



The Psychology of Sports

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Sports = Science

a relatively young discipline which only really came to be popular in the last quarter of the 20th century





multidisciplinary subject which calls on things like **physiology and biomechanics** to measure what is happening in a sportsperson's body, **psychology** to analyze the role of the mind in performance, and **nutrition** to help them fuel their bodies correctly





Psychological and
Mental Training

Tactical Training

Technical Training

Physical Training

Performance

Physical
preparation

+

Technical skill

+

Psychological
readiness

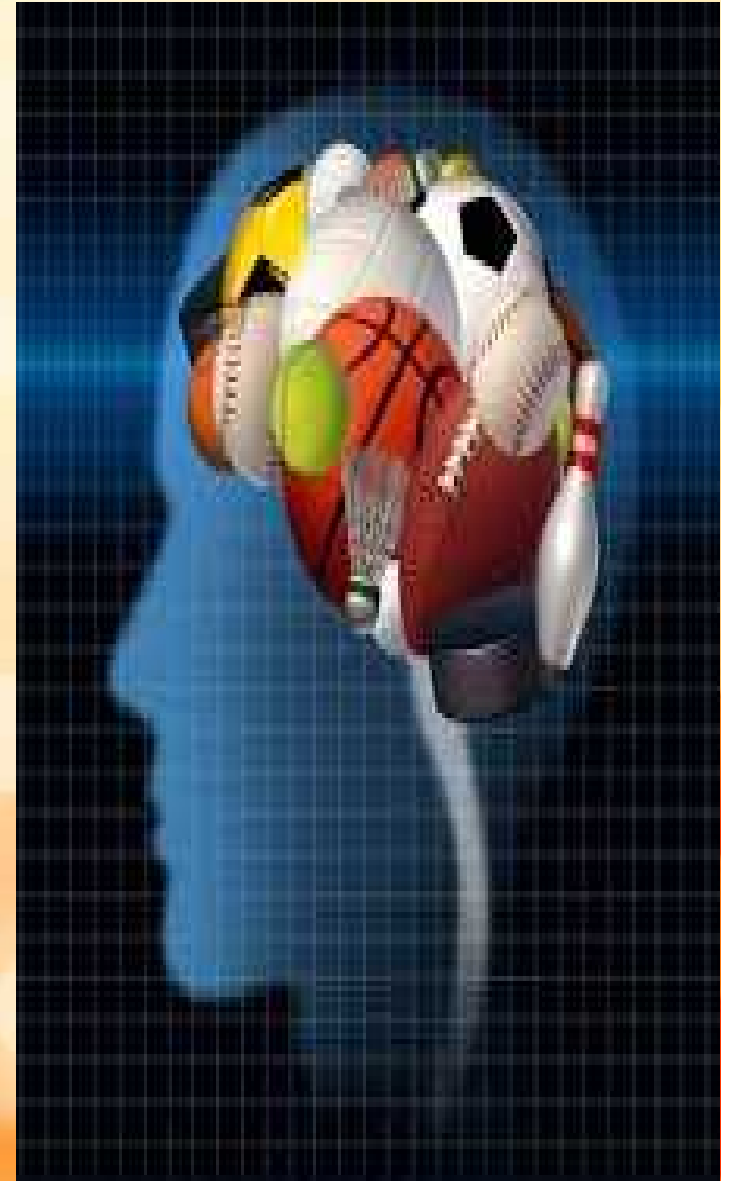


Physical Attributes	Technical Attributes	Psychological Attributes
Strength	Balance	Confidence
Speed	Eye hand co-ordination	Concentration
Stamina	Spring	Consistency
Suppleness	Orientation	Control
	Reaction Time	
	Fluid movement	



Characterized by failings of psychological nature

- Choke under pressure
- Lack motivation
- Freeze
- Become distracted
- Playing without confidence
- Get the jitters
- And so forth





- Studies show that within a group of athletes of equal ability, those who receive mental training outperform those who don't almost every time.
- Mental skills like physical skills need constant practice



KNOWLEDGE IS POWER



- Sports is more than a contest of physical ability
- Ancient Greeks knew, sports also test courage which comes from the Latin word meaning heart



Talent is never enough

by: Dr. John C. Maxwell

insists that the choices people make – not merely the skills they inherit – propel them to greatness.

