

(ix) **Friendly Attitude** : At this stage, adolescents want to accept the friendly attitudes. So parents and teachers should act more as friends rather strict, disciplined and rigid parents. Moreover, the friendly attitude will bring them more close instead of making gaps between them.

(x) **Independent Ideas and Liberty with Proper Check** : Children should be given freedom for some decisions. They can also have independent ideas which can be followed with some liberty under proper check.

5. LEARNING AND LAWS OF LEARNING

Learning : Learning is a continuous process of gaining knowledge. It is acquiring new things, modifying re-inforcing existing, knowledge, behaviour, skills, value, preferences, information etc. Learning comes through experience, observation, reading, writing, watching, understanding, adjustment etc. Learning brings improvement. It produces changes in organism and changes produced are relatively permanent. Learning may occur consciously or without conscious awareness. Learning depends upon primary and secondary laws of learning; these laws are also known as Thorndike's Laws of Learning.

Primary Thorndikes Laws of Learning : There are three primary laws of learning.

(i) **Law of Readiness** : This law is also named as 'Law of Action Tendency'. According to this law learning takes place when an action tendency is aroused through preparatory adjustment, set or attitude. Readiness means a preparation of action. If one is not prepared to learn, learning cannot be automatically instilled in him. A person who feels ready (physically and mentally) then learning is effectively with more understanding. Readiness develops more interest.

(ii) **Law of Exercise** : This law is known as law of practice. This law states that drills or practice helps in increasing efficiency and durability of learning. Practice make the learning bond stronger, thus more we practice or use, the better is learning. Everybody knows that practice makes one perfect. One who performs more repetitions will learn better, so one should repeat again and again for better grasping, learning and perfection.

(iii) **Law of Effect** : According to this, trials or steps leading to satisfaction, improves the bond of learning. Satisfying states lead to consolidation and strengthening of the connection, whereas dis-satisfaction, annoyance or pain lead to weakening of connection bond. In fact the law of effect signifies that if the response satisfy the subject they are learned and selected, while those which are not satisfying are eliminated. If one knows the outcome or effects; learning will be better to get positive effects. Good result or positive effects gives a pleasant feeling thus learned better whereas bad or poor result gives the feeling of sad or annoyance.

Secondary Laws of Learning

(i) **Primacy** : This law states that being first, often creates a strong impression. Things learned first creates a strong impression in mind that is difficult to erase. Students first experience should be positive, functional and lays the foundation for all that is to follow.

(ii) **Recency** : This state that recently learned things are best remembered and recalled. Thus recently learned things should be repeated and practiced for better learning.

(iii) **Intensity** : The more intense the material taught, more likely it will be retained. A closer relationship brings better results, as the relation will be more strong thus better learning. It involves more sense organs in learning.

Transfer of Learning :

Transfer of learning was given by Edward Thorndike and Robert S. Woodworth. They explored how individuals would transfer learning in one context to another context that shared similar characteristics. Improvement in one helps to influence another related one. This is a type of learning based on assumption that ideas and experiences re-inforce one another and can be linked to enhance the learning process. Learning is easier and faster from past experiences. Previous experiences help to learn new things faster and easier. This comes through association like smoke coming from objects teaches us that their is fire or object is hot.

10

UNIT



PSYCHOLOGY AND SPORTS

INTRODUCTION

These days sports competitions are very tough. Players are using best techniques and best training methods for better results during competitions. Even then they are not satisfied by their results. Thus the importance of Psychology was realised in physical education to give best possible results of players. Sports Psychology is the branch of Psychology which deals with positive behaviour of sportsperson during training and competition period to increase performance. It guides coaches and players to give individual attention regarding various methods and various motivational techniques. It gives knowledge regarding adolescence problems, changes during adolescence, managing adolescence problems. It guides sports ethics and sportsmanship to develop sports attitude. The knowledge of sports psychology helps coaches and players to develop and control anxiety level. It also helps to tackle various stresses of life. This chapter will help to understand the importance of psychology in our life and especially in the field of physical education.

