

Volume - XII

# EDUCATIONAL DEVELOPMENT AND SOCIAL WELFARE

Editors

ANJAN KUMAR B.J

PARTHESHA K.V

RAMEGOWDA B.H



**Lulu**

Lulu Enterprises UK Ltd.

PRINCIPAL

Sri Jagadguru Renukacharya

of Science, Arts & Commerce

Bengaluru-560 009.

**12**



# EDUCATIONAL DEVELOPMENT AND SOCIAL WELFARE

VOLUME – XII

Editors

**ANJAN KUMAR B.J**

*Physical Education Director,  
Govt. First Grade College, Nelamangala, Bangalore Rural District*

**PARTHESHA K.V**

*Department of Political Science,  
Govt Arts Commerce & PG College (Autonomous), Hassan*

**RAMEGOWDA B.H**

*Assistant Professor, Dept of Kannada,  
Govt First Grade College for Women, Hassan*



**LULU ENTERPRISES UK Ltd.**

*Barking is Fortis House  
160 London Road  
Barking, IG11 8BB  
United Kingdom*

**PRINCIPAL**  
**Sri Jagadguru Renukacharya College**  
**of Science, Arts & Commerce**  
**Bengaluru-560 009.**

## CONTENTS

Ch. Nos.	Title of the Papers	Authors Name	Page Nos.
1	A Study on Elementary Physical education for building a solid movement foundation among children	Anjan Kumar.B.J & Dr.A.M.Manjunath	1
2	A study on adjustment and emotional maturity among individual and team games sportsperson	Chandrashekar.K & Dr.A.M.Manjunath	6
3	Powers and Responsibilities of Panchayat Raj and Rural Development in India - A Study	Channabasappa.D.B	10
4	A Study on Political Programmes for Tribal development in India	Dr.Sujatha.H	14
5	A Study on Corporate Social Responsibility - A Business Perspective	Gayathri .V	18
6	Issues, Challenges, Trends and Importance of Physical education	Girisha.N	22
7	Demonetisation: Impact and Effect on Financial Inclusion in Rural India	Hemachandra.K	26
8	Colonial and postcolonial literature in India	Jayakeerthi	31
9	Contribution of Micro Finance Institutions in Rural Development of India: An overview	Krishna.K.S	36
10	Indian Libraries in Digital Era- An Overview	Channankegowda	41
11	Pros and cons of using computer technology in different Areas	Lokesh Gowda .J & Prof K.V.Viswanatha	46
12	Psychological Factors Affecting Sports Performance- An Analysis	H.N.Lokesh	51
13	Strategies and Successes of Marketing in Rural India – AN overview	Manjappa.N	56
14	Information Needs and Information seeking Behaviour of Research Scholars in Digital Environment: An Analytical Study in Bangalore University	Manjunath. N & Dr. K. Surendra Babu	60
15	The concept of Nationalism	Mohan A	66
16	Pros and Cons of Sports education and Physical education	P.C.Murugeshappa	68
17	Issues and Challenges of Organized sectors in India	Pradeep Kumar.G.M	72
18	Social Welfare: Schemes, Programme and Government Policies in India	Prakash.H.S	77
19	Globalization and Language in Education: A Case Study of Karnataka	Ramegowda.B.H	82
20	A study on sustainable development - language and a sense of belongings	Ramesh Babu.V.R	86
21	Effect of Plyometric Training on Volleyball Skills of 14-16 Years Age Group Boys	Srihari K. & Dr. Sundar Raj Urs	90
22	Problems and challenges before languages in globalization, literature and society in India	Srinivasa.B.H	93
23	A Study on Higher Education System in India: Impact and Challenges	Srinivasa.G.K	99
24	A Study on managing sports programs at colleges in Karnataka	Srinivasa.V & Dr.A.M.Manjunath	104



## Chapter – 12

## PSYCHOLOGICAL FACTORS AFFECTING SPORTS PERFORMANCE- AN ANALYSIS

**H.N.LOKESH**

*Physical Education Director, Sri Jagadguru Renukacharya  
Science, Arts & Commerce College, Race Course Road Bangalore*

### Abstract

INDIA has done itself really proud by its achievements in the Common wealth games (CWG) and the Asian games. The Indian sportsmen have really come off age, their confidence has increased tremendously. The heartening feature is that of the contribution of the rural sector, that once felt itself incapacitated compared to its urban counterparts. Despite lacking in the infrastructure, financial and monetary support, rural India has shown courage, determination and toughness that is required to compete at the international level.