It's what you add to your talent that makes the greatest difference.

- **Belief** lifts your talent.
- **Initiative** activates your talent.
- **Focus** directs your talent.
- **Preparation** positions your talent.
- **Practice** sharpens your talent.
- **Perseverance** sustains your talent.
- **Character** protects your talent



Talent is never enough

- **Belief** - If you want to become your best, you need to believe your best
- **Initiative** - and Responsibility are inseparable
- **Focus** – directs and has the potential to take you far.
- **Preparation** - positions people correctly, and it is often the separation between winning and losing.
- **Practice** - develop the discipline to do it “a little bit more”
- **Perseverance** - It is an issue of time. It is about finishing
- **Character** – is a choice (adversity /trials, do the right thing, take control of your life)



Outliers by: Malcolm Gladwell

- means something out of the norm
- ***"10,000 hours of practice is how long it takes to become an expert"***
- make the most of opportunities and act upon it, otherwise something great may never happen
- promotes **hard work and persistence**, however he doesn't aim to say that that is all that is required



- Experts believe and it has been proved that talent and ability can take you only to a certain level in sports. In fact, after you cross a certain threshold of performance, **a talent becomes almost “useless”** virtue to possess, because it breeds pride, complacency and hence ignorance
- It is only the **hard working and the most stable minds with only a spark of talent, who rule sports**



