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## Role of psychological factors for successful cricket

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### Abstract

Cricket is a unique sport on many levels. On the one hand it is a team game played by 11 individuals who combine to form an effective fielding unit, and to win with suitable strategy is the ultimate aim. Cricket also has many different formats and can be played as one day with 50 over's, just a few hours in the case of T20 and for many days in case of test cricket. Instead of learning the skills of the game, the biggest challenge is being able to deal with the many psychological factors that can affect thinking, organizing and ultimately perform well during a game. Due to the many uncontrollable factors in cricket such as playing conditions, umpiring decisions and pressure from the coach and the crowd are some of the facts that statistically make the cricketers fail more times than they succeed. Self confidence levels are proposed to impact sport performance by determining levels of motivation. Self-modeling helps the cricketer to understand his own performance (either in practice or competition). Further, ego-strengthening is another important concept which plays an important role in enhancing the feelings of self- confidence. Concentration is the key to success which is filling the mind with what you need to do to ensure a successful action. Emotional control is a mix of high skill levels and being clear tackled mentally, to play the game under pressure. Understanding psychological factors will help to achieve optimal mental state for success.

**Keywords:** Self-confidence, ego- strengthening, emotion

### Introduction

Sports psychology is the study of how psychology influences sports, performance and physical activity. Sports psychology is an interdisciplinary science that draws on knowledge from the fields of Kinesiology and psychology. Some sports psychologists work with professional players and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan. In addition to training of psychological skills for performance improvement, applied sports psychology may include work with players, coaches and parents regarding communication, team building, injury and rehabilitation. Contemporary sports psychology is a diverse field. Finding ways to help players is certainly an important part of sports psychology, the application of exercise and physical activity for improving the lives of non-athletes is also a major focus. In this article I would like to analyze the psychological factors for the successful cricket.

### Secret key Points for success

The main mental qualities that are important for successful performance in most sports.

- Self- Confidence - believe in one's abilities
- Commitment - ability to continue working to fixed goals
- Concentration - ability to maintain focus
- Anxiety - ability to manage pressure
- Control - ability to maintain emotional distraction

### Self- Confidence

Confidence results from the comparison a player makes between the goal and their ability. The player will have self-confidence if they can achieve their goal.

When a player has self-confidence they will tend to be positive in their approach and take their share of the responsibility in teams success.

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Good goal setting can bring feelings of success. If player's can see that they are achieving their short term goals and moving towards their long term goals then confidence grows. It is not the situation that directly affects confidence; thoughts, assumptions and expectations can build or destroy confidence.

### **Positive confidence**

- Thoughts - positive thoughts of success
- Feelings - excited, anticipation, clam, prepared
- Focus - on self, on the task
- Behavior - maximum effort and commitment, positive reaction to setbacks,

### **Negative confidence**

- Thoughts - negative, defeat of failure
- Feelings - tense, dread, fear
- Focus – on others(coach, umpire, conditions)
- Behavior – lack of effort, blame others or conditions for outcome.

### **Commitment**

Sports performance depends on the player's being fully committed to numerous goals over many years. In competition with these goals the player's will have many aspects of daily life to manage. The many competing interest and commitments include work, studies, family/partner, friends, social life and other hobbies.

- Sufficiently involved in developing the training program
- Understanding the objectives of the training program
- Player's and coach working as a team
- Full of enjoyment
- Knowing about the injury

Setting goals with the player's will raise their feelings of value, give them joint ownership of the goals and therefore become more committed to achieving them. All goals should be Smarter.

Many people coach, medical support team, manager, family, friends, etc can contribute to an player's levels of commitment with appropriate levels of support and positive feedback, especially during time of injury, illness and poor performance.

### **Concentration**

This is mental quality to focus on the goal set in mind. If the player's concentration is more than their playing abilities will be effectively or efficiently applied to the task. The concentration is identified into two types attention focus.