1. (A) DEFINITION OF PSYCHOLOGY AND SPORTS PSYCHOLOGY

Psychology is derived from Latin word 'psyche' and 'logas' which means 'soul study'. Today psychology is considered as the science of behaviour. This definition has passed through many stages. Earlier psychology was considered as science of soul, later it was believed to be science of consciousness of mind. Now it is recognised as the science of behaviour.

DEFINITION OF PSYCHOLOGY :

Woodworth : "Psychology is the scientific study of the individual's activity in relation to environment."

McDougall : "Psychology is the positive science of conduct of behaviour."

Crow & Crow : "Psychology is the science of human behaviour and its relationship."

It is accepted as a science because it involves certain principles like investigation, classification, verification and generalization, etc. In psychological research, there are valid and reliable tools which help in arriving at a confirmed conclusion. Apart from this, psychology throws light on the deep study of relation between mind and body; like behaviour, attitude, interest, thinking, learning emotions, incentives, motivation, consciousness, memory, sentiments, imagination, direct co-ordination, power of mind, normal activities, knowledge, determination, feelings of behavioural responses, etc.

DEFINITION OF SPORTS PSYCHOLOGY :

Sports psychology is the branch of applied psychology which deals with sports performance and behaviour of a player during training and competition. So it is the science which studies player's behaviour to improve performance. The purpose of sports psychology is to understand the behaviour of sportsperson and modify him according to the needs of situation and optimise the benefit for better performance and excellence.

According to :

K.M. Butts : "Sports psychology for physical education is that branch of psychology which deals with physical fitness of an individual through his participation in games and sports."

Browne & Makoney : "It is the study of the application of psychological principles to sports and physical activities at all levels of skill improvement."

- (i) Pre-natal Stage (from conception till birth)
- (ii) Infancy or Babyhood Stage (from birth to 3 years)
- (iii) Childhood Stage (from 3 to 12 years)
- (iv) Adolescence (from 13 to 19 years)
- (v) Adulthood Stage (20 to 60 years)
- (vi) Old Age (60 years onwards)

(i) Pre-natal Stage (from conception till birth) : The development of individual starts from conception period. Its stages are zygote stage, then embryo stage and then foetus stage. The developments during these stages occur within the mother's womb. The development (especially growth) is very rapid during pre-natal stage as it starts from single cell to multi-systems of the body. The perceptual development of individual starts at this stage but at slow pace. During this stage mother has to take proper diet for development of foetus. She has to go for regular medical check-ups and follow Doctor's advice. Mother should remain happy, moreover healthy atmosphere should be provided to her.



(ii) Infancy or Babyhood Stage (from birth to 3 years) : During this stage of body the growth and development occur in progressive manner. Individual gains considerable weight and height. The cognitive development starts as child tries to balance and tries to gain control over big muscles. The vocabulary of child is with simple words. Attachment of child is more with mother based upon basic needs of thirst and hunger. During this stage of child parents (especially mother) should understand the child's needs like proper feeding, hygienical environment, sufficient rest and sleep, vaccination of child, etc.



(iii) Childhood Stage (from 3 to 12 years) : Childhood stage is divided into two stages.

(a) Early Childhood Stage : This is the age from 3 to 8 years of child stage. In this age the growth is slower and it takes place in shifts or bursts after some time period. In this age the neuro-muscular development is slow, thus weak coordinative abilities. The intellectual development is also slow during this stage. Learning takes place through cramming, repetition and practice, moreover it is slow. Social relationship is only related to close ones.

Thus child should participate in multi-activities. These activities should consist of easy and light exercise; playful with lot of recreational games. Hygienic habits and moral values should be inculcated during this age.

(b) Later Childhood Stage : This is the age from 8 to 12 year child stage. During this stage growth is slower whereas development is very rapid. Muscles gain strength, moreover neuro-muscular coordination also improves. Intellectual development comes through repetition, practice and experience. Social development comes through family members and friends. Emotional changes bring close interaction between friends. Interest develops during stage and it further develops the attitude of child. In this age child has lot of energy. Thus, during this stage the child should perform lot of activities. Good education should be given and guided properly; hygienic habits and moral values should be enforced; logical explanation; guidance should be given during this age. Child should be provided healthy atmosphere to participate in physical activities.

