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## APPLICATIONS OF SPORT PSYCHOLOGY IN THE WORLD

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### ABSTRACT

Sports; If we look at the transition from primitive societies to today's modern societies, it can be seen that social life has many characteristics, such as being a way of life for individuals, acquiring and/or preserving aesthetic and physical beauty, being a source of entertainment for individuals, and self-education. for wars and as a weapon of the cold war, it appears before us as an integral phenomenon. Psychology has many subfields. One of these subfields is sports psychology. Sports psychology is a subfield that involves applying the principles of psychology to the sports environment. Sports psychologists work as both academics and practitioners. Today, sports psychology is gaining importance with the changing meaning of sports and athletes. As practitioners, sport psychologists strive to improve team performance and create a positive team environment. Although there is still no real sports psychology department in our country, the need for this field is increasing day by day. Nowadays, sport psychology seems to be a field whose nature is not easily explained due to the many different perspectives. This complexity arises not only from conceptual definitions, but also from the roles that sport psychologists must fulfill. Researchers have been studying sports and sports psychology for a long time. Many studies have developed hypotheses about how the team consciousness of athletes develops and what sports psychology is. But these hypotheses actually reveal a phenomenon, and this phenomenon is called sports psychology. This situation strengthens the position of sports psychology within sports sciences.

### KEYWORDS

Sports, psychology, sports psychology.

## INTRODUCTION

Sports; Today, it appears before us as a social-integrative phenomenon that includes other meanings besides its literal meaning. This sport takes its place in the balance of power struggles; It was strengthened by guiding countries and peoples. Winning is an important goal in both individual and team sports. At this point, it doesn't matter if the goal is to win or to activate the in-game dynamics. These are interconnected processes. The paucity of sports research has begun to change with the increasing importance given to sports today. New research in sports aims to close the gap in the field and bring new perspectives. One of the most important subfields of sports psychology, which has many fields, is the examination of the psychology of the game, players, and fans. However, if we consider all these areas as a whole, we can talk about sports psychology. Sports psychologists should not only work on improving the performance of players in the game. Today, it can be seen that this concept is beginning to change and that learning about the athletes' family, environment and themselves has gained importance, that is, being evaluated within the framework of the system. This article aims to provide an overview of all of these studies and is a collection of studies in this area.

### Sports and sports psychology

If we look at the dictionary meaning of the word sport, it can be seen that it comes from the word "dysport". It is derived from the words "dis" and "portare". This word means "getting away from work, not hard work, but fun." In general, it is an activity that follows certain rules and technical methods for sporting purposes, satisfies the needs of the participants as well as the spectators, such as pleasure and enthusiasm, and unites athletes and spectators.

In its most general definition, sports; It can be defined as all body movements performed in the form of individual or team games, usually leading to competition, where certain rules apply and which are expected to be beneficial in later life.

Fishek defined sport as follows: It is a technical and physical effort by an athlete (athlete) to win. It is a competitive aesthetic process for the spectators of a sports event. It is a mirror (or dependent variable) that reflects the contradictions and characteristics of that society within the framework of socially created integrity, as well as an effective goal and a very important social institution that can direct it depending on the situation.

This definition is the most realistic definition that takes into account the social aspect of sports without neglecting other aspects of sports. Because sport is a living social structure with its own social rules, values,

signs and processes of interaction. Sport has several roles in human life. In addition to competitive sports, sports for exercise also take their place in our daily lives. Here, first of all, it is necessary to pay attention to the definition of physical exercises. Exercise is physical activity that can be done alone, such as walking, running, swimming, or cycling, to improve physical and mental health. The purpose of exercise is to increase metabolism, strengthen muscles, burn fat and reduce body fat, and make joints flexible. Although they are sometimes used interchangeably, sports and exercise are different concepts.

Among these changes taking place in the world and in the field of sports sciences, sport has been opened to scientific research since the 20th century, and with the change of social conditions, it began to have an economic aspect. In addition to training good athletes or trying to adapt to competition in social life and develop technical life, scientists saw sports as a means to improve people's quality of life, overcome stress and depression, and they started working on this. Subject. During his early years of study, he worked in areas such as sports training, sports biomechanics and sports medicine. Due to the developing structure of sports in the following periods, a new branch of science, called sports sciences, began to be formed, which includes areas such as sports psychology, sports sociology, sports pedagogy, sports philosophy. Many sources on sports psychology state that this field of

science is as old as human history. It is said that as soon as sports began to participate in human life, the field of sports psychology also began to participate in human life.