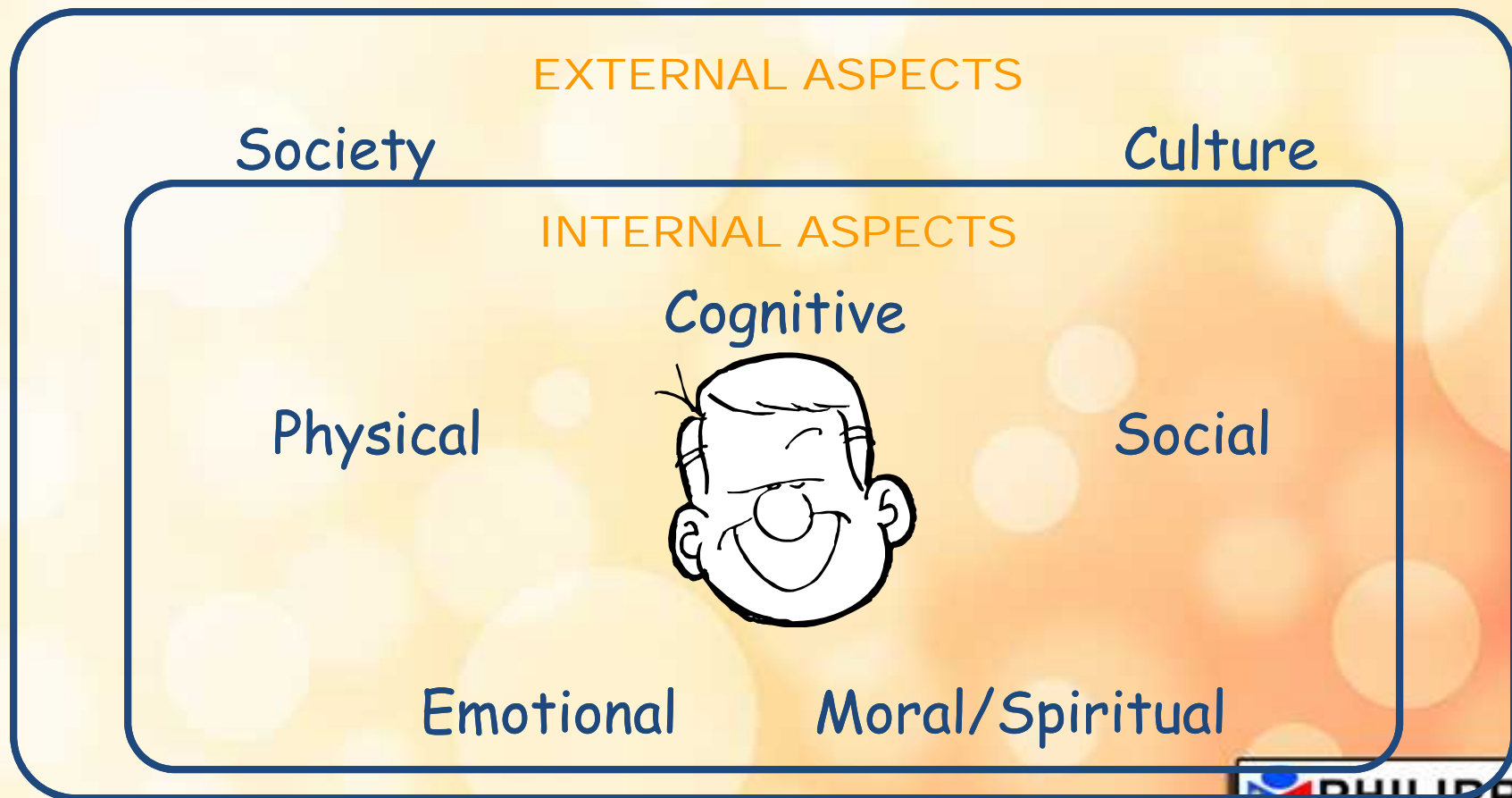
Sports Psychology

- The study of how individuals think, act and feel when participating in sport (Vealey, R. 2005).
- Science of success because it studies what successful people do



An individual is comprised of internal forces that make a whole, variously influenced by external forces.

What Makes an “I”?





PHYSICAL

- Skills and Techniques
- Genetic Parameters
- Health and General Fitness
- Endurance and Conditioning
- Power and Strength
- Speed



