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Index

Kanpur Philosophers Volume-VIII, Issue-I, January – June 2021

Sr. No.	Title	Name of Author	Page No.
26.	Impact Covid-19 on Indian Economy	DR. JADHAV RAMDAS KALU	111
27.	Synchronization of Communication Techniques with Development of Humanities	Dr. S. A. Kamble Smt. Sangita Patil	114
28.	Role of Chemical Science for Humanity During Pandemic	Dr. S. A. Kamble	116
29.	ABC OF SPORTS PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS	Dr. Sagar Pralhadrao Narkhede	119
30.	A Study of SWOC Analysis of Social Media Marketing in India	Dr. Satish Jaywant Jadhav Dr. Avadhut Bhaupatil Nawale	123
31.	Theme of Hunger and Crime in the Short Story of Manik Bandopadhyay with Special Reference to <i>Primeval</i>	Dr. Vaishali Vasant Joshi	129
32.	COMPARATIVE STUDY OF MOTOR FITNESS COMPONENTS BETWEEN SOFT BALL & BASKETBALL STATE LEVEL PLAYERS	Dr. Ajit Jayant Bhise	132
33.	Comparative study of Hindu and Muslim women in relation with social change and marriage attitude	Dr. Ghansham Balu Kamble	136
34.	Study of Social Stress and Mental Health of Youth	Mr. Sameer Shital Pachore	140
35.	Feminist Sensitivity and Burden of Language in	Dr. Ujjwala Vijay Patil	145





ABC OF SPORTS PSYCHOLOGY IN PHYSICAL EDUCATION AND SPORTS

Dr. Sagar Pralhadrao Narkhede
Director of Physical Education & Sports,
Saraswati Arts College, Dahihanda,
Tq. Dist. Akola.

Abstract: -

The popularity of sport psychology in physical education & sports has full-grown considerably. The importance of being mentally ready to an athlete before competition additionally because the ought to maintain that individual mentality throughout a contest is extremely essential. Athletes got to remember psychological factors in sport, the important role they play, and the way they contribute towards maintaining health and wellbeing. Being conscious of this may help ensure athlete's training & performance isn't affected. Performing at your peak requires physical fitness, skill-related fitness, and psychological preparation also. The purpose of this article is to provide detailed information regarding everything about sports psychology related to physical education and sports.

Keywords: - Sports Psychology, Psychological Techniques, Sports Performance.

Introduction: -

Sports psychology studies the influence of psychological factors on an athlete's performance. Researchers in the field of sports psychology investigates how participating in sports can improve overall health wellbeing. Sports psychologists also help players use psychology to improve their performance and well-being. Sport Psychology helps athletes and other sports participants from a wide level of competition and ages.

The role of psychology in Physical Education & Sport: -

Sports performance is decided by various factors like physiological factors, technical skill, tactical insight & state of mind. These factors are critical for max performance. The role of the mind has become additional vital with the rapidly increasing competition in sport, which has place pressures on athletes across several levels and ages. Fortunately, just like the other factors, the mind is often improved through psychological training. The more mental skills are learned and practiced, the higher and therefore the more consistent the performances become.

Scope of Sport Psychology: -

Here we will be looking at the scope of sport psychology: -

- behaviour
- individual differences
- heredity & environment
- development stages
- personality & intelligence
- Learning
- measurement & evaluation



Important Psychological Factors that Affect Sports Performances: -

Athletes got to remember psychological factors in sports, the important role they play & how they contribute towards maintaining health & well-being. Being conscious of this may help ensure athlete's training & performance are maintained. Performing at your maximum requires physical fitness, skill-related fitness & mental preparation. Here we will be looking at important psychological factors that affect sports performance.

- ❖ Motivation
- ❖ Concentration
- ❖ Attention
- ❖ Stress
- ❖ Anxiety
- ❖ Aggression
- ❖ Mental Imagery
- ❖ Intelligence
- ❖ Arousal and Activation
- ❖ Attention and Concentration
- ❖ Group Dynamics
- ❖ Attitude
- ❖ Individual variations most of the athletes
- ❖ Personality

The Benefits of Sports Psychology related to Sports Person: -

Sports psychology is not only improving athletic performance but also plays a much large role within athlete performance. Sports psychology also helps to improve mental health among athletes. Sport psychology can be helping athletes to manage different situations during competition as well as in life. Sports Psychology helps in improving your attitude & mental skills for your peak performance.

Below are some benefits from sports psychology:

- Improve Focus on Goal.
- Improve Confidence.
- Develop Coping Skills.
- Find Out the Right Zone of Intensity.
- Improve Team Communication Skills & Cohesion.
- Improve Healthy Belief System.
- Helps in Identify Irrational Thoughts.
- Motivate for Peak Performance.
- Improve Confidence After Injury.
- Helps in Develop Game-Specific Plans.
- Helps in Behaviour Analysis.
- Development of Mental Load Capacity & Tolerance.
- Investigation of Sports Process.
- Solution of Any Problem.
- Psychological Guidance.

Psychological Tips to Enhance Sports Performance: -

The psychological techniques that players use to enhance their performance are:

- Power Words for positive self-statements.
- Body Scan in your tension stage.
- Focus on the current moment.
- exercising for advantage.
- Focus on your Chunking Goals.
- Focused on Attention.
- Enjoy and Celebrate your electricity.
- Positive Images to build confidence and new motivation.
- Think of Pain as feedback.
- Behave simplest to do proper.
- Control on inner and external attention.



- Setting Dreams.
- Self-instructions help in self-motivation or attention.
- Relaxation to reduce physical and/or mental tension.
- Mental Illustration for reproducing truth.

Here are some psychological tips to enhance your sports performance for your next competition: - stay cool, stay fuelled, stay focused, prepare, set the scene, assess, break it up, tune in & out, be your cheerleader, etc.

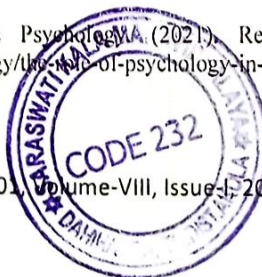
Discussion: -

Sports psychology has been beneficial to all human beings. Sports psychology studies both the psychology of athletes & the effect of physical activities on mental well-being in general.

Sports psychology plays an important role in the improvement of physiological factors like strength, speed & flexibility, etc., Motivation plays an important role in the improvement of the physical abilities of players. It's well-known also as a long-time incontrovertible fact that psychological skills can increase the physiological capacities of people. Conclusively, it's typically aforementioned that sports psychology plays a distinctive role in enhancing the performance of players. It deals with largely mental qualities like confidence, concentration, commitment & emotional control, etc., which are necessary for peak performance in sports.

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CERTIFICATE OF PUBLICATION

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Authored By

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Dr. Sagar Pralhadrao Narkhede

Director of Physical Education & Sports, Saraswati Arts College, Dahihanda, Tq. Dist. Akola.

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