


Definition

- Psychology: The study of human and animal behavior
- Sports psychology: It is the principles of psychology used in a sport setting
- Through sport psychology, an athlete can gain the “mental edge” to reach their goals, recover from injury, or gain confidence.
- Sport psychology is the bridge that links the mental and physical aspects of training.



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- Sport psychology is a science in which the principles of psychology are applied in a sport and exercise setting. These principles are often applied to enhance performance
 - the study of the effect of psychological and emotional factors on sport performance, and the effect of sport involvement on psychological and emotional factors.

- **Flow:** is the mental state of operation in which the person is fully immersed in what he or she is doing, characterized by a feeling of energized focus, full involvement, and success in the process of the activity. Proposed by psychologist Csikszentmihalyi
- **Confidence:** the belief in oneself
- **Self-talk:** An internal dialogue
- **Optimism:** The ability to see the positive side of things

- **Pessimism:** the tendency to see the most gloomiest of outcomes
- **Focus:** concentration at the task at hand and the ability to exercise distraction control
- **Mental imagery:** Clear pictures in your mind of your performance using all the senses (sight, sound, taste, smell and touch) to successfully imagine successful performances
- **Motivation:** the drive or action towards a goal

Goal of Sports Psychologists or Sports Psychology Coaches

- Teach athletes techniques that are commonly used in sport psychology such as mental imagery, relaxation, goal setting, building confidence, learning to focus, create a positive self-talk and regulating energy levels and becoming more optimistic.
- Through learning and practicing these techniques, an athlete or person has the ability to reach their potential, achieve peak performance or what is called “flow”.

History of Sports Psychology

- The first sports psychologist has said to be Norman Triplett a North American man from Indiana, born in 1898. Triplett's first finding as a sport psychologist was that cyclists cycle faster in pairs or a group, rather than riding solo.

History of Sports Psychology

- Carl Diem, a German who lived in Berlin, founded the world's first sports psychology laboratory in 1920.
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- In 1925, Cloman Griffith opened the first sports psychology lab in North America. He began his research in factors that affect sport performance in 1918, and in 1923, offered the first ever sports psychology course.

History of Sports Psychology

- Today, sport and exercise psychologists have begun to research and provide information in the ways that psychological well-being and vigorous physical activity are related.
- Just recently have sport psychologists begun to be recognized for the valuable contributions they make in assisting athletes and their coaches in improving performance during competitive situations.

- The first clear historical example of research being conducted in the area of sport psychology was in 1897
- The first sport psychology laboratory was established by Coleman Roberts Griffith at the University of Illinois in 1925.
- 1950 to 1980 are considered as the "formative years" for sport psychology. During this time, a number of research initiatives and textbooks were published. Some of the early textbooks included Psychology of Coaching, by John D. Lawther 1951

- Another “is Problem Athletes and How to Handle Them” by Bruce Ogilvie and Tom Tutko (1966).
- Some initiatives in research were Warren Johnson’s work with hypnosis and athletic performance (1960s), the development and testing of anxiety inventories by Rainer Martens in (1970s and 1980s) and Albert Carron’s and P.Chelladurai's work with sport leadership and team cohesion (1970s and 1980s).

Development of professional organization

- In 1965 the International Society of Sport Psychology (ISSP) is to promote and disseminate information about the practice of sport psychology throughout the world.
- In North America a small group sport psychologists from Canada and the United States started work on forming their own professional organization for sport psychology. The efforts of this small group came to fruition in 1966 when it was recognized by the ISSP.
- The name of this new organization was the North American Society for the Psychology of Sport and Physical Activity. NASPSPA.

- Since then NASPSPA has evolved into an influential academic society focusing on sport psychology in the broadest sense. NASPSPA provided a forum for researches in the areas of sport psychology, sport sociology motor learning, motor control, and motor development to meet and exchange ideas and research.
- Shortly after the emergence of NASPSPA in the United States, another significant professional organization came into existence in Canada in 1969. This organization was named the Canadian Society for Psychomotor Learning and Sport Psychology (CSPLSP)

- In order to better address the interests and needs of sport psychologists interested in applying the principle of psychology to sport and exercise, the Association for the Advancement of Applied Sport Psychology (AAASP) was formed in the fall of 1985.
- AAASP has emerged in the 1990s as the dominant association for the advancement of applied sport psychology as well as research in North America, and perhaps in the world
- In addition to these specialized organizations, other associations created interest areas dedicated to sport psychology within their organizations. These include American Psychological Association (APA), which created its division 47 in 1968 dedicated to sport psychology.

Self confidence and sports Psychology

- Athletes who are highly motivated tend to be very self-confident about their abilities.
- Yet, a distinction must be made between global self-confidence and situation-specific self-confidence.
- Global confidence is more of a personality trait or disposition. Global self is an important personality characteristic that facilitates daily living. It can be instrumental in encouraging a young person to try new things, but it is not the same as believing that you can succeed at a specific task.
- Situation specific confidence is the confidence one shows in performing a particular task. For example, a cricket player may have high level of self-confidence in batting, but a low level of self-confidence in fielding.

Models of self confidence

1. Bandura's Theory of Self-Efficacy (1997)

- Bandura (1997) defines self-efficacy as ‘beliefs in one’s capabilities to organize and execute the course of action required to produce given attainments’. As such, self-efficacy is a form of situation specified self-confidence.
- the individual must believe that he/she is in control and that the acts he/she performed were performed intentionally.
- Now for example if a person believes she is in control and that she has the power to produce specific results, she will be motivated to try to make things happen.

- Bandura's four fundamental elements in developing self-efficacy
- **i. Successful Performance**
- In successful performance the athlete must experience success in order for self-efficacy to develop. With a difficult task, this is an unrealistic expectation, so the coach or teacher must ensure success by initially reducing the difficulty of the task.
- An example of this can be found in tennis and volleyball instructions. A beginner may not be able to successfully serve volleyball across the net on a regulation court, but when the coach encourages the athlete to step into the court several meters, it can be accomplished.

ii. Vicarious Experience

- Beginning athletes can experience success through models. In learning a new skill the learner needs a template or model to copy. This can be provided by the instructor, a skilled teammate, or a film or video of a skilled performer.
- An important component of Bandura's theory is the concept of participatory modeling. In participatory modeling, the learner first observes a model perform a task. Then the instructor or model assists the subject in successfully performing the task. The vicarious experience of success will provide a good foundation for the experience of success in a real situation

iii. Verbal persuasion

- Verbal persuasion usually comes in the form of encouragement from the coach, parents, or peers.
- For example, the coach could say “good swing, Mary. Now remember to keep your eyes on the ball”. Verbal persuasion can also take the form of self-persuasion. This is referred to as self-talk.

iv. Emotional Arousal

- Emotional and physiological arousal is the factors that can influence readiness for learning. Proper attention is important in helping the athlete to master a particular skill and develop a feeling of efficacy.
- Perceived self-efficacy is a strong and consistent predictor of individual athletic performance.