

INCREASING SPORTS PERFORMANCE : PSYCHOLOGICAL APPROACH

sportsman who demonstrate peak performances in sports follow a set of mental processes that allow them to produce excellent results. There are various mental strategies that lead to top performance. Through training on three mental characteristics sportsman can accelerate their performance.

The first step to examine the characteristics associated with high performance. The second step is to setup a training problem. Sports psychology is training for maximizing performance. To perform at a top level sports man need to understand their mental strength and weakness. consistency in performance ,rate of deep and sense of achievement from performance and competition are weakness.

Self confidence is very closely related to success in competition. self-confidence has to do with a sense of self efficiency a feeling of one's effectiveness or ability to do something. With confidence sportsman take more risk and have higher expectations for success. Self conference is a can-do feeling .one needs to learn to deal with errors and losses the way peak performer do! Treat the error or loss as a learning experience.

Negative emotion also work against the sportsman. The negative impact of these emotions is especially true for sports where as positions in sport that require fine motor moment. The produce tension, concentration loss and inconsistent performances. A significant challenge for the sportsman is learning to control these emotion. Control over negative emotions is vital for sportman seeking peak performance. Is the main component for psychology approaches to performance increasing include visualization, concentration, motivation, stress management and relaxation techniques

VISUALIZATION:

Visualization is the art and skill of creating a mental model of an event or situation. It is controlled, directed and purposeful. Peak performers visualize more and do better than others. With the repetition of a sequence of thoughts and images, in other words visualization, The associated pattern in the nervous system is strengthened and the responses that are imagined have a higher probability of Occuring in the actual situation.

Mental images and pictures are the primary content of visualization because words cannot be generated at a fast and afraid to describe events. visualization is the most effective languages in which a sportsman can communicate with himself. The mental processes with visualization assist the sportsman in staying in free flowing state that is associated with peak performance.

VISUALIZATION TECHNIQUES:

The development of skill in visualization involve imagery control: being able to control the series of images, the rate or tempo, enhance the vividness and Precision and translating intent or desire into pictures, and create images that produce a kinesthetic effect on the body. There are vaste differences between visualization and day dreaming.

The most commonly studied imaginary rehearsal method is visual-motor behaviour rehearsal {VMBR}. It involves relaxation training followed by rehearsal using imagery. Each time a sports man rehearses a movement in imagery, the body replicates the experience, possibly not only storing the results in muscle memory, but also potentially transferring left brain practice to right brain processing.

CONCENTRATION:

concentration is an essential mental skill for optimal performance. Not only for sports such as shooting, archery, Golf and tennis but for all sports including team sports. Best of all, like other skills, it can be learned. Concentration is being in the present not analysing or focusing on what happened one second ago or will happen one second from now.

Two primary consequences of a loss of concentration are errors and a decline in self confidence. Performance declined due to distractedness and flawed judgement occurs. Also, as concentration breaks, the sportsman's feeling of being in control deteriorates, which immediately causes a loss in confidence. The decline in confidence further erodes the performance.

CONCENTRATION TECHNIQUES:

There are numerous methods that help you to develop and strengthen concentration ability. Some simple exercises can help. The first is simply to rehearse and attitudinal response prior to any motor activities.

MOTIVATIONAL FOR SUCCESS :

Motivation for success; motivation is a significant factor for success in sports. Motivation and determination constitute a critical factor in how far a sportsman will develop with this characteristics added to sportsmen's makeup he or she strives relentlessly towards his/her potential.

However, sportsman with self motivation and drive go after their goals with a firm intention that separates them from others.

Top achievers have a high level of self confidence. They know how to use their strength to raise their goals. They tend to take more risk, but they are not afraid of failure. Motivation starts to decline, confidence-building techniques can help you to bolster feeling of drive and motivation.

MOTIVATION TECHNIQUES :

1. Goal setting as motivation technique : Knowing about achieving performance goal is a sign of commitment that affects motivation positively.

2. Teachers as motivator : The personality, character, effectiveness and preparation of a teacher or coach has immense effect upon the sportsman, they try to imitate the teacher observe his attitude and feel his moods.

3. Reinforcement : Types of events that increase or decrease the likelihood of similar response occurring.

4. Positive reinforcement : To increase motivation apart from enhancing learning and decide to continue participation. Material awards, include Money, trophies, gifts, jobs, psychological awards.

5. Negative reinforcement : The punishment should be server enough to affect the behaviour and should always be awarded whenever the bad behaviour occurs.

6. Stress management : Condition that produce promote stress seem to be increasing all the time, stress control is a proven training problem for the pressure situations in which high performance is essential to success. It has been proven an effective tool with those who strive for excellence in Olympic sports and in the high end of amateur Sports.

