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Impact of Sport Psychology in the Career of Sports-Persons

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"Success is not mean to participate and win each and every race, it means handling the worst but still finishing the race."

Sports Psychology is a combine study of Physiology, Psychology, Kinesiology and Biomechanics. This discipline is widely used in a study of Preparatory Phase, Competition Phase and Transition Phase. Psychological factors affects performance of players regarding injury, rehabilitation, burn out, age group, team atmosphere, bonding with team-mates, timing of the competition, schedule of the practice, physical activity and recreation.

As per Gross, Sports Psychology is the study of the psychological basis, process and effects of sports. Sports psychology is the science of mind and behavior. So the coach of Sports psychology works for moral of players.

In a present generation, most of the professional players have commonly come across with emotional breakdown or mental blockages. They often feel attitude problem, aggressiveness, fear of performing specific task, handling the pressure in crunchy situation. These players always try to be at par with the others. But each athlete has certain limit. Having attained the highest level of performance, after certain level they can't move forward. At some point, they feel fatigue and gradually the downfall of their career starts.

A famous coach at Princeton University was once the pertinent and often baffling question, "Is an athlete born or made?" the coach pondered over the question for a while and replied thoughtfully, "An athlete is born to be made," it is in the dynamic process of making an athlete, the entire problem of coaching is to be scrutinized and determined scientifically.

Area of Sports Psychologist

Most common area of the study within the sports psychology is making bridge between personality and performance. The main area of the study is the characteristics of specific personality and how they respond to performance or other psychological variables.

Mental Toughness

Mental toughness is a psychological edge that helps the players to improve performance regularly. Self-confidence, trust on abilities, control on feeling and self-motivation are the vital factors that improve the performance of any athletes in difficult condition under any pressure with specific task.

Sports and Exercise psychology consist of instructing the coaches of athlete, teams, exercises, parents, fitness, professionals groups and other performer on psychological aspects of their sports activity. The aim of psychiatrist is to optimize

performance and enjoyment through the use of psychological skills and the use of psychometrics and psychological assessment.

Sports psychology primarily works with athletes to find out the exact way to improve athletes' performance. Situation and condition play vital role in player's performance and their individual goals. As a psychiatrics, coaches mainly focus on building skills and improvements in their abilities to inspire them for giving more completes efforts and achieving (visualizing) their goals.

Motivation

Motivation is a drive that encourages action or feeling to inspire. It is a driving force to our lives. It comes from desire to success. Without success, there is no enjoyment, no excitement. Social and family life will become one dimensional.

Internal motivation is a drive and attitude motivation decides what kind of response will get from others. If you think of a change, it should be reflected in your performance. So it is important to stay focused in each and every neck-to-neck situation. When we believe that, we are solely responsible for the change in our lives, player's outlook towards life changes for the best.

Stress and Anxiety

It is the most important response to motivate players to excel new parameters every time. It plays vital role for their existence, but frequent occurrence of it may adversely affect the performance of players.

Chocking

It is a phenomenon of deactivating the performance, usually under temporal, environments, cognitive or emotional pressure. Specifically pressure compromises skilled performance by narrowing attention to one's own process of performance.

Coaching and leadership

A healthy relationship between task master and performer is the key component in player's self-satisfaction and commitment towards team and self. To this extend, effective coaching leads to the performance and talent development in sports. Team development is also contingent on its leader's behaviors and philosophy. Each task master has his own ideology. When he is attached with his performer, he tries to implement his own thinking to make his coaching more effective. Behaviors are also transformational models of leadership and make a link between performer and his expectations.

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Hkqyuk iMrk gSkk

Team co-ordination and communication dynamics

It is a very crucial attachment in athletics' performance because successful team performance is not depending on individual player. It is more precious when each and every team member can perform averagely rather than any individual performer gives his best. A healthy co- ordination in a team is making a difference between the high and low performing units.

Collective efficacy

Collective efficacy is a specific group level confidence influenced by multiple sources. Collective efficacy is the group equivalent to the notion of self-efficacy differing only in the unit of analysis. It has been co-relational in nature and focused on identifying the homological network of collective efficacy.

Sportsmanship

It is a kind of pressure on performer to feel. It is a social behavior. It prevents aggressiveness and the moral behavior. It is a social learning depends on environmental circumstances.

Goal setting

It allows an individual to develop athletes and his life skills gradually while boosting efficacy beliefs when accomplishing a specific objective. In general, psychology research has covered several important events including performance level.

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1. Matt Jarvis; Sport Psychology: a student's handbook; 1966
2. Edson F., Gershon T.; Sport Psychology; 2015.

Imaginary training (visualization and mental rehearsal)

This is the enhancement in learning performance and motivation in sports. Imagery based on either individual or external perspective, is most effective when involving all sensorial channels. During imagery, player should also consider the vividness and control of the imagine experience.

Self-talk

It is a common internal inspiration because everybody has thousands of conscious thoughts hit every day which are essential conversation with themselves. It is an important technique to help athletes to remain positive while focusing on current task. Thoughts stopping technique, changing negative to neutral to positive thoughts are among the pragmatic uses of self- talk technique.