Unit 1 History and Origin

Meaning

Sports psychology is the study of psychological factors that influence athletic performance and how participation in sports and exercise can affect the psychological and physical well-being of athletes.

Psyche means “mind or spirit” Logos means “sayings or speakings of”Literally means “speakings of the mind”

definition

Sports psychology is essentially the study of how the mind affects physical activity and athletic performance. According to the American Psychological Association, “sports psychology addresses the interactions between psychology and sport performance, including the psychological aspects of optimal athletic performance, the psychological care and well-being of athletes, coaches, and sport organizations, and the connection between physical and psychological functioning.”

Nature of sports Psychology

“Describing the nature of sports psychology is difficult because many different perspectives on the field exist. Differences are present not only in the definition of the term itself but also in the roles psychologists are presumed to play” (Horn, 2008), with some persons viewing the field as a branch of psychology, and others seeing it as a subfield of sport and exercise science.

Development of of Sports Psychology

Sports psychology is a relatively young discipline in psychology; the first research lab devoted to the topic opened in 1925.[2] The first U.S. lab closed a short while later (in the early 1930s) and American research did not resume in this area until the late 1960s when there was a revival of interest.

In 1965, the International Society of Sport Psychology (ISSP) was established.[3] By the 1970s, sports psychology had been introduced as a university course offered at educational institutions throughout North America.

By the 1980s, sports psychology became the subject of a more rigorous scientific focus. Researchers began to explore how psychology could be used to improve

athletic performance. They also looked at how exercise could be utilized to improve mood and lower stress levels.

DARK AGES (1939-1964) Research Teaching Consultation

little systematic lab-based researchAlan Slater-Hammel -- motor learningEmma McCloy -- motor abilitiesTeachingJohn Lawther (1951) Psychology and CoachingConsultationminimal consultation being conducted

CONTEMPORARY ERA (1965-PRESENT)

ResearchIn 1965, 1st International Congress of Sport Psychology in RomeResearch mushroomed to help develop a strong knowledge baseIn 1967, North American Society for the Psychology of Sport and Physical Activity (NASPSPA) founded.In 1979, Journal of Sport Psychology started to publish research

CONTEMPORARY ERA (1965-PRESENT)

ResearchIn 1981, Martens' Smocks to Jocks articles promoted field researchIn 1986, Association for the Advancement of Applied Sport Psychology (AAASP) founded,In 1987, APA Division 47 – Sport & Exercise Psychology foundedIn 1987, The Sport Psychologist started

CONTEMPORARY ERA (1965-PRESENT)

ResearchIn 1989, Journal of Applied Sport Psychology foundedTeachingSpecialized courses and graduate programs developed in late 1960'sIn 1972, 6 grad programs in U.S.Today, over 140 grad programs Textbooks and supplemental materials developed (e.g., over 30 texts today)

ConsultationIn 1967, Ogilvie and Tutko wrote Problem Athletes & How to Handle ThemIn 1981, Martens pioneered "psychological skills" conceptIn 1983, USOC developed Sport Psychology Registry to deal with quality controlIn 1983, Burton 1st paid sport psychologist in university athletic program

In 1984, NASPSPA certification vote prompted development of AAASPIn 1989, AAASP approved "certification" of sport psychology consultantsToday, most professional and Olympic teams have sport psychologistsOnly about 20 universities have full-time sport psychologists.

Why is sports psychology so important?

Competitors are under immense physical and emotional stress. They feel the pressure of coaches and their teams and the pressure they put on themselves. This kind of chronic stress can distract competitors from their goals. And, if left untreated, it can lead to harmful mental and physical health issues.

Sports psychologists take a holistic approach to each client's health. They consider an individual's physical abilities alongside their mental roadblocks. They then look for ways to improve mental toughness and athletic performance simultaneously.

Sports psychology benefits the whole person by encompassing both psychology and physical performance.

Some benefits of sports psychology include:

- Reduced anxiety
- Effective stress-management techniques
- Increased drive
- A healthier perspective of self and one's abilities
- Improved athletic performance

Role and importance of **Sport Psychology**

Sport Psychology plays a great deal in achieving the nations' goals, and so Sports Psychology has a few of the roles to play in increasing success.

1. As the whole personality of the athlete plays a major role, some of the sports psychologists' major roles lies in athlete's behavioural control. It’s used for performance enhancement through the modification of undesirable attitudes.

2. A sports psychologist focuses on the individual's emotional dispute and needs & makes choices that are important to success or failure during the match. They must be treated as individual realizing their differences hence the need of one person must be separated from those of another person who comes from a different background.

3. The Sports Psychologist Ikulayo (1990 & 2003) also reports on crisis action. Crisis is defined as an extreme condition where an athlete's success is achieved excellently or hindered. Ensure athletes' high standard of success-under competition pressure, applying different psychological concepts before, during & after competitions. The sports psychologist assist the athlete to block out stress provokingly Thoughts, discouraging self-doubts, avoidance of negative imagery & inhibitory self-statements that may impair sports performance.

4. In the psychologist's mental preparation the element also includes our perception of the factors that affect the athlete as per Adedeji (1987). These are social status, the home, the economic background, their religious setting, physical tolerance, the moral background, social status and value system in the society.

5. The sports psychologist frequently assists in the development of success OT of the participant, in order to promote the learning process.

6. This could be achieved through team building by conduct checking & tracking. Psychology of sports also facilitates contact between athletes & the public. Interpersonal contact between athletes may also be involved. This is a critical position. Communication is of great importance and in our diverse communities, workplaces respectively. It is not supposed to be identified or known by the user. To establish a cordial relationship, you should tell the person what to do. When contact is established, a partnership is established and care plans that differ from person to person could be drawn up. Treatment could only include talking to someone who could help restoring the confidence of the athlete if he or she is not self-confident.

7. Learn how to deal with pain by the athlete. As per Adedeji (1987) it is important for an athlete to understand what is suffering and the relationship between pain and progress in sport.

8. In inspiring athletes, the sports psychologist uses his or her individual intelligence actions. This time encouraging the athlete to take part in training by different means, makes him or her feel the success of training, and also makes them have a say in the training plan. Motivation does not signify material reward like money, home, vehicle etc.

9. Another important field where sports psychology can assist in improving sports performance is stress management. Stress management in athletes is established. There are different strategies to deal with tension.

10. Ten. Among athletes, discipline is taught intentionally. The sport man / woman discipline enables the person to establish very high self-esteem, so that they can improve results, build trust

& make the athlete happy to be involved with sports (We inbeing 1995). Self-esteeming athletes will become more inspired & effective (Core 1990).

Unit 2 Basics of Psychology

https://www.verywellmind.com/what-is-sports-psychology-2794906

https://www.simplypsychology.org/sports-psychology.html

https://www.whatispsychology.biz/about-sports-psychology-definition

https://slideplayer.com/slide/1528483/

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https://www.betterup.com/blog/sports-psychology