

Variorum Multi-Disciplinary e-Research Journal
Vol.,-05, Issue-III February 2015
Role of Sports Psychologist for Athletes

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Introduction:

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. This makes the coaches to take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety. The importance of a sports psychologist as an integral member of the coaching and health care teams is widely recognized. Sports psychologists can teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures.

Method:

The purpose of this study to find out the role of sports psychologist in athletics performance. In present study 100 athletes were selected from Osmania University. The effective sample consisted of 100 athletes 50 athletes given the sports counseling and 50 athletes not given the sports counseling and the age range between the 18-22 years. Singh personal stress source inventory were used for the study.

Result:

The athletes not given the Sports Counseling have significantly high stress than the athletes given the sports counseling.

Conclusion:

It is an essentially need of sports psychologist for athletes performance. Now days all the teams are using the services of sports psychologist to enhance the performance.

Key words: stress, sports counseling etc.

Introduction:

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety. That interest has focused on techniques that athletes can use in the competitive situation to maintain control and optimize their performance. Once learned, these techniques allow the athlete to relax and to focus his/her attention in a positive manner on the task of preparing for and participating in competition. Psychology is another weapon in the athlete's armory in gaining the winning edge. The specialized field of sports psychology has developed rapidly in recent years. The importance of a sports psychologist as an integral member of the coaching and health care teams is widely recognized. Sports psychologists can teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel and in the competitive environment. Psychological training should be an integral part of an athlete's holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sport psychologist, and the athlete;

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however, a knowledgeable and interested coach can learn *basic* psychological skills and impart them to the athlete, especially during actual practice.

Preparing for Competition

Simple psychological skills to help the athlete manage the competitive performance environment include: 1) learning relaxation skills (e.g. progressive relaxation; slow, controlled, deep abdominal breathing; or autogenic training; 2) mastering all of the attention styles (types of concentration); 3) imagery (both visualization and kinesthetic); 4) appropriate self-talk; and 5) developing a pre-competition mental routine to be employed immediately prior to competition on game day (these routines are short [1–2 minutes] and use all of the mental skills just presented).

Psychology Skills Training

Psychology skills training for the athlete should aim to improve their mental skills, such as self-confidence, motivation, the ability to relax under great pressure, and the ability to concentrate and usually has three phases:

Purpose of the study:

The purpose of the study to find out the role of sports psychologist in improving the athlete's performance. This study will be significant regarding the role of sports psychologist in the improvement of performance in sports

Hypothesis:

Not given the Sports Counseling players have significantly high stress than the given the sports counseling.

Methodology:

The purpose of the study to find out the role of sports psychologist in athletes performance. For the present study 100 athletes were selected from Osmania University. The effective sample consisted of 100 athletes 50 athletes given the sports counseling and 50 athletes not given the sports counseling and the age range between the 18-22 years. Singh personal stress source inventory were used for the study.

Procedures of data collection

The data was collected through questionnaire of two groups i.e. sports counseling group and non sports counseling group.

Results:

The athletes not given the Sports Counseling have significantly high stress than the athletes given the sports counseling.

Discussion:

It is an essentially need of sports psychologist in Athletes Performance.

Table:1. Showing the Test Scores of Stress among Athletes Counseling Group and Non Counseling Group.

Test	Group	Mean	SD	S.E	N	df	't'
Stress	Athletes with Counseling	24.69	7.19	1.01	50	98	6.90**
	Athletes without counseling	36.12	9.28	1.31	50		

The results related to the hypothesis have been recorded. Mean of stress score of the Athetes Sports Counseling is 24.69 and that of the Athletes non counseling group Mean is 36.12 The difference between the two mean is highly significant ('t' = 6.90, df = 98, P < 0.01) It is clear

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that Athletes Sports Counseling Group have less stress compare to athletes non counseling group. It is an essentially need of sports psychologist in team sports performance Personality profiling, Assessing strengths and weaknesses in current mental approaches of individuals in the goal of refinement for optimal performance, Helping key stakeholders such as managers and coaches promote an optimal environment for maximum team enjoyment, Stress management, Weight and health management, Assisting with life management strategies, Teaching mental skills such as imagery and competition planning, Offering individual consultations, as well as facilitating interactive workshops, and General counseling.

Conclusion:

It is an essentially need of sports psychologist in team sports performance Personality profiling, Assessing strengths and weaknesses. Not given the Sports Counseling players have significantly high stress than the given the sports counseling. Not given the Sports Counseling players have significantly high anxiety than the given sports counseling. Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. the performance.



Sports Psychologist guiding the Athlete

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International Journal of Health, Physical Education and computer science in sports pg.104-106