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STUDYING SPORTS PSYCHOLOGY

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ABSTRACT

Sports psychology studies the psychological foundations, processes and effects of sport. Sports psychology involves the scientific study of human behavior in sport and exercise, and the practical application of this knowledge in the context of sport and exercise. Moreover, this structure of sports psychology, which includes both science and practice, can be traced since the development of sports psychology as a science. It is also considered very useful for assessing and developing sports skills by improving psychological development or sports performance, as well as by maximizing the performance of athletes in competitive situations. Along with these psychological advances in modern sports, there has also been significant progress in sports psychology research. This is a lot of new research; It not only covered a wide range of topics of scientific and practical importance in the field, but also included other areas of sports and health sciences, as well as various areas of psychology. In such an environment, a critical element of developing knowledge in any area of research is regular reflection, reflection and feedback. This task is usually accomplished through a literature review. General information about literary sources; Literature review; It serves as the first tool for organizing, restructuring and creating a certain structure of the subject. It also guides future research, lays the foundation for further progress, and serves as a guide. In this study, we attempted to provide a starting point for future research by briefly discussing the development of sport psychology from the past to the present, research topics, and methods used in sport psychology research.

KEYWORDS

Sport, Psychology, Sports psychology, Behavior, Health, Endurance, Coaches.

INTRODUCTION

Sports psychology, as the study of human behavior in the context of sport and physical activity, is one of the youngest subdisciplines in the field of sports science, as well as one of the youngest subdisciplines in the field of psychology. Sports psychology is increasingly supported by medical and psychological concerns about health and endurance, as well as an interest in performance. As athletes and coaches strive for peak performance, they also become aware of psychological factors, making sports psychology more effective.

Sports psychology is concerned with improving people's performance in both team and individual sports by assessing the psychological characteristics of people who participate in sports. In other words, sports psychology is the study of human behavior, such as competition and achievement, and the thoughts and feelings associated with these behaviors, such as anxiety, self-esteem, and motivation. Sports psychology is the application of psychological principles to sport and physical activity at all levels of skill development. Therefore, he tries to reflect the results of psychology in his direction and methods. Since its development as an academic discipline, sport psychology has been viewed in two ways: first, as applied psychology, in which the principles of psychology are applied to sport and physical activity, and second, as a sub-discipline of sport science.

knowledge of other branches of sports science, such as biomechanics, its theories, structures and measurements. Physiology of exercise. Those who took the first view tended to focus on sport and physical activity as a means to understand psychological theory and apply psychological principles. Those who adopted the latter method focused on observing, explaining and predicting behavior in the context of sport.

Sports psychology encompasses both science and practice, and this has been evident since the development of sports psychology as a discipline. Thus, sports psychology involves the scientific study of human behavior in sports and exercise, as well as the practical application of this knowledge in the sports and physical environment. European Federation of Sports Psychology (FEPSAC) sport; defined it as including cognitive, motivational and sensorimotor aspects of psychology: "Sport is physical activity in educational, competitive, recreational, preventive and rehabilitative environments, including health-oriented exercise." This definition describes the place of sport psychology in psychology, its application to sport, and sport science as a field of study.

Another area focuses on the study of sport psychology; psychophysiological, socio-psychological and cognitive-behavioral approaches. Psychophysiological

approach; Sports emphasize the use of physiological indicators such as heart rate, brain wave activity, palm sweat, and muscle action potential, which are the best indicators of psychological processes. The socio-psychological approach assumes that behavior in sports is determined by the complex interaction of psychological structures (characteristics/tendencies) of individuals and the social environment in which they exist. The cognitive behavioral approach emphasizes the cognitive and behavioral aspects of the athlete and their way of thinking; Pays attention to how safe, comfortable or tense you feel and how this affects your performance. These trends also reflect methodological and measurement challenges in the field and are therefore important indicators of the ongoing debate about what constitutes legitimate and useful knowledge in sport, physical activity, and sport psychology. This study discusses the debates and advances in sport psychology; The development of sport psychology as a concept and field from past to present, research topics, methods and foci used in the study were reviewed and presented. It should not be forgotten that in order to advance research and knowledge in a particular field, it is necessary to summarize and reflect that field through literature reviews. This study attempts to accomplish this task in the best possible way.

Sports psychology and its pioneers in the historical process

To our knowledge, the word "psychology" was not used in conjunction with the word "sport" until the 1870s. Around 1875, Russian anatomist Pyotr Frantsevich Lesgaft developed a system of physical education. His goal was to promote harmony between body and mind and to explore conscious control of the body as a method. He thought that training the nervous system in this way could later form the basis for the development of character and intelligence, and he conducted serious research on this topic. Later, the German physiologist Emile du Bois-Reymond suggested in 1881 that physical exercise creates a complex connection with the central nervous system, and therefore physical exercise is not only gymnastics of muscles, but also a kind of gymnastics of the spiritual function of the body. A similar idea was expressed by the Hungarian Karoly Budinsky: "Strengthening the nervous and muscular system through physical exercise, as well as self-control and willpower." Another indicator of sports psychology research is the 1894 article "Psychologie de l'Entraînement Intensif" by the Frenchman Philippe Tissier and the 1895 Norman-Triplett study directly related to sports psychology. At the end of the 19th century, interest in sports psychology increased.