The sport has gone through various stages to reach its current point. But since the advent of the modern Olympic Games in 1896, it has become an event with important advertising and economic aspects. As part of the need for scientists to achieve faster, stronger and higher levels, sports psychologists are needed to solve many problems of athletes, such as competition anxiety, competitive stress, motivational elements, concentration. The emergence of sports psychology in the United States dates back to the early years of the 20th century. It can be said that the first research in the field of sports psychology began in the 1880s on "movement perception". The first research on sports psychology was conducted by Norman-Triplett in 1895. Prior to 1938, research in the field of sports psychology focused primarily on motor learning, reaction time, personality, and the psychology of sports play. The first sports psychology laboratory in the United States was established in 1925. Graduate studies in sports psychology began in 1939. In the 1960s, sport psychology began to be considered both as an academic discipline and as a separate discipline. Laboratory research on the subject has accelerated.

There are different definitions of sport psychology. In the 1980s, Alderman defined sport psychology as "the influence of sport on human behavior."

This definition was modified by Gill in 1986 as follows: "Sport psychology is a subfield of sport and exercise science that attempts to answer questions about human behavior in a sporting environment." In 1994, a different definition from all these definitions was put forward by Cox: "Sport psychology is the field that involves the application of psychological principles to the sports environment." Based on all these definitions, sports psychology; Attempts have been made to divide it into subfields such as developmental sport psychology, psychophysiological sport psychology, and cognitive sport psychology, but more conceptual confusion has emerged.

Especially in the 20th century, new developments in the field of sports psychology began with the growth of sports activities, the development of rules applied in these activities and the increase of expectations from athletes. The perception of athletes as individuals who perform physical activities has changed and the athlete is seen as a physical and spiritual whole.

The starting point in the sociology of sport is sport, in other words, the sport itself. With the emergence of sport in society and the fact that it is a phenomenon depending on its location, it is appropriate to look at it as a whole within society. Sport is a phenomenon that

has deeply penetrated into the social life of people of our time and is formed according to the social structure. Sociology of sport is a specialized social science that studies sport from the perspective of a social institution and social system. We should not forget the power of sports to unite peoples. From a sociological perspective, it is true that sports create a sense of belonging in athletes and fans, and that this feeling affects all people equally.

Whether sport psychology is viewed as a subfield of psychology or exercise and sport science, the point reached or to be reached from both perspectives is important. This idea can be briefly expressed as follows: If sport psychology is considered as a subfield of psychology, the application of theories and principles of sport and exercise psychology becomes important. Considered as a subfield of exercise and sport science, it focuses on defining and explaining behavior in a sporting environment. Sports psychology is defined as "a network of sports sciences that strives to achieve the goals of improving the effectiveness of training athletes, speeding up the learning process, and eliminating psychological obstacles to achieving the desired result." This definition also indicates the study areas of sport psychology. In this context, the areas of study in sport psychology can be classified under three main headings: practices to increase performance, practices that accelerate technical learning, and practices aimed at removing



psychological barriers to performance. Nideffer et al. In a 1976 study, they stated that the practical role of the sports psychologist is to develop programs that improve performance, use psychological assessment techniques, provide depression prevention services, develop programs, and provide counseling for coaches and others directly involved in sports. they emphasized that it is to provide services. The practical role of a sports psychologist is to improve performance and help create a good team environment. In this role, the sport psychologist must teach athletes strategies to deal with competitive stress and competitive anxiety, improve focus, increase team motivation levels, and ensure continued motivation and increased self-confidence.

There are many areas in which a sports psychologist can work. Each field should have its own sections. Anxiety, fear of failure, motivational disorders and depression of the athlete before the competition affect his performance. A sports psychologist should provide psychological counseling if he or she believes it is related to the athlete's mental health. Depression, eating disorders, substance abuse, and relationship problems can occur in athletes with inadequate coping skills. It would be an advantage to have a sports psychologist with clinical experience to advise on these issues. In such a situation, the sports psychologist must assume the roles of assessment, psychological counseling, group counseling, and psychotherapist. A

sports psychologist assumes the role of a teacher in applying and/or teaching mental training and psychoregulation methods to athletes. A sports psychologist should assume the role of researcher in research in areas such as motivation, performance enhancement, and the elimination of performance barriers. When we look at all these roles that a sports psychologist must take on, we see the existence and necessity of basic psychological knowledge in sports psychology.

