



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 398-399

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www.theyogicjournal.com

Received: 21-11-2018

Accepted: 25-12-2018

**Dr. Shilpi Jain**

Assistant Professor, Lakshmibai  
College, University of Delhi,  
Delhi, India

**Dr. Wazir Singh Phogat**

National Athletics Coach, SAI,  
NRC, Sonapat, Haryana, India

## Mental skills: Creating positive mental health

**Dr. Shilpi Jain and Dr. Wazir Singh Phogat**

### Abstract

This research interpretate mental skills is most important for individual task or team/group task. Mental skills are helpful to achieve Positive Psychological Approaches, for Perception of Success, for maintaining Mental Toughness, for measuring Hardiness, for increasing Self-Esteem, for generalization of Self-Efficacy, to measures Life Oriented Test and for assessment of dispositional affectivity. Through mental skill training program an individual, coach and psychologist effects on health and optimum performance, with moderate training typically enhancing health above performance, and peak training enhancing performance above health and other side they can developed the physical goal setting, mental goal setting and technical goal setting to create positive approach in sports competition and facilitating the performance of athletes.

**Keywords:** mental skills, creating, mental health

### Introduction

Psychology is the newest science, what needs to be trained and taught to well known or understand. Psychology is the service provides step-by-step process for training the positive mental skills that will improve capabilities using the convenience of individual's.

Psychological skills or mental skills have been essential to organized interventions, typically in health and their supporting contexts, wherein systematic training of psychological skills takes place.

Mental Skills are combination of 'Mental' and 'Skills'. Mental skill refers re-enforces of physical, technical and tactical training for further improvements in life workings they are:

- Individual work
- Relationship work (i.e., pairs/units work:- bowlers and fielders, doctor and pharmacist, etc.)

Mental skills help to create and enhance individual and team spirit 'awareness', which leads to better team awareness. Mental skills help individuals' to learn to be aware of personally do well and keep doing more of learn 'why' we learn more to improve our self and 'how' to be better than before, reach a higher personal standard and performance as well as needed to aware personally themselves and others.

### How to use mental skills

- To be learned and practiced
- Focus on techniques for learning the different skills
- Learn again and again for developing skills (information should be general and developing should be specific)
- Use of psychological techniques such as anxiety management, concentration, coping with stress and different ways to build confidence.
- Increase motivation and commitment (goal-setting)

### Approaches of Mental Skills

(a) Positive Psychological Approach is approaches to developed personality styles (mental toughness, hardiness, dispositional optimism), positive self-concept (self-esteem, self-efficacy), positive emotions and moods (positive affecting) and positive relationship between superior performance (dispositional optimism, positive affectivity etc.)

**Correspondence**

**Dr. Shilpi Jain**

Assistant Professor, Lakshmibai  
College, University of Delhi,  
Delhi, India

- (b) Perception of Success was used to determine the perceptions of the quality of their performance during practice.
- (c) Mental toughness yield an overall mental toughness with the help of seven subscale
  - i. self-confidence (i.e., knowing that one can perform well and be successful),
  - ii. negative energy control (i.e., handling emotions such as fear, anger, anxiety, and frustration, and coping with externally-determined events),
  - iii. attention control (i.e., remaining fully focused on the task at hand),
  - iv. visualization and imagery control (i.e., thinking positively in pictures rather than words, and being able to control the flow of mental pictures and images in positive and constructive directions),
  - v. motivation (i.e., the ability to set meaningful goals and be willing to persevere with training schedules and to endure the pain, discomfort, and self-sacrifice associated with forward progress),
  - vi. positive energy (i.e., the ability to become energized from such sources as fun, joy, determination, positiveness, and team spirit), and
  - vii. attitude control (i.e., reflecting a performer's habits of thoughts, with particular emphasis on being unyielding and showing obstinate insistence on finishing rather than conceding defeat)
- (d) Hardiness measures the skills with the help of three subscales
  - (i) Commitment (i.e., a tendency to involve oneself in whatever one is doing),
  - (ii) Control (i.e., a tendency to feel and act as if one is influential), and
  - (iii) Challenge (i.e., a belief that life is changeable and to view this as an opportunity rather than a threat)
- (e) Self-esteem was used to measures global feeling of self-worth with acceptable psychometric properties
- (f) Self-efficacy generalized acceptable psychometric properties
- (g) Dispositional optimism is the Life Orientation Test to measure self-report with acceptable psychometric properties
- (h) Positive and negative affectivity used to assesses dispositional affectivity and studies have shown it to have acceptable psychometric properties

One specific gap noted in the study's needs assessment was the lack of research on the relationship between mental skills, health and life in general. It is therefore logical to deduce that composite programs will have a greater differential effect of variables that are associated with mental skills interventions. After survey on mental skill uses we found in the absence of mental skills many problem faces by the performer that are

- Lack of goal attainment
- Improvement in mental strength and weaknesses
- Difficulties to identified individual's demands
- Need to learn cognitive skills and strategies
- Focuses on positive aspects

In this regard the Mental Skills Training Program should be organized on psychological well-being has not been formally evaluated and extensive literature and website searches have revealed only one specific reference to the measurement of psychological well-being as such.

### Use of Psychological Skill Training Programs

Psychological skill training program require a use of various

psychological skills than single psychological skill interventions. PST programs have a greater differential effect on health associated variables. In this regards PST programs have great and specific impact on psychological well-being. Psychological Skill Training programs need to developed the physical goal setting, mental goal setting and technical goal setting to create positive approach in sports competition and facilitating the performance of athletes'.

### Psychological well-being

Psychological well-being is the component of health, which like psychological skills fall under the broad category of psychology. Psychological well-being or Positive Mental Health has been extensively researched.

Various studies have demonstrated the positive effect of the activity on psychological well-being performance. Aspects of training have a detrimental effect on positive mental health; most notably training in the form of addiction can lead to decrease in psychological well-being.

Generally peak or optimal training is associated with variable effects on health and optimum performance, with moderate training typically enhancing health above performance, and peak training enhancing performance above health.

With psychological well-being an essential component of general life, health (World Health Organization, established in 1946), performance and sports, it is important that variable which could potentially increase or decrease positive mental health be thoroughly researched or investigated.

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