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments.

**Keywords:** Sports Performance, Psychological Factors, Stress, Aggression, Tension, common wealth games, Asian games.

### Introduction

Sports psychology is a special branch in 'psychology' that seeks to understand the psychological or mental factors that affect performance in sports. Sports—which involve emotion, competition, cooperation, achievement, and play—provide a rich area for psychological study. People involved in sports attempt to master very difficult skills, often subjecting themselves to intense physical stress as well as social pressure. When psychologists began studying sports in the 1930s and 1940s, they focused on motor performance and the acquisition of motor skills. Sports psychology emerged as a distinct discipline in the 1960s, dominated by theories of social psychology. Since then, research has expanded into numerous areas such as imagery training, hypnosis, relaxation training, motivation socialization conflict and competition, counseling, and coaching. Specific sports and recreational specialties studied include baseball, basketball, soccer, volleyball, tennis, golf, fencing, dance, and many others.

Three primary areas of sports research are personality motivation, and social influence.

- Personality studies have investigated whether there are specific traits that distinguish athletes from non-athletes. Negative effects of excess arousal include inefficient movement patterns and loss of sensitivity to environmental cues. In successful athletes, the ability to control arousal and focus attention has proven to be as important as the level of arousal itself.
- Motivation in sports has also been approached from the angle of behavior modification, with attention to such issues as the effects of intrinsic versus extrinsic rewards.
- Studies of social influence, which were predominant in the 1960s and 1970s, focused on such issues as the influence of spectators, teammates, and competitors. Sports psychologists have also studied specific types of behavior. For example, the origin and effect of aggression on sports have been investigated by researchers testing the concept of sport as a cathartic release of aggression. (It was found that aggressive sports tend to increase rather than diminish hostility and aggression.) The social dynamics of team sports have also been studied. Psychological theories from other subfields, such as social psychology and behavioral psychology, have been applied successfully to the study of sports and recreation.

### Why is it so important?

Because it is a scientific study of people and their behavior in sports.

- I. A person takes to a sport, exhibits his talent, works hard on the skills, expresses his desire to do well at the competitive levels, tries to achieve but fails to get the desired results. It is here that his talent, hard working skills are not enough at the highest level. It is here he needs to deal with the mental aspects of the game.



- II. Some of the mental and psychological factors that affect and are affected by participation in sports are: anger, stress, anxiety, nervousness, fear and other emotions. Some positive factors are positive thinking, motivation, mental toughness, imagery, relaxation, visualization, self confidence and belief empowering emotions, awareness goal setting that helps an individual or team performance beneficially.
- III. In today's competitive environment in sports, players need to recognize the importance of mental application in addition to talent, skill and hard work. Going by the popular phrase "Winning is 90 % mental, 10% physical "
- IV. At the highest level it is only the mental toughness or winning attitude that fetches results.
- V. Sport persons gain valuable insights in to thought process involved in playing sports.
- VI. A sports psychologist counselor/ mentor are one such person who utilizes the psychological skills and practices to enhance sporting performance.
- VII. He helps players deal with negative characteristics and responses and infuse them with positivity and self belief, takes them through imagery to visualize the attainment of their goals.

### **"MANTRA" FOR SUCCESS IN SPORTS**

It is TALENT, SKILL, HARD WORK, AND ABOVE ALL "TOUGHNESS"

Mental toughness comprises of two vital areas

#### **[1] Tough thinking**

By tough thinking a player can be made to think in a disciplined manner when the going gets tough, visualizing the positive result, preventing him from panicking, and not to surrender the game eventually.

#### **2] Tough acting**

By tough acting a player can be taught to "act as if" nothing has happened during competition even when he is trailing.

By tough acting he can spur up the right emotions by positive body movements and vice versa by empowering thoughts and self talk he can rejuvenate the body with energy. It is said muscles and emotions respond to each other when stimulated.

#### **Getting mentally tough means**

- readily accessing empowering emotions during competitions
- Changing from a negative state to a positive state.
- Trigger an ideal performance state on demand
- Cope with crisis and adversity.

