



Responsibility of Sports Psychologist for Team Performance in Games

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Abstract

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. This has led coaches to take an increasing interest in the field of sport psychology and in particular 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, cope with competitive pressures. The purpose of the study to find out the role of sports psychologist in team performance. For the present study 100 players were selected from Annamalai University Chidambaram. The effective sample consisted of 100 players (Kabaddi, Basketball, Badminton and cricket players), 50 players given the sports counseling and 50 players not given the sports counseling age range 18-25 years. Singh personal stress source inventory and sinha comprehensive anxiety test were used for the study. 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.

Keywords: Stress, Anxiety, Sports Counseling.

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Introduction

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety. That interest has focused on techniques that athletes can use in the competitive situation to maintain control and optimize their performance. Once learned, these techniques allow the athlete to relax and to focus his/her attention in a positive manner on the task of preparing for and participating in competition. 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

The Roles of a Sports Psychologist

Today, a sports psychologist's role is more accepted as a part of the regular coaching staff for teams and for individual athletes. The roles of sports psychologists are numerous, but they primarily teach athletes mental game skills to improve their performance and learning.

The areas sports psychologists teach vary from one person to another depending on their experience and qualifications. Below are the top roles of an applied sports psychologist, a person who helps athletes improve performance via mental training...

(1) Help Athletes Cope with Performance Fears

Sports psychologist can help athletes overcome fears, such as fear of failure, fear of embarrassment, and general performance anxiety. This is common among athletes who are perfectionists or highly dedicated athletes that worry too much about what other people think about their performance.

(2) Help Athletes Improve Mental Skills for Performance

The most common role for a sports psychologist is to teach mental skills for enhanced performance. A mental game expert can help you improve confidence, focus, composure, intensity, and trust in athletic performance. These mental skills help athletes improve performance and can help in other areas of an athlete's life.

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(3) Help Athlete Mentally Prepare for Competition

Another common **role of a sports psychologist** is to help athletes mentally prepare for competition and practice. This includes many of the mental skills mentioned above, but applied to specific situations on the athletic field.

(4) Help Athletes Return after Injury

Returning to play after an injury can sometimes be difficult for many athletes depending on the nature of the injury. Athletes are often left with “mental scars” long after an injury is physically healed. A sports psychologist can help injured athletes cope better with the pressures associated with returning to a prior level of performance—pre-injury.

(5) Help Athlete Develop Pregame Routine

As part of mental preparation, the role of a sports psychologist includes helping athletes develop mental skills used during pregame or prerace routines. Athletes learn how to focus on the process instead of results and be more proactive with their confidence prior to competition.

(6) Help Athletes Develop Preshot Routines

Preshot routines are another common role of a sports psychologist. Here, athletes learn how to use mental skills to prepare for a specific motor skill, such as a golf shot, free throw, or field goal kick.

(7) Help Athletes Improve Practice Efficiency

Another common role of a sports psychologist is to help athletes improve the quality or efficiency of their practice. Many athletes, such as collegiate athletes, have limited practice time. Coaches want to help these athletes get the most out of their practice time by understanding principles of motor learning and performance.

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) mastering all of the attention styles (types of concentration); 3) imagery (both visualization and kinesthetic); 4) appropriate self-talk; 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 09/01/13 - new ad format for Lisa Brown - gif image 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 for giving feedback, rewarding and reinforcing behavior, communicating, and avoiding self-fulfilling prophecies in their athletes.

Methodology

For the present study 100 players were selected from Annamalai University. The effective sample consisted of 100 players (Kabaddi, Basketball, Badminton and cricket players), 50 players given the sports counseling and 50 players not given the sports counseling age range 18-25 years. Singh personal stress source inventory and sinha comprehensive anxiety test were used for the study. Singh Personal Stress Source Inventory (SPSSI): This test is developed and standardized by Arun Kumar Singh. The test consisted of 35 items. The subjects were required to respond to each item in terms of ‘Seldom’, sometimes, and frequently. Internal Consistency Reliability by odd even method was found to be .784 which was highly significant. Sinha’s Comprehensive Anxiety Test (SCAT-SS): This scale was constructed and standardized by A. K. P. Sinha and L. N. K. Sinha. It consists of 90 sentences and each item provides two alternatives. The inventory can be scored accurately by hand and no scoring key or stencil is provided so far. For any response indicated as ‘YES’ the test should be awarded the score of one, and zero for ‘NO’. The sum of the entire positive or yes responses would be the total anxiety score of the individual. The coefficient of reliability was determined by using the two methods. First the test-retest method (N=100) was employed to determine the temporal stability of the test. The product moment correlation between the test and

retest scores was 0.85. Second method is the internal consistency reliability was ascertained by adopting odd-even procedure (N=100). Using the spearman brown formula, the reliability coefficient of the test was found to be 0.92.

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.

Variable

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. 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.

Table I. t' 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)

Dimension	Group	Mean	SD	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	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 38.45 and that of the Four matches Played without Sports Counseling Mean is 47.80 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 107 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.

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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