Broad narrow continuum - the player's focuses on a large small number of stimuli

Internal and external continuum - the player's focus on internal stimuli (feelings) or external stimuli

### **Concentration demand varies from sport to sport**

Sustained concentration - distance running, cycling, tennis, squash

Short bursts of concentration - cricket, golf, shooting, athletics field events

Intense concentration - sprinting events, skiing

### **Development to improve concentration**

Strategies to improve concentration are very personal. One way to maintain focus is to set process goals for each session or competition. The player's will have an overall goal for

which the player will identify a number of process goals that help focus on specific aspects of the task. Player's will develop a routine for competition that may include the night before, the morning, pre competition, competition and post competition routines. If these routines are appropriately structured then they can prove a useful aid to concentration.

### **Overcome from Distraction to Success**

Mistakes, fatigue, weather, anxiety, coach, manager, opponent, negative thoughts, public announcements etc.

### **Anxiety**

Anxiety is said to be the most important of all psychological factors in influencing sport performance. Psychologists still recording anxiety as the main reason for conducting consultations with player's. Player's must manage their response to anxiety in a controlled zone if they are to perform at an optimal level with each player comprising their own level of anxiety for attaining that elite performance. The main problem which will embrace is the ability of test match batsmen to regulate or manage anxiety into their own idyllic state to produce optimal performance. Today's cricket sporting arena thrusts a huge amount of pressure onto batsmen to satisfy the public's expectations, with any substandard performances potentially seeing a batsman dropped. Given the nature of cricket any player's, specifically a younger inexperienced player's who is more anxious, needs time and should be given a chance to perform. Managing ideal anxiety levels to produce optimal performance has never been more relevant due to the pressure now placed on every inning as batsmen cannot execute to the best of their ability if they are excessively anxious when they go to the crease. Batsmen must continually adapt and regulate anxiety levels to ensure they are allowed every chance to maximize their performance.

### **Managing to produce optimal performance**

- Managing anxiety into an optimal zone is first and foremost responsible to the player's.
- They have an intimate understanding of how well they can execute under specific conditions and ultimately have to perform in intense environments.
- It affects coaches and support staff as they are employed to help player's to understand and identify anxiety while providing strategies to operate within key zones of functioning to produce optimal performance.

Obviously the key component of the solution is the player's ultimately goes through these emotions. Other important participants involved in regulating anxiety are the coach and support staff, they need to be intimately aware of the challenges facing the player's and perceive any changes in optimal zone of functioning.

### **Control**

Identifying when player's feels a particular emotion and understanding the reason for the feeling is an important stage of helping an player's gain emotional control. A player's ability to maintain control of their emotions in the face of adversity and remain positive is essential to successful performance. Two emotions that are often associated with poor performance are anxiety and anger.

- Anxiety - in two forms (a)physical, (b)mental,
  - Physical - sweating, nausea, needing the toilet.
  - Mental - worry, negative, confusion, lack of concentration.

- Relaxation is a technique that can be used to reduce anxiety.
- Anger: When player's becomes angry, the cause of the anger often becomes the focus of attention. This then leads to a lack of concentration on the task, performance deteriorates and confidence in ability is lost which fuels the anger- a slippery slope to failure. When these two emotions are controlled the player's will successfully perform.

### **Successful emotional states**

The following are emotional states experienced with successful performance,

- Happiness - My opportunity to demonstrate an excellent performance. Felt I could beat anybody
- Calm and nervous - Felt nervous but really at ease with these feelings. I accepted and expected to be nervous but felt ready to start.
- Anxious but excited - Felt so ready to compete but a little nervous. Nerves and excitement come together
- Confident - I remembered all the successful training sessions and previous best performances.

### **Recommendations**

Player's should aim to improve his/her mental skills, such as self-confidence, commitment, confidence, control and anxiety to relax under great pressure. The major three phases for training psychological skills are,

- Education phase - During which player's should learn about the importance of psychological skills and how they affect performance
- Acquisition phase - During which the player's learn about the strategies and techniques to improve the specific psychological skills that they require.
- Practice phase - During which player's develop their psychological skills through repeated practice, simulations, and actual competition.

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