During every competition only one player emerges as a winner eventually, though many players have taken part in the same competition. Some fallout due to lack of skill or effort some due to lack of hard work, but so many others are talented, skilled and hard working but they do not get the desired results. Why? Because they have psychological issues, or mental weaknesses that have sunk deep in to "the sub conscious "level that unknowingly or unsuspectingly the players keeps losing. There is a need to work with the player on the "emotional " aspect.

**The mental weaknesses, negative responses, and other issues can be attributed to one or more of the factors below:**

- ❖ His upbringing and mental conditioning.
- ❖ Family value system.
- ❖ Family atmosphere [disturbed, loving etc.]
- ❖ Childhood memories, of incidents.
- ❖ Lack of unconditional love.
- ❖ Too much expectation or pressure from parents and coaches.
- ❖ Previous results, disappointments, and failures. Etc.

A DISTRESSED PLAYER; who is going through any one or more of these tendencies can seek the support of a "sports counselor or mentor.

#### **Sport counseling**

It is a process of empowerment whereby a sports person in distress is heard, given total acceptance, shown empathy, unconditional support, by which the person can solve his own problem or learn to cope with it and move ahead in life.

A sports counselor/mentor normally sits with the distressed player helps him to deal with negativity and presence of unwanted emotions, further, to bring about self belief ,confidence ,empowering emotions on demand ,again takes him through imagery and visualization .to see a positive end result

- **Qualities that a "counselor /mentor must possess to be effective:**
- He must show warmth and empathy.
- He must be an active listener.



- Must refrain from giving any advice.
- Maintain confidentiality about what the person has shared.
- Show concern acceptance and be genuine.

#### Stages through which the counselor taken the counseling session

- ✓ Making the person comfortable by showing warmth.
- ✓ Make him to open out by open ended questioning.
- ✓ Give him genuine positive strokes where ever required.
- ✓ allow the 'catharsis' to happen i.e. client sharing fully.
- ✓ Para phrase and re phrase about what has been shared.
- ✓ Identify feelings and emotions and dig a little deeper.
- ✓ Help him to set his own goals that are practical and attainable.
- ✓ Be available to the client as he starts implementing to review his progress and follow up.
- ✓ Contact for sports counseling /mentoring needs

#### Psychological Factors Affecting Sports Performance

##### Stress

Sports performance is not simply a product of physiology (for example stress and fitness) and biomechanical (for example technique factors) but psychological factors also play a crucial role in determining performance. However, every athlete has a certain stress level that is needed to optimize his or her game. That bar depends on factors such as past experiences, coping responses and genetics. Stress during sports, as in anything else in life, may be acute, episodic or chronic. For the most part in sports, it is episodic, whether during a competitive match between friends, or a championship game. While acute stress may actually act as a challenge, if not harnessed, it can evolve to not only an episodic stressor that can affect one in the long term, but can also hamper one's play

##### How does Stress Affect Performance?

The relationship between stress and performance has been portrayed by the stress response curve created by Nixon P. in 1979. In addition, pressure, an important stressor, has also a crucial influence on an individual's response to stress. One of the most noticeable effects of stress in one's life is the changes in his performance. While we can easily recognize the consequences of normal or excessive amounts of stress through mere observation, it's best to learn about the scientific relationship between stress and performance.

##### Positive Effects

Stressors such as pressure and demands can facilitate better stress response and thus, higher levels of performance. For instance, a basketball player tries to run faster, shoot a three-point shot and succeeds in it because of the pressure he has obtained from the audience, the close scores and the tough opponents.

##### Negative Effects

When stress is perceived as uncontrollable or unmanageable, the person begins to experience a gradual to drastic decrease in performance levels, causing a decline in productivity and enthusiasm to respond to the stress. For instance, a very tight deadline is given to an office employee who has to take care of her four children at home and a sick mother at the hospital. This overwhelming mix of situations, if not managed carefully and totally, will result to a poor performance at work, bad relationships with other members of the family, ill health, and burnout.

##### Anxiety

Anxiety means a disturbed state of mind, emotional reactivity; arousal; nervousness; and unrealistic and unpleasant state of mind. Anxiety is an essential ingredient of any competitive situation and without certain level of anxiety, there cannot be competitive performance. Neither too high, nor too low level of anxiety is conducive to sports performance. Adequate level of anxiety produces best results. Unless sports persons learn to cope up with stressful competitive situations by managing anxiety, they would fail to achieve their goal.