In 1899 and 1900, two articles appeared entitled "The Psychology of Sports." The first was written by Baldwin Groller. It was published in two parts in the journal Die Wage (Vienna) in October and December

1899 under the title "Zur Psychologie des Sportes". Groller drew attention to some psychological phenomena associated with sports activities that have not yet been studied scientifically, and noted that it is doubtful that even the most qualified scientists are aware of the existence of these problems. In May 1900, an article by Baron de Coubertin, the founder of the modern Olympic movement, was published entitled "The Psychology of Sports" with the same title as Groller's work. The content of this article is completely different from Groller's article, and it is unlikely that Coubertin and Groller knew about each other when they wrote their articles. Expressions related to sport psychology appear to be included by both authors, although Groller has a slight edge.

There was no formal sport psychology organization until the 1920s, but the Sports Research Laboratory, founded by Coleman Griffith at the University of Illinois in 1925, was considered a pioneer. Coleman Griffith, who also popularized sports psychology by founding a university research laboratory, publishing two textbooks, and consulting with professional sports teams, is often called the "father of sports psychology." However, this early path in sport psychology was not without its problems, and in 1932 the Sports Research Laboratory was closed due to lack of funds. Peter Rudik and A.S. Puni in Russia and R.V. Schulte in Germany conducted parallel research related to sports psychology, but at that time sports

psychology was not yet a defined field. Following these events, there was little activity in the field of sport psychology between the 1930s and 1960s.

Sports psychology re-emerged in the US in the 1960s and was used in the UK and the rest of Europe a few years later. The field of sport psychology has since expanded throughout the world and has become one of the fastest growing new academic disciplines. Another notable issue is that until recently, sport psychology research has been conducted primarily in the field of sport science rather than psychology. The year 1965 is considered a turning point due to the holding of the first International Congress of Sports Psychology. The Congress was held in Rome and chaired by Ferruccio Antonelli, with 500 participants from more than 40 countries and 230 scientific studies.

In 1969, the European Federation of Sports Psychology (FEBSAC) was founded in Vittel. In 1970, the first journal in the field of sports psychology, International Journal of Sport Psychology, was published. By the mid-1980s, practical issues came to the fore and attracted attention, prompting many researchers to turn to the field. The 1985 meeting marked the beginning of the Association for the Advancement of Applied Sport Psychology (AAASP), the primary professional organization for sport psychology in the United States. In 1986, the American Psychological Association (APA) officially recognized "sport

psychology” as a branch of psychology, and it has now become a field that attracts many researchers.

As noted above, researchers have conducted various studies on many of the perspectives that form the basis of modern sport psychology. These studies created the field of sport psychology and not only served as a guide for researchers of their time, but have allowed many researchers today to use these ideas and studies.

Areas of research in sport psychology

Personality

In the minds of many, sports psychology is viewed primarily as the relationship between the individual and sport. Whether in the context of motivation, aggression, stress and anxiety, cognitive processes, development, or social interaction, it is discussed how each individual's responses to the sporting environment differ. According to Goffman, “personality is nothing more than the set of roles or characters that we represent,” according to Raymond Cattell, our personality has a stable essence. Kelly defines personality as, first of all, each of us is unique, has our own priorities and our own world. In general, regardless of how personality is conceptualized, the transactional approach is seen as the only logical path. Within this interaction, it is important for sport psychology to consider how personality relates to performance. Therefore, one of the most studied topics in recent years is the relationship between sport

and personality. Athlete personality, the relationship between personality and performance, and the impact of sport on personality constitute important areas of research.

Self-esteem

Self-esteem remains one of the most studied concepts in social psychology and sport psychology. Self-esteem generally refers to a person's "positive self-image." It consists of two dimensions: competence and value. A measure of competence (performance-based self-esteem) is the extent to which people consider themselves competent. The value dimension (value self-esteem) is viewed as the degree to which people perceive themselves as valuable people. If we look at the concept of self-esteem in the field of sports, we can see that it is of great importance.

Attention

It answers fundamental questions such as "how voluntary control and subjective experience arise and regulate our behavior." The ability to concentrate or concentrate on what is most important in any situation, without paying attention to distractions, is an important component of successful performance in sports. Some sport psychologists have focused their research on the role of selective attention in development. In general, selective attention can be improved with practice and experience and is effective for focusing attention and making quick and accurate

decisions in a variety of sports. Additionally, lack of focus can mean the difference between success and failure in competitive sports. With this difference in mind, researchers have focused on attention regulation. The issue of attention regulation is especially relevant for elite level sports performance, since athletes need to properly understand and control their attention system in order to achieve success.

