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Role of Sports psychology in performance enhancement of Youth

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Abstract

This essay includes what are the different roles that sports psychology plays in the performance enhancement of the youth sports players of the country. Some of these roles can be managing emotions, team building discipline, Stress and anxiety etc. The various problems that are encountered by the teen sports players in India are lack of budget, unavailability of the coach, lack of proper training (both mental and physical), and unawareness about the role of sports psychologists. Some suggestions are also mentioned as to how these teens can overcome the problem to reach their potential by tapping into the sports psychology. This paper thus concluded that the Indian athletes (Uttar Pradesh, particularly) should employ sports psychology as a scientific technique to enhance their performance.

Keywords: sports psychology, enhancement of youth, stress and anxiety

Introduction

The facts confirm that sports is one of the best methods of displaying political might over the world. It is utilized to show a state or country's incomparability over different countries and cultivate National and global companionship. A nation or country doesn't simply discover her dominance and superiority over others by sitting and maintaining it. There are a ton of things engaged with it. There should be sufficient arrangement towards making progress in sports. The readiness takes a few structures, there is normally an arranging stage. This might appear as a budgetary assignment to sports, physical training session for the acquisition of skills and the various techniques.

There are some priceless services that sports have come to stay with, and if overlooked may lead to poor outings and that is medical and psychological services. This paper therefore intends to concentrate on psychological services and the relevance of such services to sports development in India.

What is Sports Psychology?

The psyche is sports science's last wilderness, any remaining frameworks have been utilized widely to work on the athletics' exhibitions. Kinesiology, the study of human development, has been utilized broadly to work on the players' developments. Indeed, even the sports player's blood has been tested and his/her biorhythms sanctioned (Straub 1980). He further clarified that mainly the brain appears to have been ignored while thinking about the overall contribution of a player. Nonetheless, he characterized sports psychology as the study of brain research applied to players and the athletic circumstances. It is the science that clarifies why we do what we do in games and sports.

Artist (1980) stated that brain science is, and consistently has been a basic part of sports. In this part of the world, this acknowledgment is extremely low and not associated with the preparation of the players most occasions.

It also can be defined as an endeavor to check people in sports situations so as to analyse, explain, describe, modify, alter or predict behavior through various psychological studies.

Similarly, Vipene (2005) outlined sport psychology as a science that deals with the emotional aspects of physical performance within the context of competitive sports it's an endeavor to clarify Associate in Nursing predict behavior of an contestant within the atmosphere of

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competitive sports.

The science of sports psychological science will finish with the contestant on the field of play only. It spills to alternative aspects of the contender starting from the field of play to his/her domestic activities turn in stomach can that sports performance. Then it becomes necessary to use this science of sports to compete. However, there have been cases wherever psychologists and Psychiatrists work with athletes. The priority has been to make the contestant better.

The Role of Sport scientific discipline in Sports Performance enhancement Sports scientific discipline encompasses a ton of roles to play within the realization of the nation's sporting objectives, the subsequent are so a number of the roles that Sports scientific discipline will play in enhancing performance.

