



## ADOPTION OF SPORT PSYCHOLOGIST IN PSYCHOLOGICAL PREPARATION OF ATHLETES FOR PEAK PERFORMANCE

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### ABSTRACT

*One may argue that sport and exercise psychology is the study of how one's mental state affects one's physical and mental performance in a variety of athletic endeavors. In sports, success is determined by a number of psychological, mental, and physical aspects. There is no way to achieve top performance without all four components. This study will aim to provide a comprehensive summary of the methods used by sport psychologists to mentally ready players for competition. If they want their athletes to achieve at their highest levels during competitions, coaches can't just focus on honing their athletes' sport-specific physical talents; they need to also work on honing their players' minds. Athletes need to have the right frame of mind going into competition in order to perform at their best.*

**Keywords:** Peak Performance, Psychologist, Sports, Athletes, Personality

### I. INTRODUCTION

It's a well-known fact that sporting events may be used as a potent symbol of political power. It's meant to both demonstrate a country's superiority over others and to promote goodwill across borders. There is more involved than simply sitting down and declaring a country or nation to be superior to all others. Numerous factors come into play. Preparation is the key to any kind of sporting accomplishment. There are many different kinds of preparation, but they all involve some sort of planning phase. In addition to allocating funds specifically for sports, one of the most crucial steps is engaging in regular physical training in order to hone one's abilities and learn new strategies.

The study of psychology is and has always been a significant element of the sporting world. This insight is somewhat new to this region, and it is rarely used into the training of athletes. Some consider sports psychology to be a subfield of sports science because it applies psychological research to the unique challenges faced by athletes. She said that another definition is the use of psychological methods to

analyses, explain, describe, change, alter, or forecast behavior in sports contexts.

When an athlete leaves the playing field, so does the study of sports psychology. It can have an impact on the athlete's performance in various areas, from the playing field to the home front. Because of this, it is essential to employ this sports science against rival teams. On the other hand, there are examples of psychologists and psychiatrists collaborating with sportspeople. The focus has always been on improving the athlete's performance.

### II. SPORTS PSYCHOLOGIST

Sports psychology is a specialized branch of psychology that focuses with the mental health of athletes and the mental and emotional elements that might impact sports performance. Psychologists who research and operate in sports-related disciplines employ comparable methods and procedures as other psychologists, but just have a more particular focus on athletes (both amateur and professional) as compared to other sorts of patients.

There are several vital services that sports have come to remain with, and if over looked may lead to negative excursions and that is; medical and psychological services. Sports psychologists may aid athletes or give research addressing a range of concerns, including:

- Stress and anxiety control
- Performance enhancement through psychological techniques
- Group sports psychology
- Motivation for sports performance

Athletes can benefit greatly from the guidance of sport psychologists, who equip them with effective resources for reaching their full athletic and personal potential. Over the years, several methods have been developed to aid players in breaking through their own mental barriers and producing formative sports experiences. Many of these strategies focus on strengthening the athletes' own mental game. Their athletic ability may be drastically impacted by this. An account of what could be the greatest sporting event ever can serve as a powerful metaphor for the impact of our ideas and beliefs on our performance.

Athletes' perceptions of themselves, their capabilities, and their limits may be altered via the work of sport psychologists, who assist spread Roger Bannister's legacy. Psychological and behavioral therapies to improve athletic performance are perhaps the most well-known methods of applying sport psychology. Imagery, mental rehearsal, goal planning, and arousal management are just some of the performance-enhancing tactics that may be used to reduce the negative effects of competitive stress, increase focus, boost self-esteem, and get in the zone. Athletes are able to achieve at their highest levels because these methods assist them overcome mental barriers that hold back their physical abilities.

From the amateur to the professional ranks, competitive athletes face a wide range of unique challenges and have substantial requirements. Athletes experience a wide range of challenges; sport psychology helps them overcome those challenges by addressing and resolving the underlying causes. The team approach to the assistance of athletes and coaches has steadily engaged more and more experts who are particularly prepared to service the requirements of athletes and their coaches. Sport psychologists are just as essential to an athlete's

success as coaches, sports trainers, doctors, and exercise physiologists.

### III. DETERMINANTS OF SPORTS PSYCHOLOGY THERAPY

Issues arise in many sporting events that might have an impact on an athlete's performance. The following causes this problem.