(iv) Adolescence Stage (from 13 to 19 years) : This period is delicate period and challenge for parents. In teen age, children want to live independent as they consider themselves to take responsibility like adults. Sex difference is prominent and brings sex consciousness. Adolescence age causes many changes related to social and psychological. Teenagers often give importance to friends and neglect family. Adolescents need good diet, heavy physical workout, creative activities, logical explanation, good friends. Teenagers should be motivated to develop moral values, controlling the emotions, proper use of finance, etc.

(x) **Beauty Conscious** : Teenagers in this age are more conscious about body, figure, structure, shape, beauty and waste lot of time for them.

(xi) **Attraction Towards Opposite Sex** : Teens in this age are attracted towards opposite sex and have lot of desire to get interacted with them.

(xii) **Inadequate Rest and Sleep** : During this age teenagers often have sleepless nights, inadequate rest and sleep. This causes many abnormal health problems.

4. (C) MANAGEMENT OF ADOLESCENCE PROBLEMS

At this delicate stage, one needs proper guidance, counselling, check and channelization of energy. The following suggestions are useful :

(i) **Proper Knowledge of Adolescence Psychology** : Parents, teachers and guardians must be aware of adolescence psychology. They must understand the behavioural changes in teens and they must be saved from falling a prey to mental tensions, worries and other stresses. Parents, teachers, guardians and friends must have good co-ordination. They must help each other to solve the problems at the earliest in best possible way.

(ii) **Providing Healthy Environment** : The atmosphere at home and school should be cheerful, playful and healthy so that fullest of growth and development take place towards maturity. Proper facilities and opportunities should be provided to meet the developing demands of teens. There must be safe and healthy environment.

(iii) **Proper Sex Education** : At this stage, sex difference brings prominent changes. The adolescents must be made aware about these changes in a systematical way. They must be properly guided to tackle these sex problems and their doubts must be made clear regarding sexual development.

(iv) **Correction and Checking of Mistakes** : At this stage, the teens must be given some-what liberty to take independent decisions. In case, these decisions are not correct they must be guided in a proper way. Their faults, mistakes and errors must be politely and sympathetically treated instead of beating, blaming or giving punishment.

(v) **Proper use of Time** : Teenagers have lot of energy and need good programmes to channelise it in a proper way. Participation in physical activities such as sports, games, adventures and exploring activities are good to channelise this energy. These activities satisfy the instinct of play, curiosity, aggression, competition zeal, adventure and expression. These also give an outlet to the inner talent.

(vi) **Made of Education** : Adolescents must be properly guided by teachers and parents. Education must be provided to them in an interesting way so that they may explore their inner capabilities. Proper teaching methods should be used to make education interesting and enjoyable. Sufficient opportunities must be provided towards vocational education. Education must be related to the future profession. Parents and teachers must check the academic progress of children from time to time.

(vii) **Development of Moral Values** : At this age, sometimes children lose their moral character. This depends upon the parents, teachers and guardians to develop good moral values in them and check their immoral acts. They must be properly taught about their culture, traditions, customs and follow them sincerely. Social circle should be kept limited upto good and sincere friends.

(viii) **Spiritual Guidance** : At this stage, sometimes children show less interest in spiritual ideas. They should be guided properly about the religion and the secular ideas. They should be active towards environment and help to control the pollution. The destructive ideas in mind can be controlled through religious thoughts.



Growth : The term growth implies an increase in size. When the body or any part is described as having growth it usually means that it has become large and heavier. It is thus we say growth of arms, brain, muscles or the body in general.

Growth means increase or addition in size, height, length or weight and can be measured.

Development : Development implies certain qualitative changes or changes in character leading to maturity of improvement in functioning. Arms grow large but also develop by undergoing certain changes which equip them for better work. Development means change in shape, form or structure so as to improve in working or functioning. Growth and development go side by side.

