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Programme : Master of Physical Education

Course Title: SPORTS PSYCHOLOGY

Course Code : 21MPE42

Unit -I

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Meaning of Sports Psychology: I - Unit

- Sports Psychology is that branch of psychology, which deals with the behaviour of sports concerned in various circumstances and conditions.
- In 1925, **Coalmen Griffith** – Father of sports psychology first set up athletic research laboratory at the **University of Illinois**, Griffith.

Definition of Sports Psychology:

- “Sports Psychology for physical education is that branch of psychology which deals physical fitness of the individual through his participation in games and sports”. –**K. L. Burns.**
- Sports Psychology is the application of psychological principal to sport and physical activity at all levels of skill development. –**M.L.Kamalesh**

History of Sports Psychology in India:

- Sports psychology is an applied psychology which occupies a place of pride in the hierarchy of sports.
- The National Institute of sports at Patiala was started in 1961 and this played a vital role in the concept of sports sciences including sports sciences including sports psychology. The institute had direct contact with the world of physical exercise and sport sciences became outside India.
- The development of sports sciences becomes a global movement only after the Rome Olympics in 1960. The coaches and physical educationists started realizing the importance of psychic effort.
- Throughout India in the university departments sports psychology was introduced as a new subject at the graduate and post graduate levels.

History of Sports Psychology in India: Con...

- In 1984 came up the Indian Association of Sport Scientists and Physical Education at Patiala.
- The second national conference was hosted by NIS, Patiala from 15th & 17th November 1986. As a part of silver jubilee celebrations.
- The fifth conference was held at Varanasi during February 1990. Many research papers were presented and from south 7 delegates attended this conference.
- The first International Conference and sixth national conference in sports psychology was organized at New Delhi from February 26th to 28th 1991. More than 200 delegates participated and more than 60 scientific papers were presented.

Need and Importance of Sports Psychology in the Field of Physical Education and Sports:

- Sport Psychologists can also help athletes: Enhance performance. Various mental strategies, such as visualization, self-talk and relaxation techniques can help athletes overcome obstacles and achieve their full potential.
- Cope with the pressures of competition.
- The popularity of sport psychology, both as an academic discipline and an applied practice, has grown substantially over the past two decades. Few within the realm of competitive athletics would argue with the importance of being mentally prepared prior to an athletic competition as well as the need to maintain that particular mind-set during a competitive contest.

Need and Importance of Sports Psychology in the Field of Physical Education and Sports:

- Nevertheless, recent research has shown that many athletes, coaches, and sporting administrators are still quite reluctant to seek out the services of a qualified sport psychologist, even if they believe it could help.
- One of the primary reasons for this hesitation appears to be a lack of understanding about the process and the mechanisms by which these mental skills affect performance.
- Unlike the "harder sciences" of sport physiology and biochemistry where athletes can see the tangible results in themselves or other athletes (e.g., he or she lifted weights, developed larger muscles, and is now stronger/faster as a result), the unfamiliar and often esoteric nature of sport psychology appears to be impeding a large number of athletes from soliciting these important services.

Need and Importance of Sports Psychology in the Field of Physical Education and Sports:

- As such, the purpose of this article is to provide the reader with a simple framework depicting how mental skills training translate into improved within competition performance.
- This framework is intended to help bridge the general "understanding gap" that is currently being reported by a large number of athletes and coaches, while also helping sport psychology practitioners sell their valuable services to individual athletes and team.