

The book cover features a stylized illustration of a male athlete in a blue and yellow jersey and a black cap, positioned on the left. The background is a light cream color with faint, repeating line art of various sports equipment like a basketball, a tennis racket, and a soccer ball. In the center, there is a large, detailed anatomical drawing of a human torso showing muscles, overlaid with a purple and white circular pattern. To the right of this, there are several black silhouettes of athletes in various dynamic poses, suggesting movement and sports. The title is written in large, bold, red capital letters across the middle.

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A Study of Impact of the Psychological Factors and Exercise on Sport Performance

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Abstract: *Sports psychology play important role for successful performance in most sports, it can help all sport persons to Enhance performance, Cope with the pressures of competition, Recover from injuries, Keep up an exercise program and enjoying their sports. Sport psychology help sport persons to deal with their problems, improve their performance and achieve their goals. Sports psychology can even help people outside the playground. The present paper will review general psychological factors that already affect the sport persons performance and sports. Sports psychology is essentially the study of how the mind affects physical activity and performance. Sports authority can teach skills to help sport persons enhance their learning process and motor skills, cope with competitive pressures, fine tune the level of awareness needed for optimal performance, and stay focused. We all know that regular exercise directly benefits our health. Studies also demonstrate time and time again that exercise is good for our mental health, contributing to improved attention span, teamwork, and self-esteem. It increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise per day, and increase your workout as you feel more energized. The psychological factors of sports and exercise.*

Key words: *psychological factors, exercise and sport performance.*

Introduction:

Sports psychology is that branch of psychology which is intimately connect with human behavior on the play field, both under practice and competitive situations. Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. Sports psychology is essentially the study of how the mind affects physical activity and performance. Sports authority can teach skills to help sport persons enhance their learning process and motor skills, cope with competitive pressures, fine tune the level of awareness needed for optimal performance, and stay focused. We all know that regular exercise directly benefits our health. Studies also demonstrate time and time again that exercise is good for our mental health, contributing to improved attention span, teamwork, and self-esteem. It increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise per day, and increase your workout as you feel more energized. The psychological factors of sports and exercise that most affect performance, therefore For this purpose, I choose this topic for research paper.

Objectives of research

- To overview on useful psychological factors and exercise for sports.
- To study of Role of Sport psychology in varies problems of sportspersons.
- To study of impact of the psychological factors and exercise on sport performance.

Research Methodology:

For the purpose of this study used physical science research methodology to study the research topic Used

scientifically analysis. In this method used secondary data tools. In this secondary data tool used reference books. Research articles, newspapers, journals, published and unpublished materials and also taken help of internet facilities.

Below are some of the important techniques or skills of sport psychology which is useful for improving performance.

Motivation: This is important for any area you want to optimize your performance in. It is especially important in sports. Think about sport persons who experience constant ups-and-downs, wins and losses. In their case, intrinsic motivation and love for what they do is usually what helps them recover after a bad pass, a terrible throw, or a much lower score than they were expecting.

Concentration: sport persons also need to have the ability to concentrate intensely. All actions, even the most simple or intuitive ones, require concentration. A poorly executed move can result in a loss or an injury. It can ruin months of preparation.

Emotional control: Doing mental training exercises that help you control your emotions and doubts can make the difference between success and failure. When poor emotional control affects an sport persons performance, it is usually because she let her emotions affect her concentration.

Self-confidence: confidence in your ability to successfully complete a task is an essential condition for victory.

Deep breathing exercises : Deep breathing exercises involve the awareness of one's rhythm of breath and the conscious effort to take slow, deep breaths. Slow deep breathing is a traditional practice in Eastern culture, yoga and meditation. It is used to activate the parasympathetic nervous system, which helps reduce blood pressure and heart rate. The typical respiratory rate in humans is between 10-20

breaths per minute, while slow breathing is between the range of 4-10 breaths per minute.

Goal setting

Goal setting is the process of systematically planning ways to achieve specific accomplishments within a certain amount of time. A meta-analysis of goal setting in sport suggests that when compared to setting no goals or "do your best" goals, setting the above types of goals is an effective method for improving performance. For instance, short-term goals should progress from those that are easy to achieve to those that are more challenging. There are three major types of goals within sport psychology: outcome goals, performance goals, and process goals. Outcome goal is unique because of its nature being ingrained in social comparison. Winning is the most common outcome goal. This type of goal is the least effective because it depends on so many factors that are extrinsic to the individual. Performance goals are subjective goals that are concerned with personal achievement in an end result. Process goals are focused on the process of performance.

Preperformance routines

Preperformance routines refer to the actions and behaviors athletes use to prepare for a game or performance. This includes pregame routines, warm up routines, and actions an athlete will regularly do, mentally and physically, before they execute the performance. Frequently, these will incorporate other commonly used techniques, such as imagery or self-talk. Examples would be visualizations done by skiers, dribbling by basketball players at the foul line, and preshot routines golfers or baseball players use prior to a shot or pitch. These routines help to develop consistency and predictability for the player. This allows the muscles and mind to develop better motor control.

biofeedback

Biofeedback uses external technology to measure and make an individual aware of internal physiological processes. There is some evidence that physiological measures, such as heart rate or brain waves, appear to be different in elite athletes than that of the typical person. This is a field that should be further looked into; however, it could have beneficial implications for athletes to be able to monitor and control these physiological measures to maximize performance.

Modeling

Modeling is a form of observational learning where an athlete observes another individual around the same level of skill learning perform sport related movements and receive feedback. This has been shown help modify athletes' thoughts, emotions, and behaviors in beneficial ways. In order for this form of learning to work the athlete must be motivated, attentive, able to recall, and willing to try to mimic their observation of the model.

Other mental health benefits of exercise

Even if you're not suffering from a mental health problem, regular physical activity can still offer a welcome boost to your mood, outlook, and mental well-being. Exercise can help provide: The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline. Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement. It increases your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of

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exercise per day, and increase your workout as you feel more energized.

Conclusion

Sports psychology play important role for successful performance in most sports, it can help treat depression. Studies show that exercise improves symptoms of depression and reduces the risk of relapse. It was found to be as effective as standard antidepressant treatment in one study, with modest amounts of exercise helping to improve depression. It can help if you have a serious mental illness such as schizophrenia. It improves some symptoms of schizophrenia, including loss of motivation and thinking difficulties. Sports psychology play important role for successful performance in most sports, it can help all sport persons to Enhance performance, Cope with the pressures of competition, recover from injuries, keep up an exercise program and enjoying their sports. Sport psychology help sport persons to deal with their problems, improve their performance and achieve their goals. While It provide many benefits, but they can have negative effects on the mental health of more advanced sport persons. Such as Stress. While sports relieve stress, sometimes they create it. May push sport persons too hard that may place pressure on themselves to perform well.

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