

ROLE OF PSYCHOLOGY IN SPORTS AND MOVEMENT LEISURE

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ABSTRACT:

The role of mind has become even more important with the rapidly increasing commercialization of sport, which has presented new pressures for athletes across many levels and ages. Sports psychology is an interdisciplinary science, studying how psychological factors affect performance and how participation in sport and exercise affects psychological and physical factors. Sports psychology helps to predict the sportsmen's behavior under stress and tension. The knowledge of sports psychology helps to improve the performance of an individual by controlling negative factor.

Keywords:Sports psychology, Movement Leisure, Psychological factors.

INTRODUCTION

Sports psychology is an interdisciplinary science that draws on knowledge from the fields of kinesiology and psychology. It is about studying how psychological factors affect performance and how participation in sport and exercise affects psychological and physical factors. In addition to instruction and training in psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches and parents regarding injury, rehabilitation, communication, team building and career transitions. Isolated studies of the psychology of sport and physical activity.

In its formation, sports psychology was primarily the domain of physical educators, not researchers, which may explain the lack of a coherent history. Nevertheless, many instructors have sought to explain the different phenomena associated with sport and physical activity and have developed sports psychology laboratories.

In Europe, the early years of sports psychology were marked by the formation of the Deutsch Hochschule für Leibesübungen (College of Physical Education) by Robert Werner Schulte in 1920. The laboratory measured physical abilities and aptitude in the sport, and in 1921, Schulte published *Body and Spirit in Sport*. In Russia, sports psychology experiments began as early as 1925 at the institutes of physical culture in Moscow and Leningrad, and formal sports psychology departments were established around 1930.

In North America, the early years of sports psychology included isolated studies of motor behavior, social facilitation, and habit formation. During the 1890s, E. W. Scripture conducted a range of behavioral experiments, including measuring the reaction time of runners, the thinking time of schoolchildren, and the baton accuracy of a conductor. Norman Triplett's work showed that cyclists were more likely to ride faster with a pacemaker or competitor, which has been foundational in the literature on social psychology and social facilitation. The research envisioned by ornithologists Lashley and Watson on the learning curve of novice archers provided a solid model for future research on habit formation, as they argued that humans have higher motivation levels to accomplish in a task like archery versus a mundane task. Researchers Albert Johnson and Joseph Holmes tested baseball player Babe Ruth in 1921, as sports writer Hugh S. Fullerton reports. Ruth's swing speed, his breathing just before hitting a baseball, his coordination and speed of wrist movement, and reaction time were all measured, with the researchers concluding that Ruth's talent could be attributed to part to motor skills and reflexes much superior to these. of the average person.

CURRENT STATE OF SPORTS PSYCHOLOGY

It would be misleading to conflate the status of AASP and the status of the profession of sport psychology. However, considering that AASP has the largest membership of any professional organization devoted entirely to sport psychology, it is worthwhile to mention the contentious nature of the organization's future.

There appears to be a rift between members of AASP who would like the organization to function as a trade group that promotes the CC-AASP certificate and pushes for job development, and members of AASP who would prefer the organization to remain as a professional society and a forum to exchange research and practice ideas. Many AASP members believe that the organization can meet both needs effectively. These problems were illustrated in AASP founding President John Silva's address at the 2010 conference. Silva highlighted five points necessary for AASP and the greater field of applied sport psychology to address in the near future:

- a) Orderly development and advancement of the practice of sport psychology
- b) Embrace and enhance interdisciplinary nature of sport psychology
- c) Advance development of graduate education and training in sport psychology
- d) Advance job opportunities for practice in collegiate, Olympic, and pro sports
Be member-driven and service its membership

Silva then suggested that AASP advance the legal standing of the term "sport psychology consultant" and adopt one educative model for the collegiate and post-graduate training of sport psychology consultants. While the AASP Certified Consultant (CC-AASP) certification provides a legitimate pathway to post-graduate training, it does not legally bar an individual without the CC-AASP credentials from practicing sport psychology. Silva contended that future sport psychology professionals should have degrees in both psychology and the sport sciences and that their training ultimately conclude in the obtainment of a legal title. It was argued this should increase the likelihood of clients receiving competent service as practitioners will have received training in both the "sport" and "psychology" pieces of sport psychology. Silva concluded that AASP and APA work together to create legal protection for the term "sport psychology consultant." Results of the AASP strategic planning committee report will be published in late 2011 and will continue the discussion and debate over the future of the field.

THE ROLE OF PSYCHOLOGY IN SPORT AND PHYSICAL EDUCATION:

Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. All four factors are critical to peak performance. One could argue however that the last of these is the executive function, as it is the mind which determines whether or not what you have trained in over the past few years, is brought out on the day – at that moment when it matters most. Yet it is this aspect of sports performance which has traditionally been paid the least attention in preparation for competition. Hence, in a world where many athletes are physically, technically and tactically increasingly similar, it is the mind which offers perhaps the greatest scope for a competitive advantage.

The role of mind has become even more important with the rapidly increasing commercialization of sport, which has presented new pressures for athletes across many levels and ages. Fortunately, like the other three factors, the mind can be improved through training. The more the mental skills are learned and practiced, the better and the more consistent the performances become. There is little doubt that in future, proper mental preparation will become as routinely integrated into training and competition as the other factors already are.

IMPORTANCE OF SPORTS PSYCHOLOGY FOR COACHES AND PHYSICAL EDUCATOR:

Sports psychology helps to predict the sportsmen's behavior, performances varied behaviors may be due to psychological and biological factors.

1. It is easy to find out the problems of athletes or sports persons.
2. It is helpful to find out the athlete's behavior under stress and tension.

3. With the help of psychological inventories self-esteem, self-concept, tension, emotion, aggression and various other personality traits could be measured.
4. It helps to find out the different traits of athlete, non-athletes and various team players by using inventory techniques.
5. The knowledge of sports psychology helps to improve the performance of an individual by controlling negative factor.
6. It helps the teachers or coaches to bring out the full potential of the athletes.
7. It helps the coaches to understand the behavior of players and how it can be changed and modified for better performance.
8. Knowledge of individual difference and motivation will help the teachers and coaches to teach and train the individuals effectively.
9. Selection of players will be more effective if one knows various psychological factors of various teams.
10. It will help the players to analyze themselves and improve their own performance.
11. It is helpful to develop the ability to control over emotions.
12. To know the hidden qualities of a sports person.
13. Psychosomatic disorder to control over them.

CONCLUSION:

Lastly it is concluded that Sport Psychology plays an important role in each and every aspect of life of an individual. It also deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. A coach cannot progress without knowledge of sports psychology. So, the knowledge of psychology is very necessary for all human beings.

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