#### 3.1 Personal Factors

Another name for the athlete's character is the personal component. Scientists have long been curious about the implications of various personality traits (such as extraversion and introversion, aggression and independence, leadership and drive, etc.) on athletic performance. Others have looked at the possibility of personality differences between athletes and non-athletes, while still others have endeavored to answer the issue of whether or not sport impacts personality. And yet other academics set out to determine what sets top athletes apart psychologically from their average-performing peers. The possibility of predicting an athlete's performance based on his or her personality traits was one of the topics of discussion. Personality is "the unique combination of psychological features and behavioral inclinations that make individuals different from and similar to each other," as one definition puts it. Personality consists of a person's consistent characteristics. A person's behavior may be predicted to some extent since their qualities tend to cause them to respond in the same manner in the majority of circumstances. As personality qualities are connected to predispositions, it may be more fruitful to examine athletes' predispositions than their overt traits. Attitude, intelligence, emotions, interests, and sociability are all aspects of an athlete's personality. It has to do with his physical prowess and his acquired expertise. It also necessitates the use of neuromuscular processes and the resilience to endure long shifts and exhaustion. When all of these elements are fully formed, they may be controlled to achieve remarkable outcomes; when they are disregarded, however, they always lead to failure.

#### 3.2 Motivational Factors

Overexcitement and nervousness have been linked to poor performance in several athletes. This has led to the development of a number of techniques for dealing with extreme states of worry or agitation. Therefore, coaches, professors, and sport psychologists strive to help each student reach his or her full potential. A physiological arousal is an autonomic response that

occurs in the body. Sweaty palms, the need to pee more frequently, a faster breathing rate, tighter muscles, and a faster heart rate are all signs of these phenomena among athletes. There are typically two groups to which people with anxiety belong. Trait anxiety is an intrinsic aspect of an individual's personality. It refers to an individual's inclination to characterize environmental occurrences as either harmful or non-threatening. State anxiety is an emotional response to a specific event that results in emotions of fear, stress, or apprehension (e.g. concern about an approaching competition) (e.g. apprehension about an upcoming competition). The effects of both state and trait anxiety on athletes motor performance have been researched by sport psychologists. Coaches and teachers continuously seek to identify the ideal amount of arousal that permits individuals to do their best. An arousal level that is either low or too high might have a detrimental influence on performance. A person's low arousal level is linked to unmotivated actions like paying little attention or moving slowly and unwisely. When someone is very aroused, they are more likely to engage in distracting actions, lose their focus, and become less coordinated in their physical responses. Everyone needs to figure out how much stimulation they need to perform at their personal best.

Focus: One's level of concentration on the job at hand has a significant impact on output. Each player needs to be able to identify, priorities, and act upon the most important cues in order to successfully complete the job [skill or game]. Not only must the individual discern between important and irrelevant inputs, but also he she must sustain the essential attention focus otherwise the performance will be less than ideal. Athletes who aren't sufficiently pumped up to play could get distracted by the cheering audience or their opponents instead of focusing on the game at hand. Similarly, an athlete under intense pressure may be preoccupied with non-task-related concerns like calming down instead of focusing on task-relevant signs like keeping an eye on the ball. In order to pay close or undivided attention to anything, one must be able to focus one's sensory and cognitive resources on that thing. An individual's level of success in a performance depends on his or her ability to adapt to the ever-changing demands of the work at hand. The individual must be able to switch fast back and forward between the various attentions approaches at will.

Setting Goals Setting goals is an essential skill for leaders in the fields of physical education and sports. Physical education students, athletes, sports teams, clients in rehabilitation, and individuals participating

in fitness programs can all benefit from setting goals. Setting goals is crucial not just as a motivating tool, but also as a means to alter one's behavior or improve one's output. Intervention approach also makes use of this to fix issues or refocus efforts. One's aspirations or objective is to use the terminology of a goal. It's what you're trying to accomplish. When defining goals, it's important to zero in on a certain competency level you'd like to reach by a given date. Outcome goals, performance goals, and process goals are the three main types of objectives. The emphasis of outcome goals is on external evaluations and the final product. As an example of an outcome goal, imagine that your team's ultimate objective is to place first in the regional senior games track meet. The strength and strategy of one's rival can have a significant impact on one's chances of succeeding in achieving a desired objective. Personal performance objectives are measured by how well an individual does in comparison to their own standards.

### 3.3 Environmental Factors

The crowd, the attitude of team mates, and the attitude of the coach are all examples of environmental influences. All of these elements are external to the athletes but have a direct bearing on the competitive scenario. Family norms, the influence of peers, the extent to which the team works together, and other aspects of the surrounding social environment all have an impact. Superior results are achieved when athletes are not hindered by unfavorable conditions.

## IV. ACTIONS OF THE SPORTS PSYCHOLOGIST IN HIGH-PERFORMANCE

### 4.1 Activities directed at the athlete

A sports psychologist's primary duties include conducting psychological assessments, putting up reports, and working with and shaping athletes.

