

Psychology for Sports

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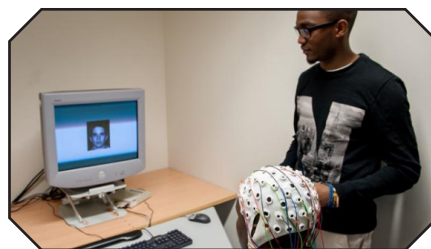
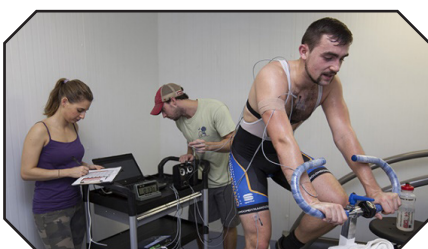
The effect of psychological processes on skills in sports is a complex subject for specialists of sports and sportsmen to comprehend. It is necessary to carefully distinguish in a simple way the relationship that exists between the sporting skills and psychological factors. Sports is a social science. It makes a person active, healthy, competitive and cooperative. These are necessary for the well being of a society. Psychology can be linked to sports in many ways. European Federation of Sports psychology has identified sports psychology as a science which studies psychological fundamentals as emotions. As a result of the attention paid to this matter by sports related institutions it has been identified that every physical movement helps to enhance sports skills. Due to growing relationship between the patterns of behavior and training in sports the role of

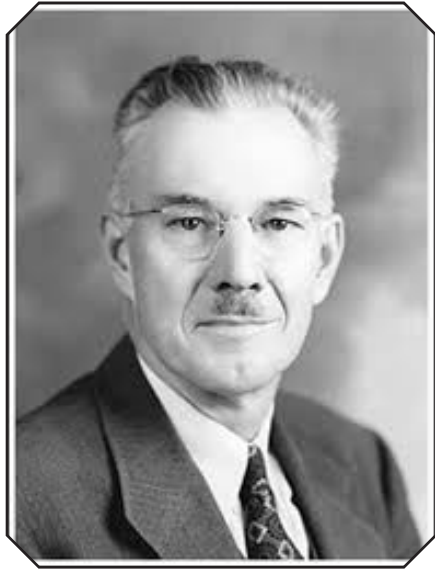
sports psychology has become complex. Sports psychology has become necessary to understand and study the fine differences of the behavioural patterns of sportsmen in order to develop their aptitudes and skills and to maintain them at optimum level. Generally sports psychology involves research, teaching and the provision of counselling services. The trainer is always engaged in improving physical quality while the sports psychologist is involved in improving the vision of the sportman. Achieving the objectives of the sportsman can be accomplished by bringing out the intrinsic factors. This is through creating a suitable psychological fitness.

The beginning of sports Psychology

Sports Psychology originated as a special branch of psychology.

Sports psychology began in the 19th century as a result of looking at the behavioral patterns of sportsmen from a psychological angle. Sports psychology began with the “team” concept used in social psychology by the American social psychologist Norman Triplett in 1898. E.V.Serepture presented a diagrammatic sketch of the personality pattern of the participating sportsmen. R.Cummins presented information on motor reactions and mental concentration. By 1920 studies on sports psychology and investigations were progressing to an advanced level. The establishment of the first sport psychology laboratory in Berlin in 1920 by Carl Diem is an outstanding event in this progress. Five years later A.Z.Puni by starting an institute dealing with sports and physical education further developed studies in sports psychology. Sports Psychology began to develop as a subject along with the





Coloman Griffith

introduction of a degree course in the university of Illinois (USA) in 1925. Coloman Griffith who is considered as the father of sports psychology played a leading role in this respect. He wrote the books Psychology of Coaching and Psychology of Athletics. With the development of sports psychology as a professional subject many countries including USA, Britain, Germany and Russia began to direct their attention to the subject. In 1938 University of California introduced a degree

course related to sports and physical education and thereby accelerated the development of human resources associated with sports. By 1960 the relationship between sports and psychology had become very strong. There were sports psychologists accompanying the sports teams that came from European countries to participate in the Olympic sports festival held during that year. The first sports psychology conference was held in Rome in 1965 and this was of great value.

By 1965 applied sport psychology had come into being. It is Bruce Ogvie who contributed to this development. By this time a large number of articles, essays and books of considerable standard had been published on sports psychology.

