

Note on Sports in Psychology

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DESCRIPTION

Psychology is the scientific study of the mind's nature and function, with a focus on the link between cognition and physical activity. In sports, psychology has become increasingly relevant, particularly in terms of improving and maintaining physical performance. Sport psychology is an interdisciplinary science that draws on knowledge from a variety of fields, including biomechanics, physiology, kinesiology, and psychology. Its primary goal is to help individual athletes and teams maintain an optimal balance between mind and body, both in terms of physical execution of technical aspects of the sport and the emotional and mood functions that go along with it. It entails researching how psychological factors influence performance, as well as how sport and exercise affect psychological and physical factors. Applied sport psychology may include work with athletes, coaches, and parents on injury, rehabilitation, communication, team building, and career transitions, in addition to teaching and training psychological skills for performance improvement. Athletes are taught cognitive and behavioral tactics by sport psychologists in order to improve their overall experience and performance in sports. Many players with exceptional physical abilities rarely appear to be able to combine athletic ability and mental control; sport psychology focuses on establishing and reinforcing that link. Sport psychology is a distinct field of study from sports medicine, but it is closely related.

The first goal of sport psychology study is to better understand the psychological elements that influence athletic performance and how athletes reach their full athletic potential. At the individual and team level, "high quality Sport Psychology Overview -5 practices," "optimal performance," and "sufficient recuperation" are examples of applied aspects. The second major

goal of sport psychology is to figure out how players develop in sport and what the "benefits" and "costs" of multiyear participation in sports are. The necessity to assist an athlete in successfully navigating professional changes and finding a balance between sport and other parts of life is one of the applied components here. Dealing with team building challenges and assisting individual athletes in finding a balance between individual and team interests and ideals is also a part of this in team sports. In competitive sport, applied psychologists work with people who are healthy, motivated, and goal-oriented, and who are striving for sustained excellence, peak performance, and continual self-development. As a result, the emphasis on improving athletic performance and the empowerment approach reflect applied sport psychology's positive, proactive, and constructive nature. Researchers suggested that applied psychologists afford more time to studying positive psychology, which may be utilized to improve and assist human functioning, rather than studying psychological diseases and issues. Positive psychology, or the psychology of human resources and strengths, is not a new concept in sport psychology; it has been practiced by sport psychologists for the past 25 years. However, there is still a need to address athletes' and coaches' present issues and study their successful experiences more deeply by bridging the gap between group-oriented and personalized approaches. As a result, it is said that sport psychology is the psychology of personal and athletic greatness, and that it has always been focused on recognizing people's resources (strengths) in order to facilitate continuously successful performance up to their full potential.

CONFLICT OF INTEREST

Author has declared that he has no conflict of interest.

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