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## Importance of sports psychologist for team performance in sports

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### Abstract

It has long been acknowledged that psychological skills are critical for player at the elite level. Player with the requisite “mental toughness” is more likely to be successful. In the past, it was assumed that these skills were genetically based, or acquired early in life. Now, it is commonly accepted that players and coaches are capable of learning a broad range of psychological skills that can play a critical role in learning and in performance. Increasing stress in competitions bring into pessimistic effects for athletic performances, which retort with both physical and mental abilities. To conquer these situations for the athlete, coaches have shown keen interest in the field of sport psychology, particularly 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 as well as cope with competitive pressures. The present study was carried out to find the significance of sports psychologist to support team performance. For the present study 100 players were selected from Department of Physical Education, University of Rajasthan, Jaipur. The effective sample consisted of 100 players, age ranges from 20 to 25 years (Volleyball, Basketball, Hockey and Cricket players), where sport’s counseling was give to 50 players and another 50 players served as control. Singh personal stress source inventory and Sinha comprehensive anxiety test were used for the study. The results related to the hypothesis were evaluated, which revealed that significantly higher stress as well as anxiety level was found in those players who did not counsel prior to sport activity in comparison to counseled players. In conclusion there is an essential need of sports psychologist in team sports performances, personality profiling, assessing strengths and weaknesses. Now-a-days all the teams are using the services of sport’s psychologist to enhance their performance.

**Keywords:** Stress, anxiety, sports counseling

### Introduction

It has long been acknowledged that psychological skills are critical for player at the elite level. Player with the requisite “mental toughness” are more likely to be successful. In the past, it was assumed that these skills were genetically based, or acquired early in life. Now, it is commonly accepted that players and coaches are capable of learning a broad range of psychological skills that can play a critical role in learning and in performance. 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. 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; however, a knowledgeable and interested coach can learn basic psychological skills and impart them to the athlete, especially during actual practice.

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**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. appropriate self-talk;
3. mastering all of the attention styles (types of concentration);
4. imagery (both visualization and kinesthetic); 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: Education phase, during which athletes learn about the importance of psychological skills and how they affect performance 18/09/15 - new ad format for Lisa Brown – gifimage with new link Acquisition phase, during which athletes learn about the strategies and techniques to improve the specific psychological skills that they require. Practice phase, during which athletes develop their psychological skills through repeated practice, simulations, and actual competition. While sport psychologists primarily work with athletes and focus their research on improving athletic performance, coaches are another population where intervention can take place. Researchers in this area focus on the kinds of things coaches can say or do to improve the performance in sports. Motivational climate refers to the situational and environmental factors that influence individuals' goals. The two major types of motivational climates coaches can create are task-oriented and ego-oriented. While winning is the overall goal of sports competitions regardless of the motivational climate, a task-orientation emphasizes building skill, improvement, giving complete effort, and mastering the task at hand (i.e., self-referenced goals), while an ego-orientation emphasizes demonstrating superior ability, competition, and does not promote effort or individual improvement (i.e., other-referenced goals) Effective coaching practices explore the best ways coaches can lead and teach their athletes. For Examples, researchers may study the most effective methods forgiving feedback, rewarding and reinforcing, behavior, communicating, and avoiding self-fulfilling prophecies in their athletes.

**Purpose of the Study**

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

**Methodology**

For the present study 100 players were selected from Department of Physical Education, University of Rajasthan, Jaipur. The effective sample consisted of 100 players (Volleyball, Basketball, Hockey and Cricket players), 50 players given the sports counseling and 50 players not given the sports counseling age range 20-25 years. Singh personal stress source inventory and Sinha comprehensive anxiety test were used for the study.

**Sample**

For the present study 100 players were selected from Department of Physical Education, University of Rajasthan, Jaipur. The effective sample consisted of 100 players (Volleyball, Basketball, Hockey and Cricket players), 50 players given the sports counseling and 50 players not given the sports counseling age range 18-25 year.

**Procedures of data collection**

Two instruments could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the test. The test was administered and a field copy of test was collected. Following the same procedure, the whole data were collected.

**Independent variable**

Players a) Given Sports Counseling b) Not Given Sports Counseling  
Dependent Variable:

1. Stress
2. Anxiety

**Results**

The results related to the hypothesis have been recorded. The Players not given the Sports Counseling players have significantly high stress than the given the sports counseling. The Players who have not given the Sports Counseling players have significantly high anxiety than the given the sports counseling.

**Discussion**

It is an essentially need of sports psychologist in team sports performance Personality profiling, Assessing strengths and weaknesses. Now a days all the teams are using the services of sports psychologist to enhance the performance. Statistical analysis and discussion's showing the significance of difference between played four matches with counseling and played four matches without counseling respect to Stress and Anxiety. (Four matched aggregate mean taken)

**Table 1:** Dimension Group Mean SD S.E N df 't'

Dimension	Group	Mean	S D	S,E	N	Df	't'
Stress	Four matches Played with Sports Counseling	22.69	7.18	1.01	50	98	6.89
	Four matches Played without Sports Counseling's	34.12	9.27	1.31	50		
Anxiety	Four matches Played with Sports Counseling	38.45	6.53	0.92	50	98	6.42
	Four matches Played without Sports Counseling	47.80	7.97	1.13	50		

The results related to the hypothesis have been recorded. Mean of stress score of the Four matches Played with Sports

Counseling Mean is 22.69 and that of the Four matches Played without Sports Counseling Mean is 34.12 The

difference between the two mean is highly significant ( $t=6.89, df=98, P < 0.01$ ) It is clear that Four matches Played with Sports Counseling and Four matches Played without Sports Counseling Differ Significantly From each other from the mean scores and graph it was found that the Four matches Played without Sports Counseling have Significantly high stress than the Four matches Played with Sports Counseling. Second Mean of anxiety score of the Four matches Played with Sports Counseling Mean is 47.80 and that of the Four matches Played without Sports Counseling Mean is 38.45 The difference between the two mean is highly significant ( $t=6.42, df=98, P < 0.01$ ) It is clear that Four matches Played with Sports Counseling and Four matches Played without Sports Counseling Differ Significantly From each other from the mean scores and graph it was found that the Four matches Played without Sports Counseling have Significantly high anxiety than the Four matches Played with Sports Counseling. 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. Sports Psychology is about improving your attitude and mental game skills to help you perform your best by identifying limiting beliefs and embracing a healthier philosophy about your sport. The aim of sports psychologist helps overcome any pressure that the athlete may have from coach, parent and themselves. Teaching Strategies, Techniques to improve the sports performance. At times of poor emotional well-being, not feeling well the psychologist will help to increase your state of well-being to give the best results in the sports competition.

Psychologist guiding the Team member

### 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. Hence Psychological training is very much important to enhance the performance.

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