



## Sports Psychology- Motivating the players through psychological counseling

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### **Abstract**

*Sports are not only a win or losing a gaming event but it has boundaries beyond the formulations of the formulas of success. Sports are not the exhibition sporting expertise but it also requires emotional & psychological backing. Only when a player is mentally prepared, he can give his complete performance & give justice to his team / club / country. His pre-game practice, his systematic trainings, his routine form all will become dissipated if he is not mentally balanced & steady. This paper considers the need for psychological preparation of player through sports counseling. Sports counseling acts as a success formula & upgrades the motivation level. This paper examines the phases of stress & strain a player endures before his final play. The paper recommends the need for psychological counseling for players.*

**Key Words:** *sports counseling, psychological analysis, success formulas,*

### **Introduction**

A player always wishes to respond to the expectations of his fans/ his employers /his nation with all his energy & zest. This noticeably mounts to psychological pressure & his inability /failure to live up to the expectations creates a slide in his performance. When pressures creeps in his mind naturally he loses interest in routine practice, trainings, and scheduled rehearsals. Etc. This leads to persistent stress & his performance / or selection to a team is repeatedly questioned. It becomes intricate for him to be a part of his team. Before his talents are exhibited he needs mental stability and this will be extended to him by the counselor. Hence sports psychology becomes useful. Sports psychology is necessary

in almost all types of sporting activities. (Luke. B. Mental skills training athletic insight the online journal of sports 2012).

### **Types of Psychological Counseling**

There are several types of psychological support

**Clinical Counseling:** psychological support of clinical counseling helps in overcoming sleeping, eating, nutrition, depression, disorders

**Educational Counseling:** psychological support through educational counseling which helps in performance arousal, planning strategies for success



## Academic Counseling

Psychological support through academic counseling which means researching about the background of the issues of failure & in depth analysis of the cause of underplay of players.

**The Ideal Mental State:** a player is said to be in an ideal mental state if he is

1. A little / negligible sense of nervousness combined with calmness
2. A control over emotions
3. A strong sense of decision making about game plan
4. Self-consciousness
5. Self-reliance about game 's success

## Benefits of a Sports Counseling:

A player is benefitted with psychological solidity & firmness, when he experiences psychological counseling through a professional counselor. (Luke. B. Mental skills training athletic insight the online journal of sports 2012).

1. Relaxation – a player is benefitted with very imperative few moments to gather his thoughts and focus on play
2. Concentration – a player is benefitted with tips for not losing the focus of the game and holding concentration all through the game.
3. Visualization- a player is benefitted with vital guidelines

on giving his best performance & prove his best

4. Emotional control – a player is benefitted with tips in being positive in his game plan. Dr. john – sports psychology mental training tips 2012
5. Attitudes – a player is benefitted with controlling his behavior ,
6. Awareness- a player is benefitted with self-awareness, as he is made to summon his potentialities & gather his competence to prove his best.( Dr. john – sports psychology mental training tips 2012).

## Roles of Sports Psychologist:

Besides counseling a player, the sports counselor also leads in other responsibilities.

1. A counselor always prepares him mentally for anything which could happen during the game.
2. He helps to rehearsal his ideal mental state he helps him to manage his emotions & composure.
3. Proactive growth oriented approach to wellness integrated the mind body & his spirit It helps them to maximize potential helps him to contribute to his sport in an individual way by reducing his tress & anxiety he helps player's in overcome the fear of failure sometimes impersonal issues as courtship marriage marital problems may be solved due to this counseling ( Dr. john – sports psychology mental training tips 2012).



4. Career planning - A sports counselor helps in career planning as well.
5. Crisis intervention – A sports counselor helps in crisis management through psychological intervention. A player / a team / sports club / a sporting event organizer etc will be helped by the timely intervention of sports counselor. His appropriate intercession helps in accurate management of the crisis.
6. Decision making - A sports counselor helps in good decision making & Life management Strategies.
7. A sports counselor helps in acquiring effective mental skills to all players/ coaches /athletes which helps in acquire cognitive skills . These skills not only help the player during a sport but it helps him all through his life. He learns to handle tough & intricate situations.
8. A sports counselor helps in improving overall performance & consistency not only in sports but in every walk of life. A sports counselor helps in helps to overcome negative mind set . (Ames – motivation in sports 2012).
9. A player suffers from pessimistic thinking / uncertainty But psychological counseling assists him to overcome these negative tendencies.
10. A sports counselor helps in helps players to acquire mental toughness embodying stability &

firmness. This quality helps the player to fight back & provides strategies to offer the best performance. Thus it enhances competence (Dr. John Guide to mental training 2012).

### **Need for Counseling**

The success strategy for a game needs to be analyzed before it is too late. Sometimes sports counseling becomes important because (Smith, R.E. (2006). Positive reinforcement, performance feedback)

1. Player is worried about his performance / or passing through a lean phase. sports counseling becomes necessary because a player feels that his performance is being watched by his team mates / coach / club / nation . ( Dr. John Guide to mental training 2012).
2. sports counseling a skill gap is felt between the actual goal set & the needed performance
3. sports counseling is needed when a player is full of anxiety towards winning the game but over exhilaration is always dangerous . ( Dr. John Guide to mental training).
4. sports counseling is necessary when player is attends / heeds to the cheering / howling of the audience which disturbs his concentration
5. sports counseling is needed when a player is disturbed with his initial mistakes



6. sports counseling is needed when a player is when a team leaders . team captain / a coach warns him against his over enthusiasm
7. sports counseling is needed when a player is playing for the first time in an event / critical match / high profile game / clash of titans / international event where his country's credentials are at stake
8. Sports counseling is needed when a player is full of ego bothered about his self image , thinks high about his sports skills & never heeds to the team mates' / coach's /captain's repeated warnings. Such a player is dangerous to the team. He needs counseling because his egocentricity might cost the team heavily. The selfish thoughts of player should be consciously brought down because he should be made to realize that he is a part of the play .
9. Sports counseling is needed when a player is thinking that all wins are to his credit & he is an indispensable part of the team & team cannot do without him.
10. Sports counseling is needed when a player is very skeptical about his own performance & is worried about his underplay. ( Smith, R.E. 2006. Positive reinforcement, performance feedback).
11. Sports counseling is needed when a player is playing under extreme pressure ( Smith, R.E. 2006. Positive reinforcement, performance feedback).

## Conclusion

Thus sports people also need counseling because sport nowadays is full of enthusiasm & gusto. Sport clubs & organizations have become too money centered & they pressurize the players to surpass all earlier performances. This has been detrimental not only to the player's performances & team's image as well. Sometimes the player may opt for unethical ways to over perform. Or he may resort to cheating like match fixing, spot fixing, bidding , proffering , tendering , etc. Sometimes a player may become so depressed that he might commit suicide or renounce, quit or walkout or resign .Al these only adds to the disgrace of the club or country he is representing. Sport counselors come in handy at this juncture & sports player & coaches need psychological mentoring.

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