By 1970-2000 sports psychology had achieved a rapid progress internationally. Training in sport psychology and investigation of a high standard had begun. At the same time ethics, insurance and service of full time psychologists etc. were established and developed.



Preparatory Phase



Competitive Phase

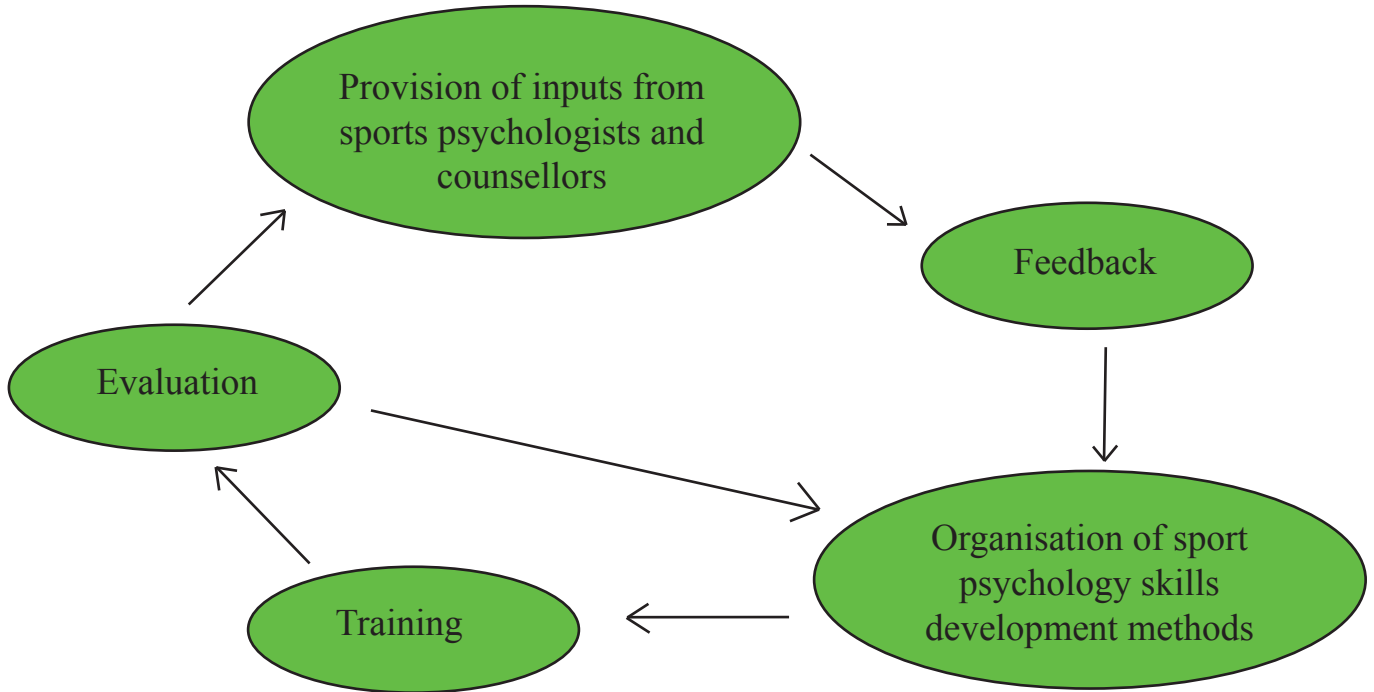


Past Competitive Phase
(transformation)



This period saw the birth of the Society of American Sports Psychology (1986), The society of British Sport and Exercise Psychology (1993) (as a branch of British Psychological Society) and Sport Psychology Society of Europe (1996). These are the outstanding developments. These





organizations were responsible for the rapid development of sports psychology. By now there is direct contribution from sports psychology to sports and to all aspects connected to sports. Sports psychology plays a wide role in many aspects such as in motor reactions, personality, motor learning, health exercises, sport

training and sport counselling. By today sport and exercise psychology has expanded to cover a wide range of activities and divided into a few sub sections too. Among these clinical sports psychology and educational sports psychology have become two essential subject streams for sport training.