Difference between Growth and Development

Growth :

- (i) Growth is used in purely physical terms. It generally refers to change in size, length, height and weight of an individual. Changes in quantitative aspects come into the domain of growth.
- (ii) Growth is one of the aspect of development process.
- (iii) Growth does not continue throughout life, it stops when maturity has been attained.
- (iv) Growth describes the changes which take place in particular aspect of the body and behaviour of an individual. These changes may be physical or physiological.
- (v) The changes produced by growth on the subject of measurement; they may be quantified.
- (vi) Growth may or may not bring development. A child may grow (in terms of weight) by becoming fat but his growth may not bring any functional improvement (qualitative change) or development.
- (vii) Growth is cellular and can be measured accurately.

Development :

- (i) Development implies overall changes in shape, form or structure resulting in improved working or functioning. It indicates the changes in the quality or character rather than in quantitative aspects.
- (ii) Development is wider and comprehensive terms; it refers to overall changes in the individual. Growth is one of its aspects.
- (iii) Development is a continuous process.
- (iv) Development describes the changes in the individual as a whole and does not list changes in parts. These changes are functional psychological etc.
- (v) Development implies improvement in functioning and behaviour and hence brings qualitative changes.
- (vi) Development is also possible without growth as we see in cases of some children that they do not gain in terms of height, weight or size but they do experience functional improvement or development in physical, social, emotional or intellectual aspects.
- (vii) Development is functional or organizational, thus a subjective interpretation of one's changes.

3. DEVELOPMENTAL CHARACTERISTICS AT DIFFERENT STAGES OF GROWTH

Growth and development are never ending processes. It starts from conception period and goes upto death, thus these changes are constantly taking place related to physical and psychological capacities. The words growth and development are often used to describe these changes.

The term 'growth' is related with physical changes and it can be viewed and measured. Growth refers to increase in size, weight, becoming larger and heavier. The term 'development' indicates advancement, progressive changes, gaining maturity etc. Thus development consists of series of progressive processes that occur in an orderly manner, it can be predicted and results maturity along with experience. Developments are qualitative changes in an individual. The stages of development in human being are almost similar for all individuals. These stages of growth and development are :

Clark & Clark : “Sports psychology is an applied psychology. It is more concerned with the personalities, emotional or motivational aspects of sports and physical activities. It employs many of the techniques used in psychology.”

The importance of sports psychology is increasing as problems of sportsperson have increased. Today competitions are tougher than before and there is a lot of stress over players. To relieve the stress and to modify behaviour towards high performance is the objective of sports psychology. Sports psychology helps coaches to make the best selection of players. It guides good coaching methods. It also prepares players for various stress situations, motivates players to perform better, etc.



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1. (B) IMPORTANCE OF SPORTS PSYCHOLOGY

(i) **Improves Performance :** The knowledge of sports psychology helps to improve performance and personality of players by scientific ways of modifying behaviour.

(ii) **Motivation and Feedback :** Proper motivation and proper feedback enhance the performance of players. It gives counselling to players. This can be guided by sports psychology.

(iii) **Check over Declining Performance :** Knowledge of sports psychology helps to control and check the declining performance, thus helpful for players and coaches.

(iv) **Understanding Learning Rate :** The knowledge of psychology helps to understand the learning rate, learning curve, development patterns, etc.

(v) **Modifying Behaviour :** Sports psychology helps in modifying proper behaviour of sportsperson which helps in the improvement of results and brings better adjustments in various situations.

(vi) **Improves Mental Abilities :** Sports psychology improves the mental abilities of the sportsperson. Thus it benefits players for developing the personality.

(vii) **Controls Behaviour during Competition :** Sports psychology develops proper behaviour set-up during competition. It helps player to deal with spectators and crowd. Moreover, it controls behaviour, thus better results.

(viii) **Overcoming the Stress :** Knowledge of sports psychology helps to overcome stresses and reduces the tensions of players, thus, enhances performance and develops self confidence.

(ix) **Developing Good Relationship :** Sports psychology promotes close relationship with other team members. It helps in the overall performance and good team effort.

