin term "Movere" which means to move. It is considered as a process by which the individual is inspired or coaxed in to doing something. To motivate is to induce movement. Motivation can be defined "as any condition that might energize and direct our actions." - Crook and Stein.

13. Motive: In order to understand motivation, it is necessary to understand motives, drives and needs. Motive is a tendency within the person directing his thoughts feelings and actions towards the service of goals or functions. Motives, therefore are purposes or intentions directing our behaviour. Motive is induced by a need, needs are considered as the backbone of motives. Needs create drive in the organism, thereby increasing the intensity and tempo of action. Motives do three important things-

- (a) They mobilize organism energy and energize action.
- (b) Direct behaviour towards a goal
- (c) Determine suitable response.

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14. Need: Need is a link between motive and drive (action). Needs are an inevitable result of internal stimulations and external events. Most needs are accompanied by emotions and feelings associated with a particular goal. The delay or non-fulfillment of needs leads to a state of psycho-physiological commotion. The strength of these needs as well as capacity to fulfill them differ from person to person.

15. Drive: Drive is 'thrust forward' or a force impelling the organism to move towards a pre-determined goal. The drive originates either in internal stimulation or stress and strains existing outside the body. It is an impetus to action or an energizer of action. The stronger the drive, the more intense the effort and more persistent the activity in which the individual is already engaged.

16. Importance of motivation in physical education and sports: Motivation is one of the most essential attributes for effective performance. It is the driving force which compels the athlete to accomplish difficult and challenging tasks. Study of elite athletes reveals that they have an exceptionally strong urge, need and drive to achieve. We know the fact that excellence cannot be achieved overnight it is the result of high level of sports skills attained only after years of motivated

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Performance = Learning + Motivation.

17. Techniques of motivation: In order to motivate players or teams to give their best performance, coaches and sports psychologists uses various techniques to motivate intrinsically as well as extrinsically:

●Techniques of Intrinsic Motivation:

- (a) Provide successful experience
- (b) Develop sense of responsible
- (c) Develop interest
- (d) Set realistic goals
- (e) Acceptance of praise and criticism

●Techniques of Extrinsic Motivation:

- (a) Recognition
- (b) Money
- (c) Attention
- (d) Prize

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- (e) Position or status
- (f) Expectations of others, etc.
- (g) Scholarships

18. Types of motivation: There are two types of motivation-

- (a) Intrinsic
- (b) Extrinsic

19. Intrinsic motivation: Intrinsic means something inherent. Intrinsic motivated behaviour is a behaviour which is motivated by person's innate need to feel competent and self-determining in dealing with his or her environment. It comes from within, a feeling of pure enjoyment or satisfaction and provides a sense of personal competence.

20. Extrinsic motivation: When an individual initiates and sustains an activity as a result of external pulls, attractions, forces, incentives, etc., it is called extrinsic motivation e.g. An athlete takes part in any activity with the object of winning a medal or trophy or securing a position or job. Such motivation is regulated by external means or factors such as reward, prize, recognition, position, etc.

21. Self-esteem: It is a term used in psychology to reflect a person's overall evaluation of his/her own worth. It is what we think about self - positive or negative - evaluation. It is a feeling of personal capacity and worth.

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22. Body image: Body image refers to a person's feelings, expenses, personality and various cultural and social forces, It is a person's sense of physical appearance usually in relation to others. Body image can also be referred to as a person's emotional attitudes, beliefs and perceptions of their own body

23. Types of self-esteem: It is of two types - Positive & Low self-esteem.

Positive self-esteem is a healthy level of self-esteem. One is able to enjoy a great variety of activities. They trust their own judgement and do not feel guilty whereas low self-esteem can result from physical appearance, mental health issues, socio-economic status and peer pressure.

24. Psychological benefit of exercise: Cognitive development is met while participating in various games and sports. Players, who excel in various sports, are having higher intelligent quotient. Sports make them mentally tough to deal with actual situations of life. They attain high emotional stability from participation in

