

THE IMPORTANCE OF SPORTS PSYCHOLOGY IN OUR DAILY LIVES HOW PSYCHOLOGY CAN HELP YOU

Mrs. Reena Chourasia

Mphil in Physical Education

NIS in Swimming

Abstract:

Sports psychology is concerned with the treatment and understanding of human behavior. It attempts to bring about the required change and modification of this behavior. It can assist individuals in selecting ways and types of thinking. It can assist players in investing their time in the right way of playing, studying and gaining knowledge.

Keywords: Sports, Psychology

Introduction:

The history of sports psychology actually dates back to late 1800s when conducted research experiment studying athletics performance. Sports psychology is often used for professional sports players but can be useful to serious student's players as well, such as in middle school or high school students.

Sports Psychology helps in understanding relationships:

The sports psychology does not necessarily make you healthier, but the study of sports psychology offers you greater knowledge and understanding of sports person's personal, family and professional relationships. This means that studying sports psychology will surely allow you to solve all the relationship problems that you or anyone else from your circle of knowledge may experience.

Sports psychology is one of the most effective areas in the workplace

A workplace sports psychology focuses on understanding the person nature. Knowledge of

human behavior is the most important focus when it comes to presenting a work. Here comes the role of sports psychology in influencing the work.

How sports psychology can help you improve your lifestyle:

Sports psychology is particularly of great importance as it relates to the study of mental processes and behavior at the same. It is used to better understand and help people.

Sports psychology is also applied in our daily lives and in many things. Here, we have mentioned some practical use of sports psychology that can change your life for the better.

Stay Motivated and stick with your goal:

Whether your goal is to lose weight and quit smoking. Sports psychology offers tips and strategies for getting motivated, to increase your motivation levels when you approach a task. You can use some of the following tips.

- Introduce new items to keep your interest high.
- Learn new things based on your current knowledge.
- Set clear goal that are directly related to the task.
- Reward yourself for a good job.

Learn to understand others better:

Like non – verbal communication, being able to understand your emotions and those around you play an important role in your relationship and career. Emotional refers to ability to understand your feeling as well as those of others.

Your emotional intelligence is a measure of ability, and your reward may actually be more important than your IQ, to become smarter emotional.

- Evaluate your emotions relations carefully.
- Record your experience and emotions in daily magazine.
- Try to see positions from someone else 's perspective.

Improve Your Memory Power:

Remembering is an important element in human life, good memory treasure must be preserved and developed. Any memory imbalance confuses the path of life, and forgetfulness often becomes inherent.

Have you ever wondered why you remember the minute details of childhood events, but forgot the name of the new customer you met yesterday?

Research on how to form new memories as well as how and why we have forgotten has led to a number of results that can be applied directly in your daily life.

Our brain loses the ability to remember certain places and things over time. Just as we do muscle strengthening exercises, we should also improve our memory by doing some exercise.

We should also pay attention to brain health and follow the advice that can prevent diseases such as Alzheimer's or dementia.

Improve your leadership:

No matter if you are an office manager or a player in a local youth group, your skills necessary at some point in your life.

Not everyone is born leader, but some simple tips from sports psychology research can help you to improve your leadership skills.

One of the most famous studies on this topic considered three distinct leadership styles. Based on the results of this study and subsequent research.

- Provide clear guidelines, but allow group member to express their views.
- Talk about possible with group members.
- Focus on motivating ideas and be ready to reward creativity.

Make more accurate decisions:

Sports psychology research studies have provided a wealth of information about decisions making abilities. By applying these strategies to your life, you can learn to make wiser choices.

Subsequent research in this area, known as behavioral economics has yielded some key finding that you can use to make wiser options for money management.

The next time you need to make a big decision, try to use "six thinking hats" approach by looking at the attitude from multiple perspectives, including rational, emotional, intuitive, creative, positive and negative perspectives.

Conclusion:

Sports psychology is one of the most important sciences that can be studied at all. Sports psychology is important and necessary in all areas of life. One of the most important features of sports psychology is that it is possible to develop a conscious and distinctive generation. Due to the immeasurable contributions of sports psychology to, sports, this paper therefore concludes that sports psychology is necessary and should be employed in the scientific training of Nigerian athletes for performance enhancement. It is relevant for the development of sport in the country.

Reference:

Core, R. C. (1990), Sports psychology, concept and Applications (second Edition). Dubuque, Iowa: win C. Brown Publishers.

Vipene, J. B. (2005). Introduction to Psychological Foundations of Education. Port Harey Publications Co.