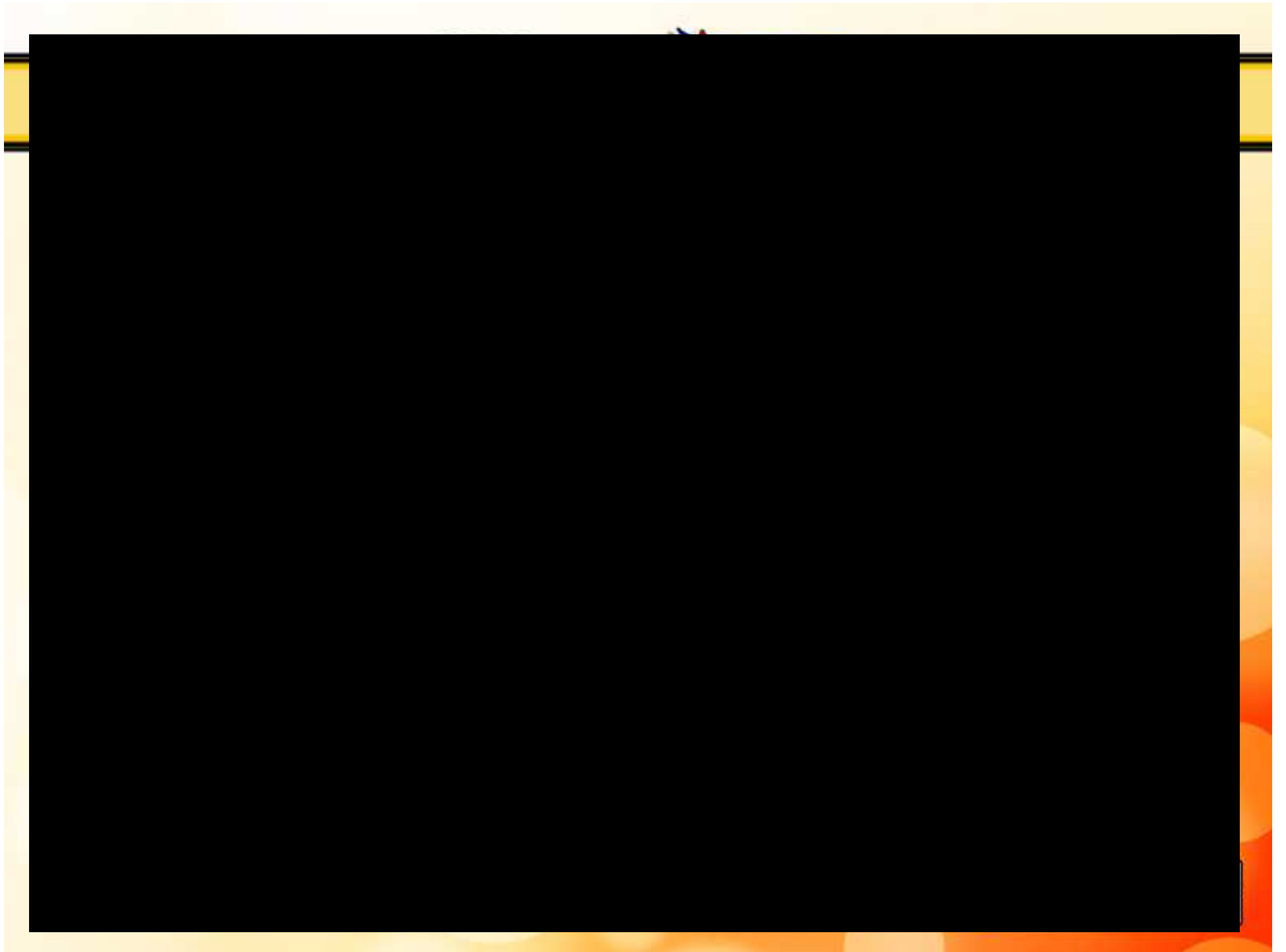
**MICHAEL
PHELPS**



EMOTIONAL

- Emotional Status and Feeling Tones
- Personality Type

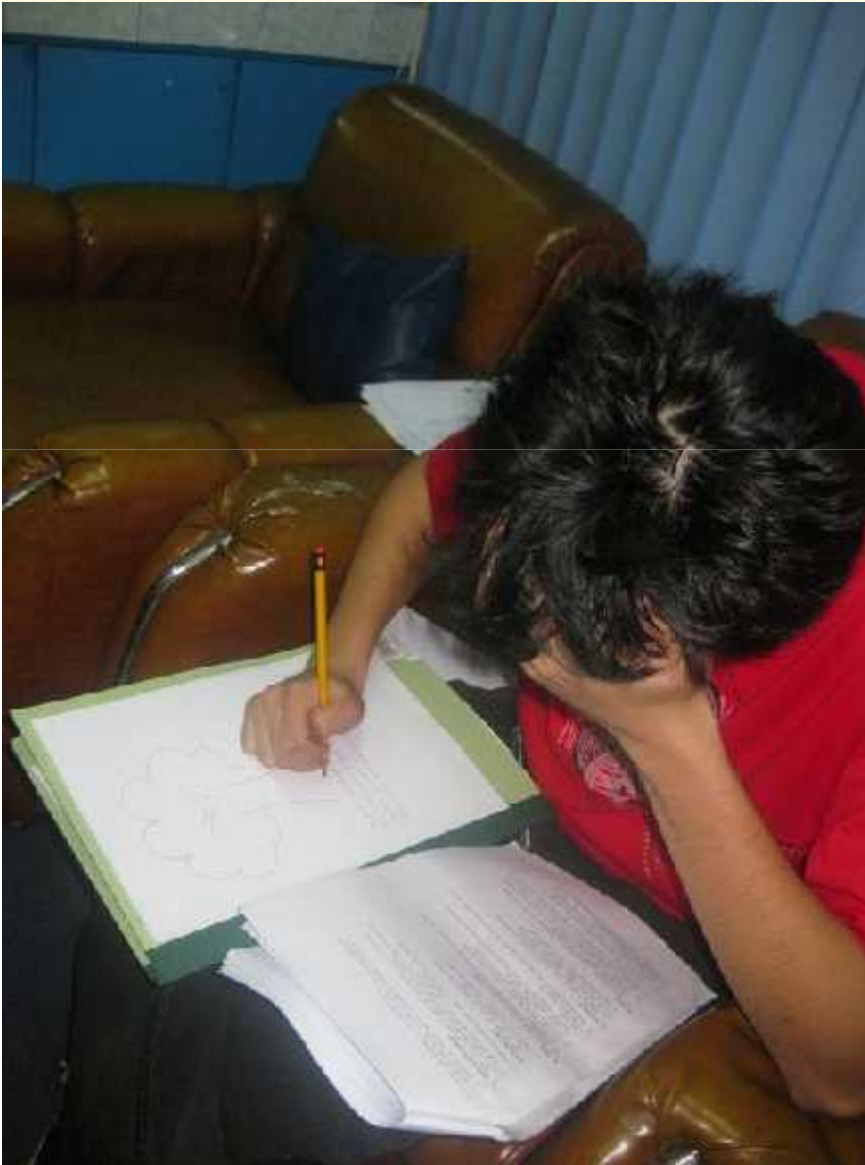




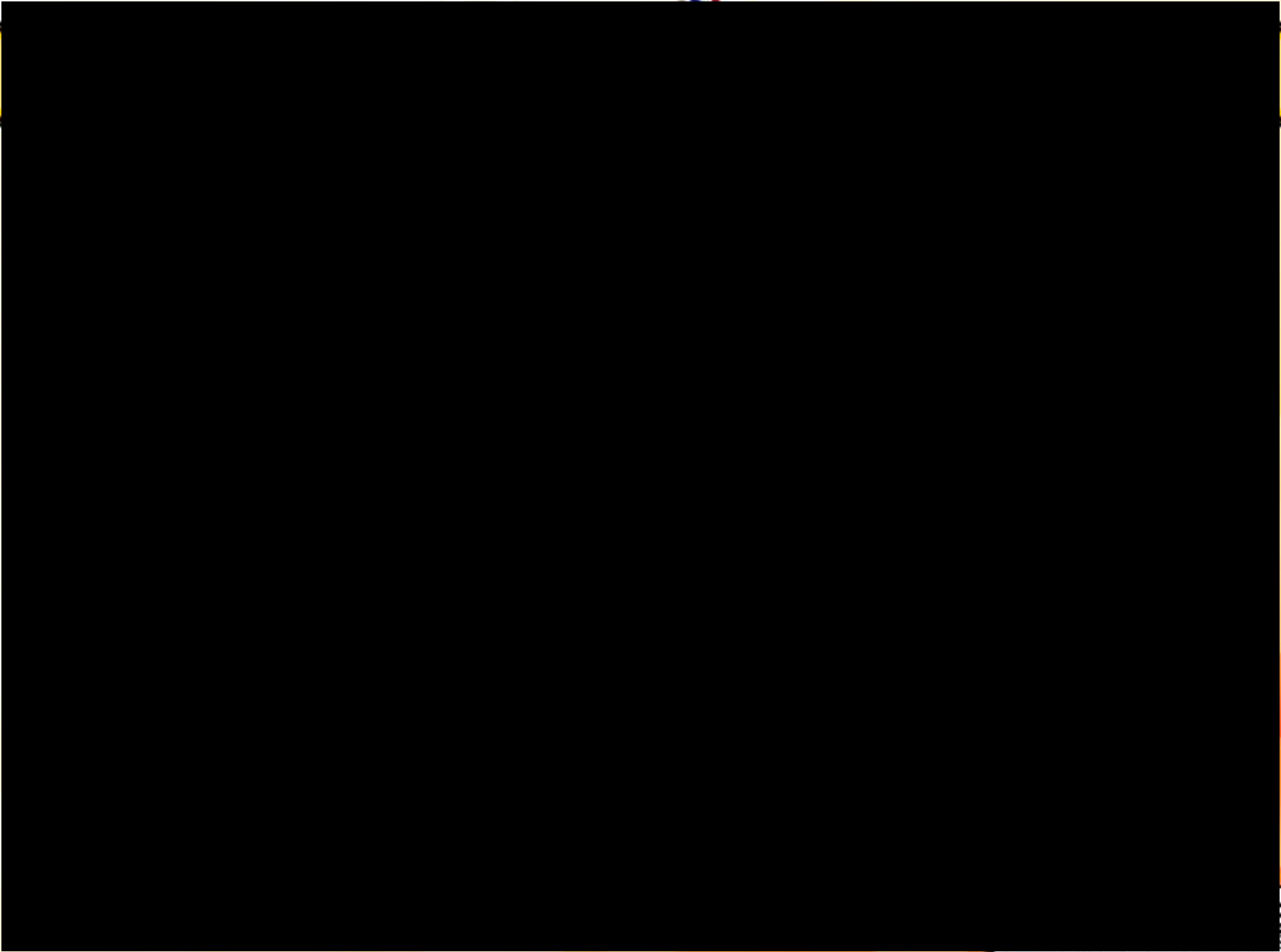


COGNITIVE

- Attitude
- Self-directed and Conscious Planning