PSYCHOLOGY AND SPORTS

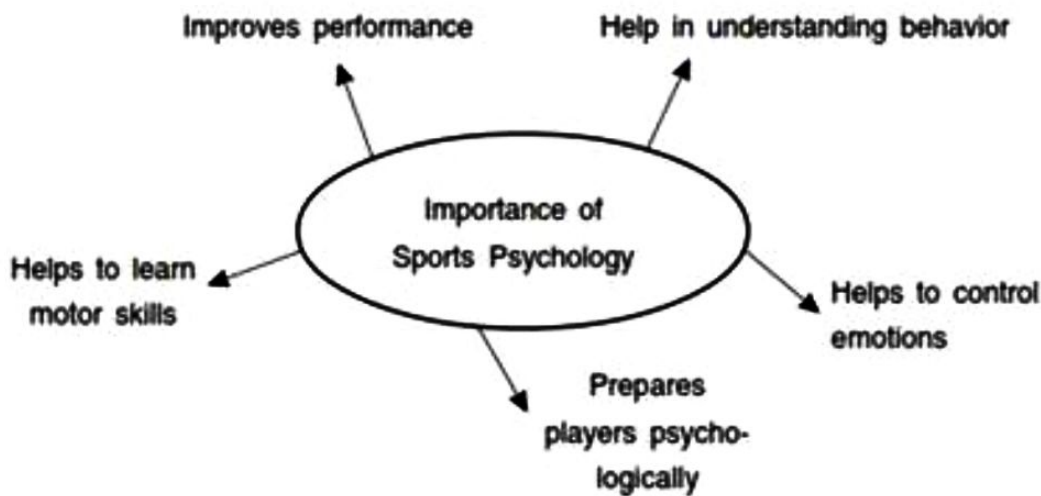
Psychology: Psychology is the study of mind and behavior



Direction everywhere

Sports Psychology: Sports Psychology is an applied Psychology involving applications of psychological principles to the field of physical education and sports.

Importance of sports psychology



Growth and Development : Growth “The term growth of parts of the education means the growth of parts of the body, may be in size, height and weight

Development can be defined as progressive series of changes in an orderly coherent pattern.

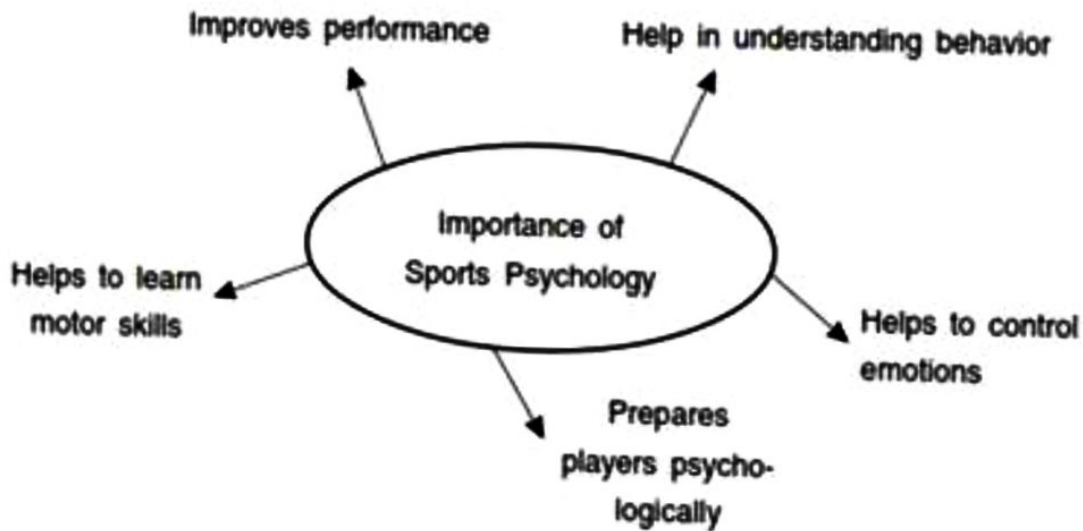
Different stages of growth and development