### 4.2 Psychological evaluation

The goal is to provide a foundation of information on the athlete's mental state that may be used for appropriate intervention and assessment if and when it becomes required. In this respect, adherence to the deontological code is the point of reference.

Any communication with an athlete must take into account the person as a whole, not just their performance. The athlete's development can be stunted when this isn't given sufficient attention, and when other issues get in the way and aren't addressed. An

athlete's personal life (e.g., problems with a spouse) might have an impact on his or her athletic performance (e.g., a bad emotional state as a result of sporting disappointments) (e.g., excessive muscle tension). One approach may be to evaluate the candidate in terms of both individual and contextual factors, as illustrated in Table 1.

Given that certain psychological characteristics (for example, personality) are related to greater sport performance and success, it is important for the Sports Psychologist to enhance the integration of psychological assessment in the conventional methods of selection and detection of athletes (for example, with TTTT and medical exams).

**Table 1: Variables Implicated in the Assessment of the Athlete**

<b>PERSONAL</b>	Psychological	Cognitive, emotional, behavioral
	Sport-related	Sport situation, technical, tactical resources, physical condition...
	Organic	Health, rest, alimentation, history of injuries...
<b>ENVIRONMENTAL</b>	Sport-related	Team and work ambiance, relationship with coach, teammates... Interpersonal
	Unrelated to sports	relationships, studies-work, economic situation, other interests...

**4.3 Intervention**

The purpose of an athlete's reception is to address his or her many needs, both in and out of the sporting arena (health, personal issues, family matters, etc). (performance improvement, injuries, interpersonal conflicts, etc.). Here, we provide a service to help people hone their talents in areas like sports and other hobbies.

A growing number of psychologists are engaging in psychological training with a wide range of athletes from a variety of sports, including soccer, running, swimming, and others, with the goal of enhancing their performance. The goal of this kind of intervention is to train the individual to exert command over their own mental and emotional resources in order to reach peak performance. Despite this, it is advised that research into the impact of psychological interventions on athletes' performances get underway. One the one hand, methods like goal setting, positive self-talk, controlling adrenaline levels, developing rituals to relax the mind before competition, etc., need to be empirically supported to be effective. However, it's not always the case that unpleasant internal processes (including emotions,

ideas, and actions) have a dampening influence on output (self-regulation).

Expert and great athletes may be distinguished from average ones by studying the perceptual-cognitive features (identification of game patterns, detection of pertinent information, meta-cognitive knowledge, etc.) that set them apart. It will be a future challenge for Sport Psychology to create programs that foster these characteristics.

**4.4 Formation**

Personal and athletic achievement both depend on training as one of the foundational cornerstones. Mental preparation for competition is associated with "cognitive growth," "developing psychological skills to confront competition," "organizing the day and week with activities," "connecting to others outside the athletic environment," "having a balanced life with respect to habits," and so on.

Collaboration in the academic realm (counseling, guidance, orientation, and follow-up), job hunting (creating a curriculum, facing an interview, etc.), development of formative workshops (values, drug consumption, sexual education, etc.), and

psychological training for competition are all areas in which the Sports Psychologist is involved (motivation techniques, anxiety control, concentration, etc.).

It's a common misconception that training only matters for the most fundamental sports; in fact, a professional athlete has to learn skills that will help him or her approach both sports and life (which are often intertwined) more securely. Professional athletes may represent a population at risk in terms of training, thus the sports psychologist must give them specific care. Many of these athletes fail to prioritize this area because they lack routines, have little time for other activities due to training sessions, believe that their lives are already addressed on an economic level, have other incentives (such as moving forward in the world of sport), and so on.

In addition to focusing on mental toughness, aggressiveness, and value indoctrination, a sports psychologist working with elite athletes must also consider and address other factors, such as emotional exhaustion, social isolation, and withdrawal from competition.

## V. CONCLUSION

When it comes to sports psychology, each athlete is given individualized attention due to his or her own set of circumstances. As a result, sports psychologists are able to address these issues by investigating and evaluating athletes' responses to and adaptations to their changing sporting environments.

Through counseling and advice, it is also their duty to influence the sportspeople's outlook in a way that encourages and facilitates their involvement. It's possible that one's self-talk throughout a performance be either encouraging or self-defeating. Confidence, in turn affecting performance, can be affected by such thoughts and sentiments. There is no denying sports psychology and the role of the sports psychologist in facilitating elite athletic performance. A sports psychologist will often adopt or use a wide variety of psychological methods, techniques, and ideas in order to assist athletes perform at their highest levels during competition. Mind training may help athletes perform better, thus sports psychology is essential. Improvements in performance quality and consistency may be achieved via the development of both physical and mental abilities through training. In guiding athletes toward peak performance, sports psychologists play a crucial role.

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