- Problem-solving and Decision-Making









SOCIAL

- Teamwork
- Interpersonal Relations





MORAL/SPIRITUAL

- Values Orientation and Ethics
- Beliefs



"All these people, all these things came into my life, and they're all blessings from God. And now that I look back, I realize that these are His fingerprints all over my story."

— Jeremy Lin





External Forces: Society and Culture

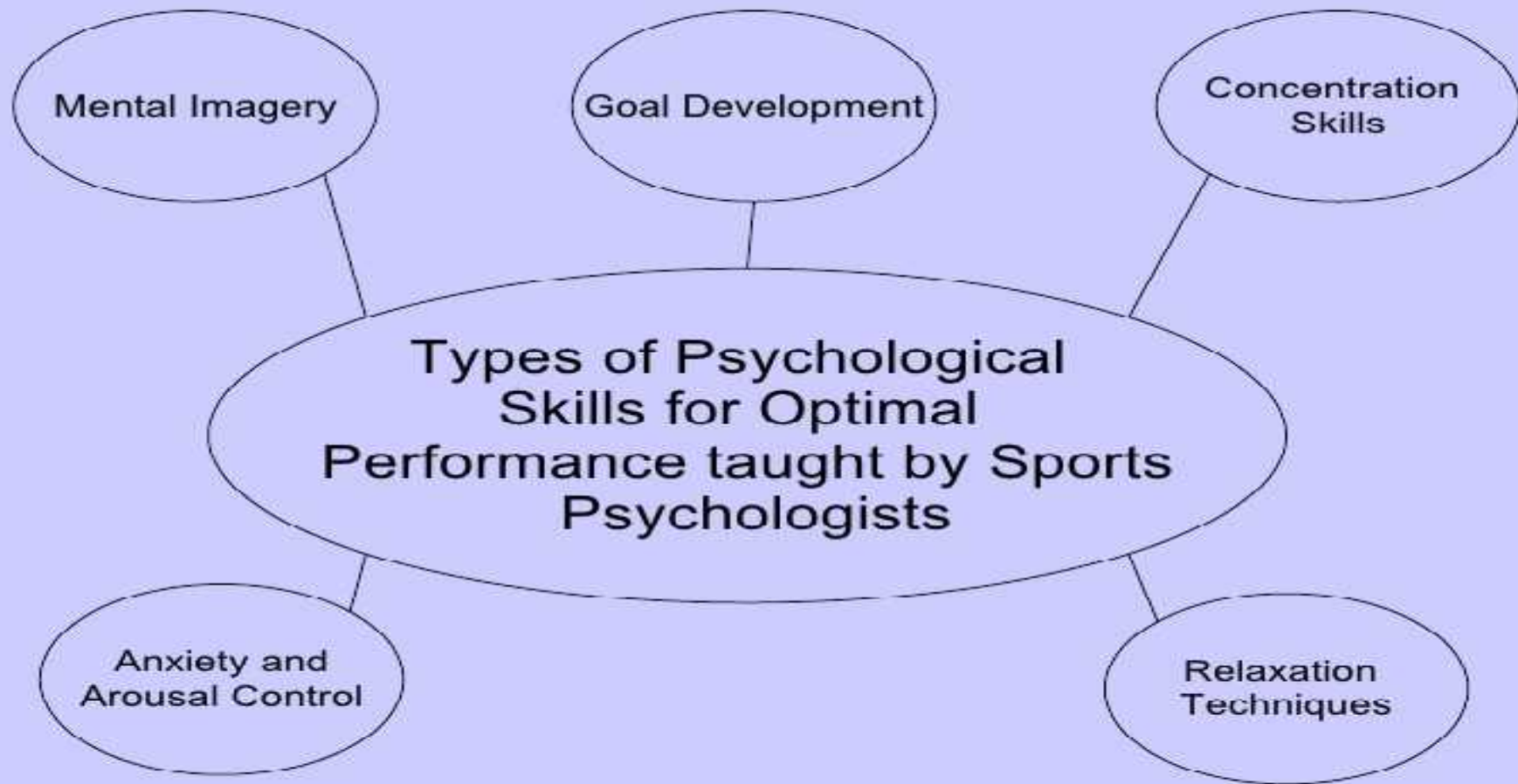
Conscious or unconscious factors that affect the expression of sports