Adolescence, Problems of Adolescence and Management of Problems of Adolescents

5 stages of growth and development



Importance of sports psychology

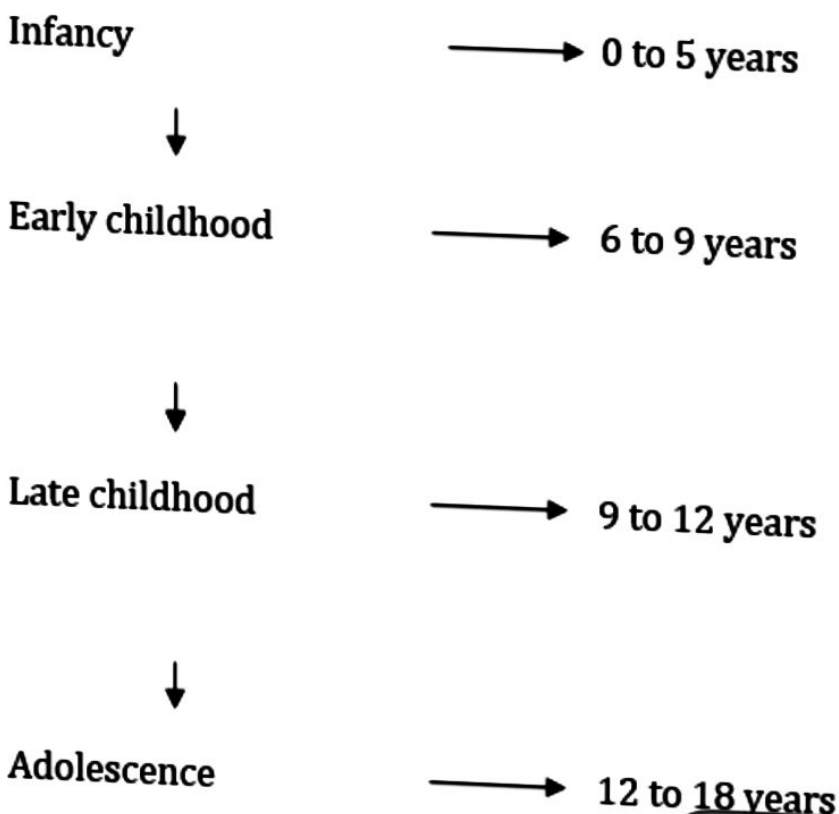


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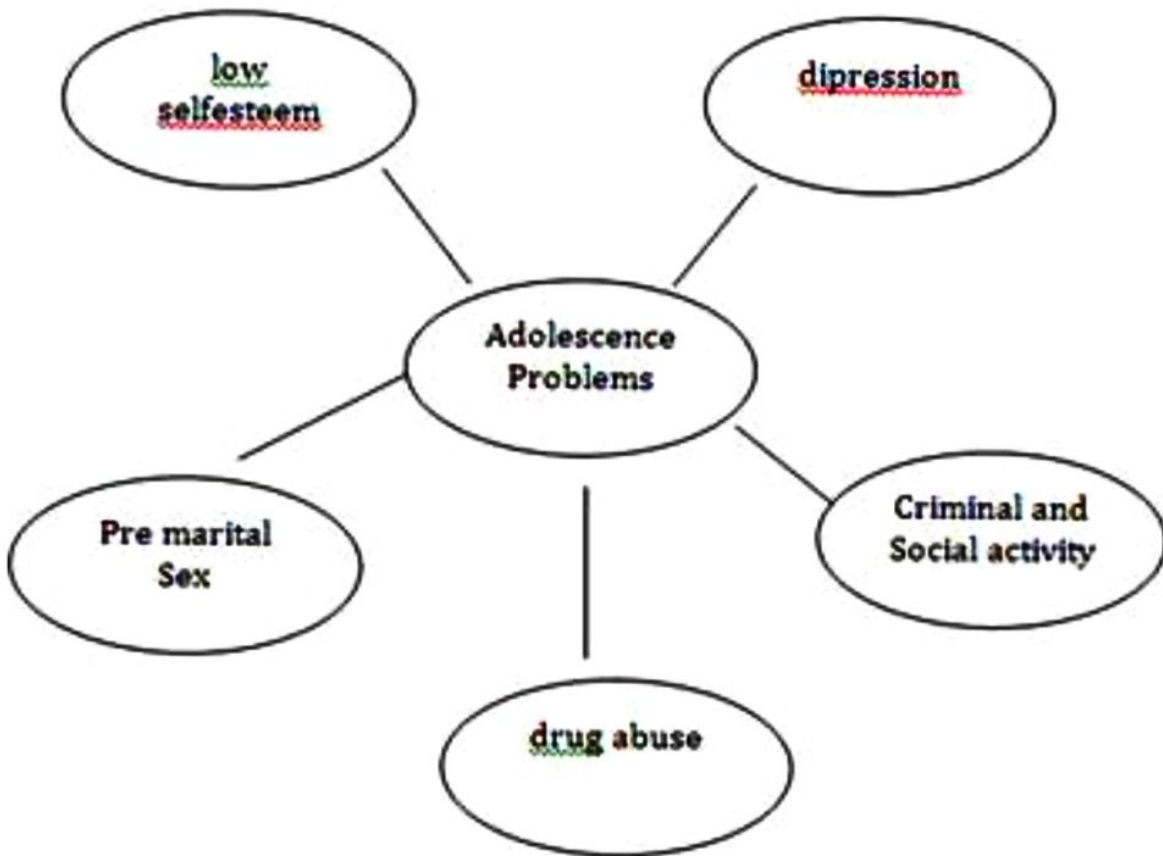
5 stages of growth and development