Motivation

It is emphasized that a person must first of all be motivated to perform an action. In fact, in sports, motivation is seen as the key factor for a person to perform the activity, continue with it and at the same time achieve success. "Motivation means various internal and external factors that induce an organism to a certain behavior, determine the regularity and duration of this behavior, direct the behavior and determine the mechanism that ensures its activity." An important difference between types of personal motivation is defined as intrinsic and extrinsic motivation. Intrinsic reasons for playing sports include excitement, fun, love of movement, the opportunity to demonstrate and improve our skills, in short, all the reasons we enjoy sports. The reason they are so effective at motivating athletes is because they directly impact intrinsic motivation. Extrinsic motivation can come in the form of rewards, praise, increased status, and new friendships. Both intrinsic and extrinsic motivation are important in sport, and sport

psychologists can work with both intrinsic and extrinsic motivational factors to improve a person's athletic performance. Additionally, current approaches to motivation in sport psychology focus on criteria such as self-efficacy, goal setting, and achievement motivation to explain why human behavior is motivated by future events.

Image

Although 'visualization' has recently gained attention as a popular approach to improving sporting performance, the concept was first introduced by Galway in the 1970s. Galway says that the most powerful opponent a player has to face in sport is in his own mind, and he must be able to defeat it primarily with his mind. Imagination is intense imagination in the mind without any action. Athletes often create images about competition. They imagine performing technical skills, imagine themselves playing well or poorly, mentally analyze mistakes, worry about competition, think about winning or losing, and question their relationship with each other every time.

Stress

Stress is the process by which people perceive and respond to certain events, called stressors, that they find difficult or threatening. Stress is understood as an interaction between a person and the environment. Stress can be observed in athletes under the influence of external and internal factors of the sports

environment. Identified stressors include excessive pressure, critical comments, spectators, athlete testing, excessive focus on winning, training and competition environments, opponents, coach and teammate relationships, physical errors, abilities, injuries, self-doubt regarding personal goals and expectations, and also watching the opponent play well. Identifying these sources of stress that athletes face can help them develop strategies to cope with stress. Coping strategies are important to applied sport psychology, and research in this area sheds light on the topic. Research in this context is increasing every day and these studies show the importance of sports psychology as it plays a role in improving the performance of coaches and athletes.

Aggression and violence

Although the competitive nature of sports can contribute to aggression, the essence of aggression is actually behavior. Aggression, by definition, involves actively causing something unpleasant to someone. Aggressive behavior can take many forms, from verbal abuse to physical violence aimed at causing psychological harm. In general, aggression involves the intention to cause harm. Therefore, behavior that accidentally harms someone is not aggression. When these factors are combined, aggression is briefly defined as “any act done with the intent to harm another person,” and violence is “the intentional use of physical force or force in the form of threat or force

against another person.” the reality of bodily harm, psychological harm and death to the person exposed. "or the possibility of its discovery." Although the prevalence of aggression and violence in sports is not an inherent part of sport, aggression and violence in sports on and off the field is a worrying spiral. In recent years, the concepts of aggression and violence have become the subject of significant research from a sport psychology perspective. Researchers have focused on the context between the causes and consequences of aggressive and aggressive behavior that can often be observed in sports environments, especially due to the motivational and competitive aspect of sports. In addition, cross-national and cross-cultural research may help highlight the changing importance of broader psychosocial and cultural determinants of aggression and violence in sport more generally.

Methods used in sports psychology research

There are a number of alternative methods that sport psychology researchers can use to conceptually advance the field, and within this framework there is an increasing use of qualitative, quantitative, and mixed methods. As you can see, the quantitative method is often used in sports psychology research. Quantitative Research; This is useful if there is prior information about the phenomenon of interest that allows the use of standard data collection methods such as surveys. It is used to measure people's psychological attitudes, self-esteem and behavior.

Given recent developments in qualitative research methodology and ongoing debates over fundamental issues such as how to evaluate qualitative research, the effectiveness of qualitative research in sport and exercise psychology is another area of concern. The value of qualitative approaches in some sport and health-related research is that they can answer research questions that do not always lend themselves directly to quantitative research.

At the same time, mixed methods, which help methodically diversify and enrich the field, also stand out as an alternative due to their depth. Recently, there has been a growing belief that focusing solely on qualitative or quantitative research methods causes researchers to miss important parts of a phenomenon or story. However, given that the use of mixed methods remains a controversial issue, it seems worthwhile for those using this approach in sport psychology research to engage with debates in other disciplines to inform their research. The use of mixed methods is important for the future development of mixed methods research in sport psychology, as well as for increasing the awareness of researchers.

DISCUSSION AND CONCLUSION

Answers to many questions posed by sports psychology require the integration of psychological and physiological parameters. Sports psychology, by definition, strives to do just that. Despite the demands

on the researcher, the benefits of such studies are actually higher and undoubtedly provide more information about sports. Today, the potential presence of physiological as well as psychological effects in improving athletic performance and, therefore, the importance of sport psychology is recognized. It is clear that physical activity and sport alone do not ensure healthy and adequate development with good physiological functioning. It is very useful for assessing and improving athletic skills in sports through psychological development or improvement in sports, as well as for optimizing the performance of athletes in competitive situations. All these factors require further research for the future of sport psychology. This enthusiasm for the application of psychology to sport is exciting for sport psychology and its researchers. Moreover, such efforts should also contribute to the development of relevant theoretical frameworks for research.

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