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## The role of sports psychologist for player's in sports

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#### Abstract

The specialised 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 recognised. Sports psychologists can teach skills to help player's, enhance their leaning process and motor skills, cope with competitive pressures, one-tune he 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 a player'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 player. The present article aims to provide some of information regarding the role of sports psychologist in games and sports.

**Keywords:** Sports Psychologist article Concentration, Motivation, Mental training. Confidence. Anxiety, Tension, Expectation

#### Introduction

Sport psychology is an interdisciplinary science that draws on knowledge from the fields of Kinesiology and Psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with players, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

Sportsman gives outstanding performances not simply due to their hard work and effort of their trainers but also due the active part played by scientists how generally remain in the background. Today, No young talented kid can be groomed in two a star performer without assistance from different branches of science such a Physiology, Bio mechanics, Psychology, Nutrition, Health, Medical sciences etc. From a simple child to play generally called motor - skill acquisition phase to forming at the Olympic games and winning gold is a result of the inter play of innumerable visible and invisible factors and forces that influence training human muscle and mind over time for such endeavours.

Experts in sports training systems consider three sports sciences viz. Physiology, Bio mechanics and Psychology to be off critical importance in the preparation of sportsman for top performances. Physiology develops the energy basis, bio mechanics help in improving mechanical skill and Psychology is the ultimate determining factor in winning game. The sports Psychology utilities various principles concepts, a factor from the field of psychology to study behaviour in sports, sports psychology concern itself with motor learning and performance.

#### Role of sports psychologist

Sports Psychologist studies psychological factor that affect the learning and performance of motor skills. He attempted to explain the phenomenon of learning and to answer such question as how it under which it operates.

So some of their important roles are described below in points which are helpful to the sportsman give performance

Sports psychologists prescribe several techniques for improving concentration; these include yogic meditation, Zen meditation, concentration training, thought stopping, self-hypnosis, deep breathing exercises etc.

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### **Motivation**

Motivation has a great part to play in performance especially in sports. The sports psychologist play an important role in this motivational process by which a person is inspired, encouraged or provided some sort of incentive to accomplish a goal directed task such as to take part in competitive sports and achieve high success for a successful career in life motivation substance interest in the activity; in psychological language, it is called as reinforces of behaviour because when a player is awarded for his performance, he finds himself energized for a still stronger effort and work harder to improve his performance.

We know very well that in athletic pursuit mental training, rather more important because it is rightly said that a game is won or lost in mind before it is done practically. The mental training is one of the important tools of sports psychologist to prepare sportsman for their competition

The Sports psychologist prepared the player mentally fit through various sets training like cognitive training perceptual training, coordination training, reaction training, motivation training (gold setting) psycho-regulation training (breath control, self-instruction) imagery, autogenic training activation.

The Sports psychologists are trained the sportsman to become deaf and blind spectators din and noise and action so as to remain focused on the game because the spectators of crown watching an athletic competition exert a powerful influence on the performance of players.

In sports the confidence is built up by the team management (sports psychologist, coach, manager physiotherapist) by eliminating the causes that makes a player lose heart this may include paucity of mental strength, to face challenges, poor skill level lack of required physical fitness, inadequate practice, non-availability of standard equipment and so forth.

### **Anxiety**

Anxiety affects man's psychological and physiological functions for example, anxiety such extent that he finds it hard to concentrate on his game Players ability to judge things gets reduced and he cannot process much information; he intends to do something and does something else. The anxious players are generally tense as a result their ability to perform in tasks involving neuromuscular coordination decorates steeply. It is experimentally proved that anxiety retards muscular performance, over- anxiety cripples it absolutely. Sports psychologist suggests several strategies for the sportsman to manage anxiety; they include muscular and mental relaxation, behaviour modification visualization, imagery skill training. Goal setting, positive self-talk and the like.

Practice and competition of sport generates a high level of tension both physical and mental. Physical tension results from hard workouts, over practice, accidents, injury discomfort and the like. Mental tension arises from too high stress on players mind. The sports psychologist make of a variety of relaxation techniques such as yogic relaxation, Jacobson's muscular relaxation meditation, pep talks, hot baths, desensitization etc. manage their stress and tension arising out of it.

Expectation plays an important role in human life, they also play significant role in sports performance when a player prepares for a competition honestly and vigorously he nurses great expectations to win. It unfortunately his expectation do not come true because something wrong goes somewhere, it leads to frustration affecting the future performance. Sports

psychologist rightly advice level of aspiration and level of achievement must be congruent.

### **Conclusion**

On the basis of above facts, we can say that the role of sports the games and sports got too much important. Without the training of sports psychologist or their advices performance of sportsman is not possible to achieve top form. In India day by day Sports Psychology is gaining importance but in comparison to advance sporting countries like the U.S.A., the china, the Germany, the U.S.S.R the Psychological preparation of our sportsmen is lagging far behind. Today the 'Quest for excellence' in Olympic or World Cup competition no longer makes allowance for haphazardly constructed coaching or competition plan.

In the end, it is beyond any doubt that, if our country wants to win international laurels in the modern world of sports sound psychological preparation of our sportsmen is greatly needed.

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