(x) **Understanding the Needs :** Sports psychology helps to understand the needs of the sportsperson. Thus, prospective problems can be sorted out well in advance.

(xi) **Better Selection :** The knowledge of sports psychology guides the coaches for better selection of players.

(xii) **Better Training Methods :** As each individual is unique in itself, thus proper training method is guided by sports psychologist by which better results can be achieved.

(xiii) **Improves Coaching Skills :** Knowledge of sports psychology improves the coaching, training and teaching skills, thus, effective learning takes place.

2. GROWTH AND DEVELOPMENT

The term growth and development are often interchanged but it is worth to keep in mind the distinction which is made between them or at least to understand why they are so often used together.

4. (A) ADOLESCENCE NEEDS AND CHANGES

The word 'Adolescence' is derived from a Latin word which means "grow to maturity". Adolescence is the growing period from childhood to maturity. **Jersild** has defined, "Adolescence is the period through which a growing person makes transition from childhood to maturity." Adolescence starts with puberty and continues till maturity, i.e., from 13 years to 19 years of age. It is also known as "teen age". In this period, there are rapid changes of physical, mental, emotional and social developments. The balance between physical and mental development is lacking, so it is a critical period. Also, sexual growth is related to emotions. This stressful period is difficult for an individual as well as family members.

(i) **Physical Changes** : In this period, rapid physical changes happen. Puberty brings remarkable sex difference which changes the shape of an individual, such as breast development, muscular changes, bone hardening, moustaches and change in voice, blackheads, pimples and acne over skin, etc. Adolescent needs good diet, heavy physical workout, creative physical activity, suitable clothing, hygienical habits, healthy sports environment, etc.

(ii) **Psychological Changes** : As compared to physical development psychological changes are at lesser pace. The identity of good and bad is not upto the mark in teens, may be due to lack of experience. Though the intelligence of an individual is developing but it is lacking in practical approach. Teens try to hide their mistakes. Teenager in this period needs logical explanation, intelligence development education, moral values, positive behaviour from family, good friends, proper use of expenses, etc.

(iii) **Emotional Changes** : The emotions in adolescence are very sudden and very intense. These emotions are sometimes uncontrollable in the adolescence. Teens often have an aggressive attitude and rebellious behaviour. Adolescence in this period needs moral and character development habits, spiritual guidance, proper attention, time, understanding family needs, emotion control and expression of emotions in proper way, etc.

(iv) **Social Changes** : A teenager enjoys the company of his friends, thus family attachment declines. His loyalty towards group is more and he wants to prove his importance in friends. He needs good friends, parents to act as friends, socialization qualities and its development.

4. (B) PROBLEMS OF ADOLESCENCE

(i) **Aggressive and Violent Behaviour** : Adolescent has aggressive behaviour and often becomes violent very fast. They easily become irritated and repulsive when work is not of their interest.

(ii) **Over-confident and Hide Mistakes** : Teenagers are often over-confident and pose themselves as heroes. They hide their mistakes and try to fool others through their intelligence.

(iii) **Friends Given Importance** : Teenager likes the company of friends and enjoys in peer group. Sometimes they make bad friends with anti-social habits and try to follow them.

(iv) **Wastage of Time** : Teenager often wastes time in useless things like gossiping, talking, watching television, listening music, idle sitting, etc.

(v) **Deflected Towards Drugs and Smoking** : Often the bad company of friends or due to tension, etc. they are deflected towards health hazards like smoking, drugs, alcohol, etc.

(vi) **Wrong Sexual Desires** : Due to strong sexual desires in teenagers, they sometimes commit wrong sexual relationships and attain them by wrong means like rape, going to prostitutes, teenage pregnancy, pre-marital sex relationships, etc.

(vii) **Lack of Concentration** : Teens have low concentration in studies. Sometimes they lose interest if their result is not satisfactory in academics.

(viii) **Neglect Family** : They often neglect or avoid to listen to their parents and feel self dependent to take decisions.

(ix) **Lavish Expenses** : They waste their money on useless things like make up goods, costly cloths, jewellery, fast foods, etc. Moreover, they spend lavishly.