



Research Article

Role of sports psychology in physical education

Ravindra Baliram Khandare

Director of Physical Education and Sports, Mula Education Society's Arts, Commerce and Science College Sonai, Newasa, Ahmednagar, Maharashtra, India

ABSTRACT

The popularity of sport psychology in physical education is the study of the mental and emotional well-being of many games in relation to their performance, mental health, and relations with sports organization and settings. The sporting world involves intense competition and pressure to be at the peak of more games. This pressure can often drive players to overwork themselves and suffer physical, mental, and emotional burnout sports psychologists work with fitness of players to help them overcome and guard against such burnout, while also assisting them with performance improvement and building a good lifestyle.

Keywords: Ground, Physical education, Sports psychology, Sports

INTRODUCTION

Compared with the field of many sports games and physical education, competitive sports have received more attention from sports phonology. A series of sports psychological intervention technology have team use of many sports games according to John Luther, "sports psychology to an area which attempts to apply psychological facts and principal to learning performance and associated human behavior in whole field sports."

Role of sports psychology is in interdisciplinary science in education methods. It involved the study of how psychological factors affect performance and how participation in sports and exercise psychological and physical factors. Sports physiology is the study of the psychology in flowers sports, performance, exercise, and physical activity.

ROLE OF SPORTS PSYCHOLOGY

The importance of a sports psychologist is integral members of the cooking and health care teams in widely recognized sports psychologist can teach skills to help sports player enhance their learning process and motor skills with competitive pressure, pathological training should be an integral part of sports player

Address for correspondence:
Dr. Ravindra Baliram Khandare,
E-mail: ravikhandare03@gmail.com

for their training process. There in the best accomplishment by a good sport among the coach. Sports psychologist playing major role to improving mental confidence of sports person.

SCOPE OF SPORTS PSYCHOLOGY

Sport psychology is a relative young field, with the first-ever sports psychology laboratory set up in 1920 in Belem. It grew in population through the 1970s and 1980s and acquired a more scientific approach to understanding the relationship between psychology and sports performance. Today, the subject draws from multiple disciplines such as biomechanics, kinesiology, physiology, and psychology to assist athletes and their coaches and supporters with the strategies required for optimal sports performance. Apart from general sports psychology, there are several especially cared that students can focus on. There includes search to his foundation of sports psychology, clinical and counseling issues, development and social issues related to sports player, and the systemic aspect of sports consulting.

IMPORTANCE OF SPORTS PSYCHOLOGY

Understanding the Behavior

Sports psychology helps in understanding the behavior of sports person engaged in competitive sports coaches also come to know the interest attitude toward physical activity and personality of sportsperson. It does not play its role

only in understanding of behavior but it also plays its role of medication of behavior in various sports situations.

Learning the Good Skills

Sports psychology plays its major role in the learning of motor skills. Learning depends on the individual level of readiness, that is, psychological reaches in children are development of necessary strength flexibility and endowment as well as the developed meant of various organ systems that they may perform motor skills required in the activity sports psychology is also helpful in the cognitive stage.

Controlling the Emotions

Sports psychology plays a very important role in controlling the emotions of sportsperson during practice as well as competitive generally, these emotions may bring sportsperson changes in the behavior of sports person. It helps in balancing the around of conditional which further improves the performance.

Enhancement of Physiological Capacities

Sports psychology plays a very unique role in enhancement of physiological capacities his such as strength, speed, and flexibility. Motivation plays a major role in the enhancement of physical capacity of sports persons it is well-known as well as an established fact that psychological capacities or power can increase physiological capacities of individuals.

Role in the Emotional Problems of Sports Person

Stress, tension, and anxiety are natural during practice period and competition or tournaments. There may be some other emotional problems such as depression, fortuities, and panic. The knowledge of sports psychology may be helpful in such situations. Techniques of relaxation and sports person who are under the problems. It can be said that sports psychology plays a very mental role in enhancing the performance of sportsperson it clean with the various mental qualities such as concentration.

POSITIVE PSYCHOLOGY IN SPORTS

It is vital to address the question what promotes excellence in performance? The researcher attempts to put forward the replay in forms of pictorial presentation the cognitive eruptions affective inputs and developed that have received. Thus, positive psychology in sports has been defined as the science of happiness and strength there fire the present research lays emphasis on the fact that sports can be an integral platform for developing positive psychology construct such as mental toughness, grit, and resiliency among sportsperson that can increase their motivation levels which is essential to target goods it is vital to mention here that research endeavors to explain sports psychology and positive psychology have much in common.

A sports psychologist teacher mental skills for an enhanced performance and at times of poor emotional well-being provides assistance as well on the other hand a positive psychologist, works in the health model with a goal of moving for whoever the starting points, beyond the viral and into the plus scale of well-being, positive psychologist has spawned a humbler of positive can streets that can be implemented in healthy population and to improve elements of their well-being form exercises focused on positive emotions to improved performance through accomplishment level of completion there, positive psychology can be called as a part and parcel of psychology.

CONCLUSION

The paper study attempts to ascertain the importance of how sports benefit from being closely engaged with positive psychology future, relationship between sports, and positive psychology explored. Understanding how two distinct disciplines work in the paper forces on calmation.

Sports psychology, that more over it enhances its scope form accusing an city, stress, burnout to developing a positive sports psychology that focuses more upon midst, strengths, grit, mental thoughtless, and resilience.

REFERENCES

1. Kamlesh ML. *Psychology in Physical Education and Sports*. New Delhi: Khel Sahitya Kendra Publishers; 2011.
2. Hackfort D, Schinke R, Strauss B. *Dictionary of Sports Psychology*. London, UK: Academic Press; 2019.
3. Mohanty AC. *Sports Psychology*. New Delhi: Sports Publication; 2019.
4. Carpenter S. Ten steps in scale development and reporting: A guide for researchers. *Commun Methods Meas* 2018;12:25-44.
5. Weinberg R. Does imagery work? Effects on performance and mental skills. *J Imag Res Sport Phys Act* 2008;3:1-21.
6. Deci EL, Ryan RM. *Intrinsic Motivation and Self-Determination in Human Behavior*. New York: Springer; 1985.
7. Holmes PS, Collins DJ. The PETTLEP approach to motor imagery: A functional equivalence model for sport psychologists. *J Appl Sport Psychol* 2001;13:60-83.
8. Gould D. Goal setting for peak performance. In: Williams J, editor. *Applied Sport Psychology: Personal Growth to Peak Performance*. New York: McGraw-Hill; 2006. p. 240-59.
9. Marks D. Mental imagery and consciousness: A theoretical overview. In: Sheikh A, editor. *Imagery: Current Theory, Research, and Application*. New York: Wiley; 1983. p. 96-130.
10. Danish SJ, Male BD. Toward an understanding of the practice of sport psychology. *J Sport Psychol* 1981;3:90-9.
11. Silva JM. No one told you when to Run: The Past and Present is not the Future of Sport Psychology. Keynote Presentation. Providence, RI: Association for Applied Sport Psychology; 2010.