Knowledge of the areas of sports psychology defines the role of a sports psychologist. Sports psychology conducts research to help athletes and examine the mental state of individuals participating in or after participating in physical exercise. It is noteworthy that the fields and topics discussed under the name of "modern sports psychology" since 1978 were the times when the task of sports psychology was clear. It is argued that sport psychology, along with new approaches in the field, fulfills two main tasks. The first is sport psychology applications that focus on exercise and participation in movement and its causes, which are often used in elite sports and involve helping athletes. Research in this area is grouped under three main headings. There are sports psychology programs that help improve physical performance and recovery. These applications include the study of athlete personality and research in this area, motivation, concentration, focus and self-confidence; There are

mental training focused on learning skills that accelerate the technical knowledge of athletes, mental training to prepare for competition and imagination exercises for competition. Competitive anxiety, competitive stress, stress, burnout, and various psychological problems are among the researches conducted to address the psychological factors that hinder performance. Studying and succeeding in these issues in sport psychology depends on addressing the two subheadings mentioned above. At this point, clearly stating the role of the sports psychologist shows what the sports psychologist is capable of.

A sports psychologist's client is an athlete, and his responsibility as a psychologist, in addition to being a sports psychologist, is to help the client protect, maintain, and develop his personal and spiritual integrity. At this point, physiotherapists must work in collaboration with their coaches, family and teammates. Practitioners with a clinical background, May psychology background in the physical sciences, those with a background in sports and exercise in clinical and psychological counseling, and those with a background in psychiatry insists that they should undergo sports training. and exercise. In this approach, the education provided should not include undergraduate education, but postgraduate and doctoral studies.

In this regard, A.A.A.SP (Association for the Development of Applied Sports Psychology) makes the

following recommendations for the training of sports psychologists: Sports psychology includes clinical or psychological counseling, social psychology, psychophysiology, experimental psychology, developmental psychology, and personality psychology. fields such as cognitive psychology and psychopathology are needed. Knowledge of biomechanics, training, movement science, exercise physiology, sports medicine, sports pedagogy, sport sociology, motor learning, and movement development is required for sports and exercise.

Viewed in this way, sport psychology is reminiscent of the field of social psychology in the 1960s and 1970s. Social scientists and psychologists have put forward different definitions in this area. In recent years, there has been agreement in this area. It should not be forgotten that despite all the changes, there will be very different assumptions and deep divisions about the nature of society and the impact of sport on human societies. In this context, the consideration of sport psychology as a younger field and its current conceptual confusion and efforts to find its place in the field of sport science should be taken for granted and welcomed. Today, it is scientifically accepted that behavioral and cognitive techniques play an extraordinary and important role in sports psychology. Especially since the understanding of sport psychology is developing and changing, the use of such approaches and their functionality in emergency

interventions are not discussed. Initiating research that can improve existing sport performance and/or help determine potential effectiveness in the development of sport psychology programs should be evaluated in this context.

There is a problem area that arises in the research of Borkovec, Shadik and Hopkins in the field of sport psychology. This problem area is a concern of athletes and a sports psychologist should work in this area. This condition is part of the athlete's unwanted, uncontrollable, negative thoughts. A sports psychologist should certainly conduct research on the concerns of athletes. The important thing here is that it helps athletes understand the situations in which they experience anxiety and how to overcome it. There are many areas in which a sports psychologist can work. Each field should have its own sections. Anxiety, fear of failure, motivational disorders and depression of the athlete before the competition affect his performance. A sports psychologist should provide psychological counseling if he or she believes it is related to the athlete's mental health. Depression, eating disorders, substance abuse, and relationship problems can occur in athletes with inadequate coping skills. It would be an advantage to have a sports psychologist with clinical experience to advise on these issues. In such a situation, the sports psychologist must assume the roles of assessment, psychological counseling, group counseling, and psychotherapist. A

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One of the important elements of the development of sports psychology is the change in the attitude of athletes towards psychologists. Thus, consulting has become more functional. Athletes now began to trust psychologists more and sought advice to get new perspectives on the problems they were experiencing.

All this information obtained by sports psychologists is being used to improve sports performance, problem solving and communication skills of athletes. This method change is the most important change made in the field of sports psychology. In their research on the



development of sport psychology, Partington and Orlick found that athletes' positive relationships with psychologists improved their performance in the game. This growth creates changes that are reflected in the lives of athletes.

