

# Scientific Physical Training and Psychological Perspective Approach Especially in Athletics



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## Abstract

Athletics career is filled with fluctuation of fortune that allows athletes to experience both thrill of victory and agony of defeat within their own career. No doubt for outstanding achievement in athletics; Athlete need scientific training method and machine but we cannot ignored training in view point of psychological training. A state of mental health always matters at all level of competition. I remember very well before the competition, our coach used to say clearly that the race does not win by feet, but through mental strength. So many researches proves that scientific training given from view point of psychological training, give better results and avoid injuries. Those who avoid injuries at different phase of training and competition, always get better results. In this article, I have made an effort to show relationship between scientific physical training and psychological training.

**Keywords:** Athletics, Physical Training, Psychological, Big Muscle Activities.

## Introduction

Athletics is most ancient of all sports being a directive of the most primitive big muscle activities; including running, jumping throwing. Athletics training is not a new phenomenon. It existed even during the period of ancient Olympic Games. Throughout the history of man, competent supervision of training has been necessitating for the athletes successful development.

The modern concept of athletic training has its origin in 1956 Olympic Games held in Rome where a study was conducted on training styles vs. performance of athletes. Those athletes who participated in this, it was resolved that countries made special effort to improve the physical condition of their athletes and skillfully combined the techniques attained outstanding performance.

The importance of psychological preparation of athletes to produce high level result was felt in 1964 Olympic Games held in Tokyo. Since that time athletes and coaches started to give focus on psychological training with other physical training.

Now a drastic improvement has taken place in the field of athletics in the later of 20th century from Munich Olympic Games 1980, proved to be a period of abundant, substantial research in the field of athletics.

Today, sports has become highly competitive in nature, winning medals has become the issue national prestige and international recognition. There exist a constant search for better technique and better training method. There are many controversies in the training systems prescribed by great athletic coaches, though the basic scientific principles are always the same. Fartlek running, interval training is old training system for long distance runners. But Arthur Lydiarl, Newzeland coach of long distance running emphasized interval training for his athletes Michaly Igloi, Hungry coach of endurance running, emphasized training at fast pace over short distance for his endurance. Athletes training method controversies are still prevailed and superiority of one over other is a topic of extensive research.

The approach of athletic research with other sports has established several disciplines of sports sciences e.g. Sports medicine, sports physiotherapist, sports pedagogy, sports nutrient etc. Besides these many other sports science disciplines have emerged, sports spastics, sports biomechanics, sports cybernetics etc.

Relentless advance in athletic performance has taken place as a

result of researchers and their application to the development of athletics performance in track and field is the product of a co-coordinated effort between coach and sports scientist.

Though dramatic improvement has taken place in athletic performance is never satisfied with its existing methods of training and techniques of performance a skill.

#### **Objective of the Study**

To promote athletes with scientific training method in view of psychological perspective

#### **Psychological Perspective in Athletes Performance**

Twentieth century science has taught us a great deal about the physical benefits of exercise, but a practical understanding of the psychology of exercise is only at beginning to unfold. Sports sciences allow us to determine the calories we burn, the O<sub>2</sub> we consume, and the muscles we build as a result of an hour on the treadmill. But how much do we understand about the psychological pay off of different type of exercise routines; and what do we really know about how sports can build character?

Sports science tells us that certain kinds of exercise will lift your mood, relieve your stress, and make you feel better about yourself, but exactly how does this happen, and what you have to do to reap these benefits? Research from thousand of studies will help us to answer these questions.

William Karen (2000) provided a review of the numerous sports psychology investigations which have been conducted to determine the psychological characteristics of peak performances among a variety of athlete, some of the athletic characteristics of peak performers that were cited included: being totally emerged in the performance; having optimal

Environmental and situational conditions; the absence of a fear of failure: a feeling good. Some psychological factors associated with performance enhancement in serious, athletes occurs during competitive performance are five mental skill : (a) segmenting, (b) task relevant thought content, (c) positive self-concept, (d) mood words, and intensification, were reviewed. Each was sub stained by replicated independent studies

Showing almost universal benefits across sports, sex, nationality, and transport training activities. The typical research paradigm demonstrated that the type of thinking developed through sports participation, a very common control condition, was not conducive to optimal or maximum performance. The implementation of these five mental skills all showed performance enhancements, even in elite athletes, over the habitual way of thinking during sporting tasks. Improvement occurred without any extra effort or physiological cost.

Psychology is the study of behavior; it is both covert and overt. It is relatively easy to investigate over behaviors accurately, reliably, to employ independent verification of phenomena, but when it comes to covert-behaviors, such as thoughts and emotional interpretations, the ability to independently verify phenomena is usually thwarted.

However it is still possible to affect covert behaviors without actually observing them. While it remains possible to manipulate external events and observe behavior outcomes, function relationships between environmental psychological factors can be described.

It is not scientifically appropriate to attribute outcomes to intermediary events such as thoughts and perceptions, when they have not been directly observed. This position on that restriction has been described elsewhere (Rushall, 1992). So many people assume a weakness in sports psychology to be avoidance or lack of concentrated research on thought structures of athletes in performance. So I wish to focus these factor; which helpful in this study. It is that self-concept of an athlete thinks and does in a performance that has a major effect on a competitive outcome. That should be seen to be an important avenue for sports psychology research.

During last few decades, coaches and athletes from a wide variety of sports have begun to realize the importance of mental side of athletic performance. More specially, individuals involved with organized sport now understand that for athletes to perform at their peak level of efficiency, they must possess and use number of psychological skills.

This is also true with in the world of track and field as coaches have become interested in enhancing their athletes, psychological skills (Caudil, Weinberg, and Jackson, 1983; Ungerleider and Golding, 1991). For instance, In articles appearing in Track, coach have discussed the importance of mental preparation (e.g., Anderson, 1997; Sing, 1986; vernacchia, 1997; Jingbo, 1992).

Although mental training for athletes has been used from a number of years, it is only within the last decades comprehensive mental training programs have become popular.

PST- programmed involve assisting athletes in the improvement of multiple psychological skills, there programme have distinct advantage over pro-grams designed only to improve an athlete ability in psychological area.

Since the concept of psychological well-being is made up of a number of distinct psychological outcomes, it may be more helpful to review how exercise relates to such component of psychological will being as psychological depression, anxiety, self concept, self esteem, reactivity stress, cognitive functioning, and positive moods.

The psychology of exercise is not just about the sense of psychological well being that is promoted through regular participation. It is also about the potential exercise hold as a mechanism for personal growth and change. This has overviewed the principal psychological outcomes that have been verified through thousands of research investigation. The overall conclusion is extremely positive.

Sports scientist are in strong agreement that regular physical activity promotes psychological well being which is defined as well being, which is defined as including lower level of anxiety and depression, higher self concept, self esteem, greater resilience to

stress, and a more positive outlook on life. Research also supports the idea that exercise can be used as a part of a plan to enhance psychological functioning according to needs that may arise phase and stage of one's life.

#### **Conclusion**

A well rounded individual has the competency to be social and to work for one's life. A well rounded individual has the competency to be social and to work alone to be competitive or collaborative as required, to be aggressive or to be passive, to take risks or to be emphasize psychological and physical safety.

Consciously varying one's sports or physical activity to enhance one's psychological competencies in life multiplies the reasons we have for exercise and the benefits we derive.

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