Adolescence → 12 to 18 years

Adulthood or Maturity → 18 yrs onwards,

Adolescence → Adolescence is the period of change from childhood to adulthood



Sympathetic and Liberal attitude of parents --> Management of Problems of Adolescence
Healthy atmosphere at home and school --> Management of Problems of Adolescence
Paper knowledge of Adolescence psychology --> Management of Problems of Adolescence

Proper sex education --> Management of Problems of Adolescence

Channelization of energy in right directions --> Management of Problems of Adolescence.

Define Learning, Laws of learning and Types of Learning

What are stress and anxiety?

Most people experience stress and anxiety from time to time. Stress is any demand placed on your brain or physical body. People can report feeling stressed when multiple competing demands are placed on them. The feeling of being stressed can be triggered by an event that makes you feel frustrated or nervous. Anxiety is a feeling of fear, worry, or unease. It can be a reaction to stress, or it can occur in people who are unable to identify significant stressors in their life.

Stress and anxiety are not always bad. In the short term, they can help you overcome a challenge or dangerous situation. Examples of everyday stress and anxiety include worrying about finding a job, feeling nervous before a big test, or being embarrassed in certain social situations. If we did not experience some anxiety we might not be motivated to do things that we need to do (for instance, studying for that big test!).

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However, if stress and **anxiety** begin interfering with your daily life, it may indicate a more serious issue. If you are avoiding situations due to irrational fears, constantly worrying, or experiencing severe anxiety about a traumatic event weeks after it happened, it may be time to seek help.

What do stress and anxiety feel like?

Stress and anxiety can produce both physical and psychological **symptoms**. People experience stress and anxiety differently.

Common physical symptoms include:

- stomachache
- muscle tension
- headache
- rapid breathing
- fast heartbeat
- sweating
- shaking
- dizziness
- frequent urination
- change in appetite
- trouble sleeping

Stress and anxiety can cause mental or emotional symptoms in addition to physical ones. These can include:

- feelings of impending doom
- panic or nervousness, especially in social settings
- difficulty concentrating
- irrational anger
- restlessness

People who have stress and anxiety over long periods of time may experience negative related health outcomes. They are more likely to develop heart disease, high blood pressure, diabetes, and may even develop depression and panic disorder.

What causes stress and anxiety?

For most people, stress and anxiety come and go. They usually occur after particular life

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For most people, stress and anxiety come and go. They usually occur after particular life events, but then go away.

Common causes

Common stressors include:

- moving
- starting a new school or job
- having an illness or injury
- having a friend or family member who is ill or injured
- death of a family member or friend
- getting married
- having a baby

Drugs and medications

Drugs that contain stimulants may make the symptoms of stress and anxiety worse.

Regular use of caffeine, illicit drugs such as cocaine, and even [alcohol](#) can also make symptoms worse.

Prescription medications that can make symptoms worse include:

- thyroid medications
- asthma inhalers
- diet pills

Stress- and anxiety-related disorders

Stress and anxiety that occur frequently or seem out of proportion to the stressor may be signs of an anxiety disorder. An estimated 40 million Americans live with some type of anxiety disorder.

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People with these disorders may feel anxious and stressed on a daily basis and for prolonged periods of time. These disorders include the following:

- **Generalized anxiety disorder (GAD)** is a common anxiety disorder characterized by uncontrollable worrying. Sometimes people worry about bad things happening to them or their loved ones, and at other times they may not be able to identify any source of worry.
- **Panic disorder** is a condition that causes panic attacks, which are moments of extreme fear accompanied by a pounding heart, shortness of breath, and

people worry about bad things happening to them or their loved ones, and at other times they may not be able to identify any source of worry.

- **Panic disorder** is a condition that causes panic attacks, which are moments of extreme fear accompanied by a pounding heart, shortness of breath, and a fear of impending doom.
- **Post-traumatic stress disorder (PTSD)** is a condition that causes flashbacks or anxiety as the result of a traumatic experience.
- **Social phobia** is a condition that causes intense feelings of anxiety in situations that involve interacting with others.
- **Obsessive-compulsive disorder** is a condition that causes repetitive thoughts and the compulsion to complete certain ritual actions.