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Shiv kant

*M.P.Ed, M.Phil. V. & P. O.
Khanda Kheri, Distt. Hisar
Haryana (India).*

Investigation of underlying psychological factors on performance in wrestling

Shiv Kant

Abstract

The importance of psychological factors in successful sports performance has been acknowledged both academically and anecdotally. Yet the amount of time that coaches and athletes actually spend on mental practice as compared to physical practice belies its significance. A key component in developing a foundation for psychological intervention programs is to understand the psychological status of athletes. The purpose of this investigation was thus to identify the psychological factors that influence the performance of wrestling players.

Keywords: Psychological, Performance, Athletes, Physical.

1. Introduction

How often do we hear about sporting success being attributed to a performer's mental state or the way that a team functions? In modern day sport, success is the result of several variables. These include physical preparation, appropriate strategies or tactics, nutritional plans, self-control and mental strength. Sports performers are leaving no stone unturned to gain that extra edge to help them achieve success and as a result the application of psychology in sport is becoming increasingly prevalent. This unit develops learners' knowledge of sport psychology and how psychological techniques can be applied to influence the performance of individuals and teams. Initially, learners will look at personality, which is seen as the basis for behavior, and how this is a key factor in choosing sport and subsequent level of achievement. A second major factor in successful sports performance is the motivation of the individual and how this can be developed and influenced. Learners will then move away from the individual and start to address the environments that sports people find themselves performing in and how these can affect both motivation levels and stress levels. The sports performer's ability to deal with increasing levels of stress and anxiety will be vital to their performance; stress often plays a positive role in sports performance. However, too much stress can cause major decrements in performance. Learners will develop an appreciation of the social environment sport is played within and how the functioning of a group can influence the outcome that a sports team produces. Essential features of groups, such as group development, dynamics, cohesion and leadership are all examined in terms of how they influence group effectiveness. Finally, learners will look at bringing their knowledge of sport psychology together, using it to improve their performance in a practical way. Learners will assess the psychological strengths of a sports performer and identify areas for improvement. Learners will have an opportunity to explore psychological techniques which could be employed to enhance their performance. Learners will then be able to bring this together in a coherent framework and produce a psychological skills training programme for a selected sports performer. Now days many youth athletes have the physical, technical and tactical skills to be very success full in their own sport. In fact so many that the differences between athletes above mentioned skills are very slight on the elite level. When the differences between physical, technical and tactical skills are slight, psychological skills are the ones that make the difference. Many coaches think that an athlete either is or is not psychologically strong. They think that the psychological strength is part of human personality and it cannot be changed or developed. Part of this thought is true. Some people actually are better and stronger psychologically than others. But the thought, that psychological qualities cannot be developed, is totally wrong. Especially junior coaches have a big role and responsibility in child's psychological growth. In addition to teaching physical, technical and tactical skills coaches should also teach psychological skills. The purpose of this investigation was thus to identify the psychological

Correspondence:

Shiv kant

*M.P.Ed, M.Phil. V. & P. O.
Khanda Kheri, Distt. Hisar
Haryana (India).*

factors that influence the performance of wrestling player. Questionnaire designed by the authors was utilized for data collection.

2. Purpose of the Study

- (1) To rank the importance of the psychological factors affecting the performance of wrestling players
- (2) To understand the reasons affecting psychological factors that influence the performance of wrestling players

3. Methods Participant

Participants were 130 wrestling players (Mean age = 17.73, Mean sport years = 05.01, Males =84, Females = 46), who were recruited during the state game.

4. Questionnaire

The Psychological Skills Questionnaire for wrestling players

designed by the author of this study was administered to study participants.

5. Procedure

- a) Ask for coaches’ agreement to allow their players to participate in this study.
- b) Bring questionnaires to the competition venue.
- c) Instruct players on how to fill out the questionnaire
- d) Answer questions raised during filling out of the questionnaire.
- e) Check questionnaire for missing data.
- f) Ask players to refill the questionnaire if necessary

6. Data Analysis and Statistical Work

Descriptive statistics was used.

Table 1: Importance of the psychological factors that influence wrestling players.

Importance by order	Psychological factors that influence performance
1	Lack of confidence
2	Overstress
3	Propre-competitive mental preparation
4	Unable to cope with opponent’s tactics
5	Inability to focus during competition
6	Lack of desire to win
7	Other

Table 2: Reasons that influence the important psychological factors

Psychological factors that influence performance	Reasons that affect the psychological factors
Lack of Confidence	1)Worry about opponent’s ability, 2) Perceived low skill, 3)Poor Performance at previous Competition
Overstress	1)Fear of failure to achieve specific goal, 2)Too strong of desire to win, 3)Expectation of significant others
Poor pre-competitive mental preparation	1)Sub-optimal condition in training, 2)Non-optimal mental preparation and readiness, 3)Don't know how to prepare
Inability to cope with opponent’s tactics	1)Muscle tensed up, 2)Poor technique, 3)Applying inappropriate tactic
Inability to focus during Competition	1) Dwelling on earlier mistakes, 2) Focusing too much on competition outcome, 3)Focusing too much on bodily mechanics
Lack of desire to win	1)Not feeling good physically, 2)No goals, 3)This competition is not important to me
Other	Luck, injury, thinking too much

7. Conclusion

The purpose of this investigation was to identify the psychological factors that influence the performance of wrestling players. and to understand the reason which influence the important psychological factors of wrestling low skill”, and “Poor performance at previous competition”.

players. “Lacking confidence”, “Overstress”, “poor pre-competitive preparation are ranked as the top three psychological factors that interfere with the player’s performance during competition. Sources of low confidence come from “Worrying about opponent’s ability”, “Perceived Gathering and analysis of the opponent’s technical and

tactical information should help to ameliorate undue worrying. Findings from past studies have revealed that coach's behavior is related to the player's mental reaction during interaction. (Smith, Smoll, & Curtis, 1979; Smith, & Smoll, 1990). Providing challenging but achievable goals and positive feedback especially during adverse condition are useful ways to boost the player's confidence. "Overstress" is ranked second on the list of the psychological factors which interfered with the player's performance during competition. Hollenbeck & Brief (1987) suggested that individual differences in goal orientation affect athlete's stress. People with high motivation will set higher goals and bring stress to themselves. In addition, too much focus on the outcome of competition and the expectations of significant others also generate overstress. The role of coaches on the development of athlete's psychological strength should not be underestimated. Athletes learn skills, including psychological skill, mainly from coaches. Coaches also provide feedback that strongly affects the athlete's motivation and confidence.

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