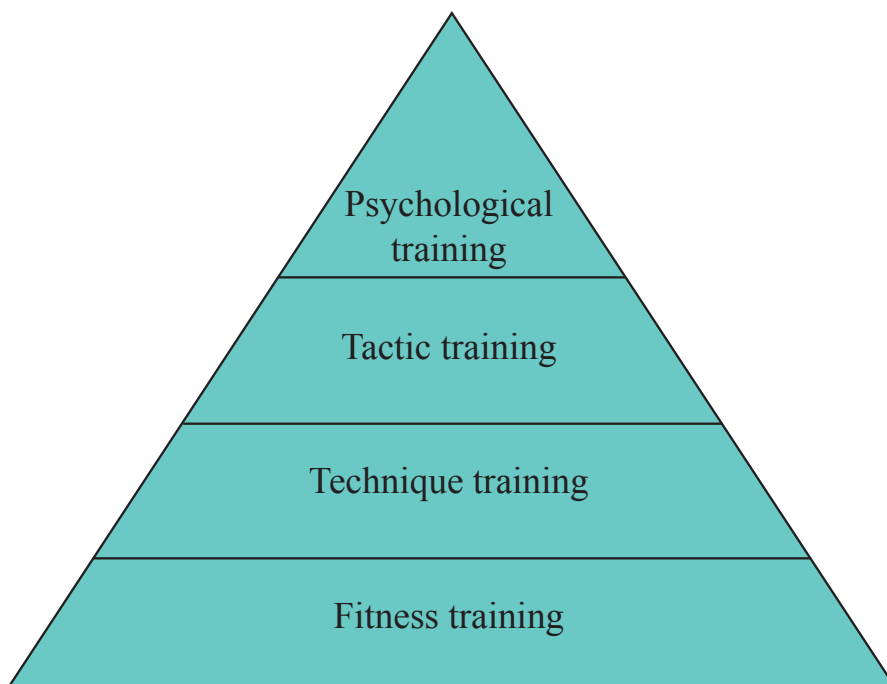
Psychology for sport training

It is an experimentally proven fact that training conducted on a psychological basis helps in the enhancement and development of sports skills. As shown by many sportsmen, trainers, counselors and researchers, psychological is necessary for the continuous development and maintainance of sport skills. Factors such as psychological motivation, self confidence, intensity, attention control, control of emotions create an unbroken or continuous relationship between training and sport skills.

Generally the effect of sport training and preparation help to raise the sport skills to a higher standard. Sport training always targets to enhance physical and mental prowess. It is possible to depict it as a pyramid.

Physical and Psychological Fitness Training Pyramid

Primarily in sport training 80% is





allocated to physical competence and 20% to psychological training. Although generally the above ratio is accepted, it varies according to the type of sport. Sport training is conducted in several stages or phases.

The preparatory phase targets the basic physical fitness training and basic psychological training. During this phase the sportman is directed towards motivation tools, and self

confidence of the sportsman is built up. Through this it is expected to enhance both technical competence in the sport and the capacity of physical competence. These are the main skills that are built up during the pre-preparatory phase. Subsequently during the preparatory phase training is continued using mental relaxation techniques and evaluation techniques.

In sports training the competitive phase is a very vital phase. It is divided into the pre-competitive and the competitive phase. During the first phase the capability for the sport is organized by building self-confidence of the sportsmen and thereby develop

the positive thinking required to face the competition. It helps to reach one's maximum levels of skills through enhancing physical capability, specially by developing physical fitness. During the competitive phase, through visualization of the skills that one possesses, the skills level is maintained continuously through responsibility, intensity and by the realization of the competitive

targets.

Based on the competitive skills and emotional training of the sportsmen psychological training helps to achieve the competitive skills of sportsmen. It requires daily sports psychological training.

Sports training is conducted through daily evaluation. Consequently psychological training also has to be carried out along with evaluation. This training is expected to prevent causing any disabilities in sportsmen with psychological weaknesses. Sport improves daily through competitiveness. The contribution made by the emotions and organization of the emotions in sportsmen through the inclusion of psychological aspects is used to help in continuously maintaining the competitive skills of sportsmen. On the other hand the psychological training brings about a complex and a challenging effect on the sport skills. At the same time through psychological training sportsmen can build up the emotion that is necessary to compete during the competition. Psychological training is a basic help to achieve one's objectives and targets by building up the maximum capability.

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