

# Need and Importance of Psychology in Physical Education and Sports



# INTRODUCTION

The mind of the pupil is the primary concern of the educator, and the art of the education must be based on an accurate knowledge of the mental process. (Ross, 1955)

The major objectives of education and physical education are:

- a) Acquisition of skill
- b) High level of performance in physical and intellectual act.

Contd...

Teaching is impossible without complete knowledge of learner's physical potential, mental abilities and intellectual powers at all stages of learning and factors and conditions associated with them.

# Psychology.....

- Helps in understanding human behavior
- Optimizing human potential
- Helps categorizing pupils
- Helps understanding concept of learning and performance
- Helps in developing the curriculum for Physical education programs
- Help physical education teachers to find solutions of the problems associated with their students performance
- Helps in making environment more congenial
- Helps in the development of PST to enhance performance during competition

## **Helps in understanding human behavior:**

Without complete understanding of behavior which is the central theme of psychology, its modification is very difficult.

To enhance human potential for learning and performance the innate behavior (instinct, emotions, reflexes) has to be understood in its biological, social and cultural contexts and need to be treated accordingly.

## **Optimizing human potential:**

Psychology helps the teachers and coaches to understand the real spring of human behavior and to find ways and means to direct the flow of that psychic energy into right direction.

Psychologist believes that the entire phenomenon of performance is based on the psychic energy which gives a thrust to a particular behavior.

## **Helps categorizing pupils:**

Psychology makes the teachers, coaches and sports psychologists 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.

They respond to stimulus and situations differently and in their own characteristic way.

## **Helps understanding concept of learning and performance:**

Physical Education teacher must have proper knowledge of how motor skills are learned and acquired. How children learn and try to dominate their environment is much more important for the educator than to know what they learn.

Psychology gives opportunities for physical educators to understand the processes and procedures of motor skill acquisition, human growth and development.



**Helps in developing the curriculum for Physical education programs:**

Curriculum planning in physical education without reference to psychological principles underlying motivation, learning transfer of training etc will be just waste of time.

**Help physical education teachers to find solutions of the problems associated with their students performance:**

Psychology goes more than half way to making the movement concept clear and guiding teachers to grapple with the problems associated with them more effectively.

**Helps in making environment more congenial:**

Whether physical activity are competitive or recreative, they are learnt and performed under friendly climate.

**Helps in the development of PST to enhance performance during competition:**

While learning and practice conditions are within control of teachers/ coaches, competition situations are not. In order to handle emotionally charged competitive situations, athletes have to acquire coping strategies, mental skills and psychological techniques.

# Conclusion

Psychology in physical education and sports is not simply an academic subject at the training colleges, it is practiced by coaches and athletes in the field setting. Psychological intervention, coping strategies, mental skills such as imagining, concentrating, focusing etc, are all practical task in which athletes, teachers/coaches, and sports psychologists play a reciprocally cooperative but decisive role.