1. Since the totality of the athlete's temperament is concerned with taking part in the field, one among the most important roles of the sports man of science is within the space of behavioral management of the contestant. This might be used for performance enhancement through the modification of undesirable attitudes.
2. The sports psychologist works on the emotional conflict of every individual and desires of the individual contestant that makes him take selections that are crucial to success or failure throughout play. They need to be treated as individuals realizing their variations, then the necessity of one person should be separated from those of another one who comes from a unique background.
3. Ikulayo (1990 & 2003) says the Sports psychologist is additionally concerned in psychotherapy. Crisis is viewed as an acute scenario with emotional responses that interfere with or mar an athlete's ability to perform excellently. Making certain high category performance of athletes stressed of competition by the appliance of varied psychological principles before, throughout and after competitions. The sports psychologist assists the contestant to reduce stress provocatively.
1. Thoughts, discouraging self-doubts, rejection of negative imaging and restrictive self-statements which can impair sports performance.
4. Mental preparation is additionally preoccupied by the psychologist, this involves according to Adedeji (1987) our understanding of these factors that yield a great deal of influence on the contestant. These are position, the home, the economic background, their non-secular setting, physical tolerance, the ethical background, position and value system within the society.
5. The sports psychologist is additionally concerned in performance improvement or the contestant, to facilitate the training method, errors that athletes create could also be corrected throughout skill acquisition.
6. This will be by team building through testing and observation of behaviour. Sports scientific discipline also enhances communication amongst the athletes and officials. This could also involve social communication among athletes. This is often a really vital role. It ought to be noted that communication is incredibly vital, even in our varied families, in our places of work etc. It mustn't be assumed that the person is aware of or that he's supposed to grasp. The person ought to be told what's to be done, so as to maintain cordial relationships. As soon as communication is established, a relationship has been established and a treatment plan may be created that varies from individual to individual. Treatment might

involve merely talking with the individual which can facilitate the athlete's confidence, if he isn't confident in himself or herself.

7. Teaching the contestant the way to deal with pain. In step with Adedeji (1987) an athlete must perceive what pain is and the way pain relates to improvement in sports, therefore be ought to develop a positive attitude towards pain.
8. The sports psychologist can use his/her information of human behaviour in motivating athletes. Motivation doesn't mean material rewards like cash, house, car etc. now motivating the contestant in coaching by variable coaching ways, makes them have feedback on progress in coaching, and also makes them to own a say within the coaching plan.
9. Stress management is another vital space wherever the sport psychologist helps in enhancing sports performance handling stress is developed within the athletes. There are varied techniques that may be adopted in handling stress.
10. Discipline is deliberately educated among the athletes. The discipline of sports man/woman affords the individual to develop terribly high self-esteem that is claimed to reinforce performance, produce confidence, creating the contestant glad to feel concerned in sports (Weinberg and Gould 1995). Athletes who develop self-esteem will get a lot of motivation and become a lot more productive (Core 1990).

Sports scientific discipline is claimed to show the individual to be positive, supportive and sensitive. These skills are represented by Lyons (2004) as self-worth building skills.

These and plenty of a lot of are relevant areas the sports psychologist assists within the development of sports. Therefore enhancing peak performance.

Problems encountered by the game psychologists In India

One major drawback confronted by the game psychologists these days is lack of awareness of the immense reward derived from the services. Provided by the game psychologists by the typical Indian athlete/player. They're alert to coach, team manager and conjointly Doctors attributable to the physical injuries they'll have L1 course of taking part in.

Those in sports management and administration position in sports either refuse to use the psychologists or fill such areas with untrained persons for lack of interest in sports development

India has not extremely found sports in concert as a major sector of investment, sports continues to be looked at as a work that does not consume a serious part of the budget. The public still records the athletes as mediocre that do not extremely need what it takes to be taken care of. Non-licensing of skilled sports psychologists, which supplies space to everyone as well as those who haven't undergone any coaching within the field encroach into the world at can, when no positive results are earned.

Carefree perspectives of the skilled Sports psychologists say that the "give away" perspective makes it tough for the profession to grow.

Recommendations

There ought to be sensitization workshop and conferences everywhere the country as was wiped out in the first days of the Sports scientific discipline Association of India. This can change the general public to remember another time that the body has one thing to supply our athletes. Within the

profession, people ought to be voted into our varied positions on the idea of benefit. The affairs of the Association ought to be handled by committed professionals who can handle the Association as their own property. Government ought to deliberately of sports psychologists within the performance improvement.

Conclusion

Due to the immeasurable contributions of scientific discipline to sports, this paper concludes that sports scientific discipline is important and may be used within the scientific coaching of Indian athletes for performance improvement. It is therefore relevant for the event of sports within the country.

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