- Family
- School
- History
- Media



SERVICES OF SPORTS PSYCHOLOGY





Cognitive and behavioral skills training for performance enhancement

- goal setting;
- imagery and performance planning;
- concentration and attention control strategies;
- development of self-confidence,
- competence in sports;
- cognitive-behavioral self-regulation techniques;
- emotion management,
- sportsmanship and
- leadership skills



Counseling and clinical interventions

- athletic motivation;
- eating disorders and weight management;
- substance abuse;
- grief, depression,
- loss and suicide;
- overtraining and burnout;
- sexual identity issues;
- aggression and violence;
- athletic injury and rehabilitation;
- career transitions and identity crises.



Consultation and training

- team building;
- sports organization consultation;
- systems interventions with parents and families involved in youth sports participation;
- education of coaches regarding motivation, interpersonal and leadership skills and talent development;
- education of coaches and administrators regarding early identification and prevention of psychological difficulties



IMPORTANCE OF SPORTS PSYCHOLOGY



No athlete, no matter how strong or physically gifted can be successful if for example, they let their nerves overtake them and they crumble in the heat and pressure of competition



- Understanding an athlete gives a window into how to **communicate**, build an effective environment for them, assist them to build on their strengths and overcome their weaknesses



- Team work / Team cohesion
- Sense of belongingness
- Players are more likely to develop team unity if their team feels unique
To do this, encourage team rituals. Consider establishing cheers, a team mission, warm up routines or unique drills



Common Reasons for Seeking Sports Psychologist

- To improve performance
- To overcome pressures of competition
- To provide psychological assistance for injured athletes
- To enhance experience of sports participation



Sports Psychology

- may not be appropriate for every athlete. Not every person who plays a sport wants to **“improve performance.”**
- not for recreation athletes who participate for the **social component** of a sport.
- Young athletes whose parents want them to see a sports psychologist are not good candidate either.
- It’s very important that the athlete **desires to improve his or her mental game without having the motive to satisfy a parent.**
- Similarly, an athlete who sees a mental game expert only to satisfy a coach is not going to fully benefit from mental training.



If you think you are beaten, you are
If you think that you dare not, you don't
If you'd like to win, but you think you can't,
It's almost certain you won't.

If you think you'll lose, you've lost
For out in the world you'll find
Success begin with a fellow's will.
Its all in state of mind.

'Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the man who thinks he can

Golfer Arnold Palmer

The Role and Use of Sports Psychologists



Seeking help is not a sign of weakness; it is the intelligent way to take care of yourself.



Thank you!! =) =)