##### How to Prevent Anxiety in Sports Performance

- **Diaphragmatic Breathing** : The diaphragm is a muscle between the chest and the stomach cavity. The breathing done by contracting this muscle is known as diaphragmatic breathing. It requires simple practice to learn and then it should be repeated several times daily. The link will guide you to learn the technique.
- **Relaxation Technique** : When the athlete feels the symptoms of anxiety such as increased heart rate, increased blood pressure or difficult breathing, a relaxation technique can help in controlling the anxiety. In one relaxation technique, the athlete is asked to lie down in a darkened room and think about relaxing his body from the outside inward. As a result, the blood pressure, breathing and hearth rate normalizes. If the



anxiety attack is more severe, then massaging the body can relax the individual to a great extent.

- **Visualization** : Visualization is a technique, used by the athletes to control their anxiety. In this technique one visualizes himself in a situation similar to the actual event. The athlete visualizes himself winning in front of the entire crowd where the event is to take place. Below are more ways you can use visualization to combat performance anxiety.
- **Focusing on What Can Be Controlled** : Athletes should remind themselves that they are better trained; they have developed better techniques, but should not try to control things that are not in their control such as the audience or the opponent. An overview of the results of research on anxiety with elite athletes as subjects of study makes an interesting reading, even though the conclusions are at great variance across sports:
  - a) Athletes (especially gymnasts, track & field athletes, basketball, and tennis players) who interpreted their anxiety as harmful had higher intensity of anxiety than those who reported it as being an aid.
  - b) The more experienced athletes were found to have lower level of cognitive anxiety. This makes some sense because as an athlete gains experience (especially while playing competitive fixtures), he or she learns tricks of the game and knows how to manage stress.
  - c) The level of confidence and that of anxiety is said to be closely related. The higher an athlete's confidence, the less he or she will feel anxious about the competition (and its outcomes) because they know they are ready to take the bull by the horn. Likewise, an over-anxious athlete exhibits sign of self-doubt.

Athletes who are made to practice, as also compete, under high anxiety conditions, are better able to manage their anxiety and keep its level optimal, which is conducive to top performance.

#### **Tension**

As already hinted at, tension is that state of body and mind, which results from the internal and/or forces acting in opposition to each other such in emotional reactions like anger or fear. In one sense, tension may refer to the residual effect of mental or emotional strain reflected in a person's appearance and/or behavior; in another sense, it means tonus-a state of partial contraction when muscles are not actively working. Excessive tonus is called tension, which may result from excessive stimulation or from strains and stresses upon the organism. This kind of tension is not as harmful as kind of tension which arises from a state of persistent unsatisfied wants and desires. Physiologically and psychologically as long as a person's wants are unsatisfied he remains in a state of tension.

#### **Aggression**

Aggression is defined as threats or harmful actions directed toward another individual and can include threat displays, lunging, growling, snarling snapping and biting. In animals, aggressive behaviors are a means of communication. Dogs and cats use aggressive displays, threats and attacks to resolve competitive disputes over resources (territory, food) or to increase their reproductive potential, or to escape threatening situations. "Aggression" describes the behavior, but does not give any information about underlying motives or causes. Aggression can have multiple motivations.

#### **Aggression in Sports**

There are three major viewpoints (theories) seeking to explain violent aggression in sports:

- a) The biological theory, proposed by Konrad Lorenz, sees aggression as a basic, inherent human characteristic. Within this context, sport is seen as a socially acceptable way to discharge built-up aggression, a safety valve.
- b) The psychological theory states that aggression is caused by frustration; it is situational. Frustration results when one's efforts to reach a particular goal are blocked. In sports, frustration can be caused by questionable calls by officials, failure to make a particular play, injuries that interfere with optimum performance, heckling from spectators, or taunts by coaches or players.
- c) The social learning theory has received the most empirical verification and maintains that aggression behavior is learned through modeling and reinforced by rewards and punishments. Young athletes take sports heroes as role models and imitate their behavior. Parents, coaches and teammates are also models who may demonstrate support for an aggressive style of play.