As a result of the past 30 years of research by sports psychologists on mental processes and mental training with athletes; It was found that there is an increase in the performance of athletes.

Developments in this field guide researchers' findings and research. The utility and positive effects of performance improvement research with soccer players, tennis players, and swimmers in particular reveal a need for sports psychologists. Research results show that programs created by sports psychologists using skill development and visualization techniques are effective. Ensuring the continuity of this development will be possible with the specialization of sports psychologists and their application in all sports fields.

As a result of these studies, it was observed that the development of cognitive abilities in athletes was accelerated. Another positive aspect of the research was the improvement of self-control skills of athletes. By working with sports psychologists, athletes can focus more on the game and the processes within the game. Research has shown that athletes learn to think about the next game and focus on what they will do in

that match instead of dwelling on the past. Researchers call this a solution-oriented approach. The essence of this approach is based on finding solutions and moving in that direction, rather than thinking about the mistakes made or making mistakes and experiencing disappointment.

With the development of sports psychology and the understanding of its importance in sports, players have begun to receive counseling services for issues other than their athletic performance. Although such counseling services were not functionally used, management and technical staff, seeing the changes in players, began to pay more attention to sports psychologists.

### CONCLUSION

Everyone involved in sports activities faces physical and mental loads. To minimize the effects of this loading, precautions must be taken against the factors causing the loading. This work is the responsibility of sports psychologists. Nowadays, sport psychology seems to be a field whose nature is not easily explained due to the many different perspectives. This complexity arises not only from conceptual definitions, but also from the roles that sport psychologists must fulfill. Today, sports psychology has acquired a meaning other than its direct meaning.

Researchers have been studying sports and sports psychology for a long time. Many studies have

developed hypotheses about how the team consciousness of athletes develops and what sports psychology is. But these assumptions actually reveal a phenomenon. The name of this phenomenon is sports psychology. Being part of a group and trying to explain it in social psychology, group dynamics, the connection of group members to each other is one of the main areas of sports psychology.

Today, sport is an economic phenomenon that cannot be ignored. Sports; It has achieved extraordinary economic momentum with huge support from advertisements, the press, industrialists and investors, spectators, health enthusiasts and competitive athletes.

Especially in underdeveloped or developing countries like our country, sport is an important dynamic. Sport is one of the most widespread institutions in society. Financial costs are the number of participants and spectators, films, books, sports can be documented as time spent, sports equipment, sports documents. In short, sports units are connected with human social behavior and social institutions. Therefore, it is considered and evaluated within the framework of social sciences. From a psychological perspective, some motivations emerge for athletes to engage socially. These motives are their self-identification, self-improvement, ability to reduce themselves in some situations, and the use of defense mechanisms to protect themselves.

Sports psychology should focus on the main thing; The goal is for athletes to improve themselves, increase their self-esteem, and most importantly, become individuals who can control their behavior, i.e. have impulse control. Unique theories have not yet been created in sports psychology. A significant part of their theories are seen as borrowings from theories developed by subfields of psychology. In this context, more in-depth, theoretical and experimental research on sport psychology is needed.

As it stands now, sport psychology appears to be a field in which academic practitioners from diverse backgrounds work. It seems that organizations and associations specific to sports psychology have been formed both in the USA and in Europe. Sport psychology societies such as the International Society of Sport Psychologists (ISSP), the North American Association for Sport Psychology and Physical Activity (NASPSA), the Canadian Society for Sport Psychology and Psychomotor Learning (CSPLSP), and the European Federation of Sport Psychologists. FEPSAK) was born. But the APA (American Psychological Association), which gathers all the psychologists of the USA under its umbrella, adopted exercise and sports psychology as its division in 1986. According to the APA (American Psychological Association), sport psychology is "the scientific study of the psychological factors associated with participation and performance in sports and physical activities."

It has two purposes. The first of these goals is to help the athlete use the principles of psychology necessary for performance, and the second is to understand how participation in sports affects an individual's psychological development and health throughout his or her life. When viewed within these definitions, sport psychology is considered to be an applied field of psychology, or part of sport science, which is today an interdisciplinary field.

There is still no real sports psychology department in our country. Although the departments of physical education and sports are working to eliminate the shortcomings in this regard, these studies are insufficient and show a development that lags behind their counterparts in the world. In today's society, where sports are gaining importance day by day, sports psychology needs psychologists with serious psychological training, who are aware of sports.

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