In stress management there are three areas of major importance : becoming aware of the stress response, understanding the role that the personality plays in stress reactions and retreat- ing effective methods for changing the stress response. The key to performance lies in individual behaviour and practices. dietary habits, sleep, exercise, smoking, drinking and stress. Stress management is a psychological arm of performance promotion. And social people are more effective performers.

Stress is an automatic, physical reaction to danger, demand or threat. It has the tension that is experienced when faced with new, unpleasant, are threatening circumstances. When stress occuus, muscles tighten, blood pressure rises, the heart spends up, and extra adrenatine rushes through the body. it is an automatic, wired in response, once danger or demand is perceived. Three different parts of brain are involved in this adaptive response-the brain stem, mid brain and the cortex.

The physical signs of stress are many and varied. they include clammy hands, Shallow breathing, upset stomach, Shakiness or tremors, weakness in the knees. there is a whole array of physical stress indicator. sportsman differ in terms of which of these reactions they experience under pressure. sports man act are behave in certain ways. once they experience these stress symptoms.

Controlling sportsmans response to stress full situation is a formidable task. The very best and smallest strategies are needed for this challenge. sportsmen use a variety of different strate- gies to cope with pressure. listening to music, talking to walk, turning to drugs and alcohol, taking with a friend are some of typical strategies that people use to deal with pressure.

Signs of negative effects of stress include the following :

1. Low self confidence
2. Negative comments about oneself and more self critical
3. Consistency performing with under ability especially when it counts
4. Trouble in sleeping the night before the event
5. Feeling ill or upset before the event.

STRESS MANAGEMENT TECHNIQUES :

The method involve self regulation of the stress level. when needed, one can highten the stress level to create an activated, psyched up state. Also needed, you reduce to stress level. The specific mental skill necessary for dealing effectively with pressure make up the content of the stress Control Programme.

One of the most effective method for creating change is modelling. change occurs by modelling the best. The procedure of modelling involve finding people who are excellent results consistently. breaking these mental processes down in retail follows others to follow a similar process.

To change the sportsman reaction to pressure required making change in two main areas :

1. thoughts, feelings and perception of stressfull situations.
2. The physical bodyly response to stressful conditions. These two areas of different between effective and ineffective pressure handlers setup the differences in performances and behaviour

Relaxation : Relaxation training procedure numerous benefit such as : first being able to relax has certain physical/ psychological benefits. injuries are more likely to occur when the sportsman is muscularly tight, and unable to relax. 2nd relaxation is an often a basic skill that is needed for other psychological training.

Relaxation method helps to shorten recovery time from strenous activity. skill in relaxation also help you derived maximum rest and recovery from brief time of periods. the ability to relax improves sleep habits before important events. from many individual getting a good nights sleep before an important meeting or deadline is a rarity. relaxation techniques unable to mentally and physically quiet down so that sleep naturally follows.

The more proficient individual are in being able to relax, the greater control there is over the stress response. in situations that would be ordinary Trigger the stress response relaxation techniques can be applied to alter stress to a peak activation level, with control through relaxation techniques, you can face pressure without the toll of anxiety and stress overload.

RELAXATION TECHNIQUES : Relaxation is a skill that can be developed by anyone. as with any skill, you develop the ability to relax through practices. they are many different relaxation techniques. among the most effective technique for achieving relaxation are these methods :

1. doing progressive relaxation : physical relaxation (body to mind) involving alternately tensioning then relaxing major muscle groups in the body.

2. Using breathing techniques : breathing exercises 3/3/3 (breathing mathod involving 3 sets of breathes with each set having 3 breathes). breathing exercise stream of breath (breathing method involving saying this breath perminate each area of the body with suggestions for relaxation.

3. practicing autogenic training exercises : A series of 6 exercises, each director to an aspect of the relaxation response (such as heaviness, warmth, heart rate)

4. Doing bio feed back for lowering heart rate : Feedback technique that can be done by an individual that involve monitoring heart rate and focusing on lowering heart rate

5 creating a relaxation cue : Trigger to rapidly elicit relaxation.

CONCLUSION : "Gold medals are not just won on Superior talent alone. It is the ability to keep a strong mind and to truly believe in yourself and your ability regardless of the condition and the oppositions".

Expert supervision by a knowledge sports psychologist is important. the determination of what skills are needed should involve the combined efforts of sports psychologist, coach, the sportsman and other professionals whose expertise relates to the issued at hand. The sportsman need to understand the appropriate applications of psychological training and must be practicing the psychological skills.

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