#### **Conclusion**

Understanding of sports psychology is very important to achieve optimum performance and has lots of benefits such as it helps to assess the fit between persons and sports and even positions on a team, helps athletes and coaches value their strengths and become more aware of those areas in which development may be warranted, helps coaches and athletes in a strained relationship,



analyze the source of the conflict and build a strategy to reduce it. It can lead to motivated and committed behavior, useful for the athlete and sports professional in career and life planning; self-management (such as stress/time management) and interpersonal skills areas.

There are several areas involved and services provided by the sport psychologist. Few domains where sport psychology plays an active role and eventually helping sportsmen gain competitive strategies are professional athletes and coaches, national team programs, sport organizations, youth development programs, student athletes and coaches, families of athletes, players coping with injuries and recreational programs.

#### Reference

- Rees, T., Mitchell, I., Evans, L. & Hardy, L. (2010). Stressors, social support and psychological responses to sport injury in high- and low-performance standard participants. *Psychology of Sport and Exercise*, 11, pp.505-512
- Ryan, R. & Deci, E.L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development and well-being. *Am Psychol*, 55, pp.68-78
- Douglas Hastad N et al., *Measurement And Evaluation In Physical Education & Exercise Science, US, Gorsuch Scarisbric Publishers*, 1989, 575.
- Devinder Kansal K., *Textbook of Applied Measurement Evaluation and Sports Selection, Delhi: Sports and Spiritual Science Publication*, 2008, 530.
- Brrow HM, Rosmary MC. Gee, *Practical Approach to Measurement in Physical Education*, Philadelphia: Lea and Febiger, 1979.
- Weinberg, R.S. & Gould, D. 2007. *Foundations of sport and exercise psychology. 4th ed. Human Kinetics, Champaign, IL, United States*

  
**PRINCIPAL**  
**Sri Jagadguru Renukacharya College**  
**of Science, Arts & Commerce**  
**Bengaluru-560 009.**



UNIVERSITY OF MYSORE  
ORIENTAL RESEARCH INSTITUTE  
Mysuru, Karnataka, India



STATE PLANNING BOARD  
Govt. of Karnataka, Bangalore, India



ST. PHILOMENA'S FIRST  
GRADE COLLEGE FOR WOMEN  
Hassan, Karnataka, India



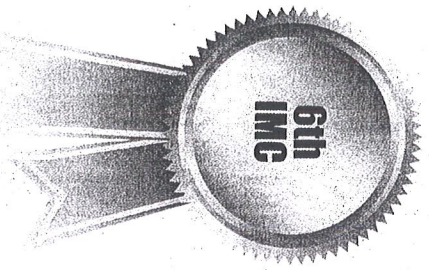
NARESUAN UNIVERSITY  
Pitsanulok, Northern Thailand



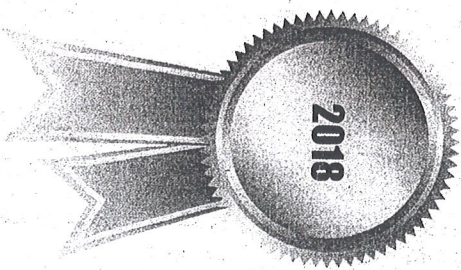
DEVELOPMENT RESEARCH  
FOUNDATION  
Mysuru, Karnataka, India



6th  
IMG



2018



# 6th International Multidisciplinary Conference on EDUCATIONAL DEVELOPMENT AND SOCIAL WELFARE

This is to certify that

**H.N.LOKESH**

Physical Education Director, Sri Jagadguru Renukacharya  
Science, Arts & Commerce College, Race Course Road Bangalore

has presented the paper on

**Psychological Factors Affecting Sports Performance- An Analysis**

In one-day International Multidisciplinary Conference on "Educational Development and Social Welfare" jointly organised by St. Philomena First Grade College, Hassan, India, Oriental Research Institute, University of Mysore, State Planning Board, Naresuan University and Development Research Foundation, Mysore, India on 27th January 2018 at St. Philomena First Grade College, Hassan, Karnataka, India and we appreciate your active participation in the Conference.

*[Signature]*

Conference Director

*[Signature]*

Organising Secretary  
**PRINCIPAL**

*[Signature]*

Principal & Chairperson  
Conference Organising Committee

Sri Jagadguru Renukacharya  
of Science, Arts & Commerce  
Bengaluru-560 009.