



PERFORMANCE ENHANCEMENT BY ADOPTING MENTAL SKILLS

Aabid Ur Rehman¹, Dr. S. Ponson², Javaid Yousuf³

¹Research Scholar, Department of Physical Education,
Annamalai University, Annamalai Nagar, Tamil Nadu India

²Assistant Professor, Department of Physical Education, Annamalai University,
Annamalai Nagar, Tamil Nadu, India

³Javaid Yousuf, Department of Physical Education,
Bhagwant University Ajmer, Rajasthan, India

ABSTRACT

In the present study, an attempt has been made to know the importance of mental skills for optimal performance in games and sports. The positive result in a competition depends upon the coaching and training plan during and before a competition. If there is some training for developing mental skills in the coaching and training session a sports person may improve his game or sport vigorously within a limited time. He learns better and learns to change strategies when the conditions are not favorable to him/her. He can manage stress, tension, anxiety during and before the competition. By developing mental skills a sports person may build self confidence and overcome pressure with ease.

Keywords: anxiety, athlete, confidence, goal, intellectual, stress.

1. INTRODUCTION

The basic fundamental mental skill training is required in every game and sport. The improvement of performance not only depends on practical skills but there is an urgent need to approach and presenting the importance and application of mental skills to enhance learning and performance. These mental skills may help greater throughout the training program of physical, mental and coordinating different skills in sports and games. Once the athlete acquires mental skills he can perform more consistent and concentrate towards the optimal performance and achieving a goal setting task. The routes of skill performance depend upon the athletes confidence until and unless the athlete performs and practices continuously to reach to the maximum skill level to the top level. (Snambrok, 1996, Murley and Sowdey, 1992).

The outcome of positive result in competition depends on coaching plan involved different methods of strategies which coach can deal with the help of learning skill, Tactics, and other activities in sports and carry out the



performance. So it may be found effective in several mental skills and improve the confidence as well as motivation of the athlete. The confidence of athlete can be improved through the recreational activities and it can focus on difference angle of imagery, the imagery has also been used in effectively improve the learning of sports skills and strategies. (Beauchamp-Bray, & Albinson, 2002; Taylors & Shaw, 2002).

2. CONFIDENCE BUILDING MANAGEMENT

Athletes can improve the self confidence through many ways; confidence refers to the inner view that can establish the top performance of athlete in different level of sports competition. The competition of sports need more consistent and interact with other performance but most of the athletes are frustrate in their performance because the negativity can increase intensity level where athletes are more prone to stress. Try to focus on the concentration of the consciousness which are related to the mental skills. Due to negative thinking athlete is directly or indirectly affect on their confidence level.

Performance routine is in involved cognitive behavior, emotional and energizing components, the cognitive components which help to productive thoughts of making a confidence enhancing these components need an adequate rest, recovery activity. (Weighnherg & Comar, 1994).

3. STRESS MANAGEMENT

The setting of the training program of the athletes should be short term goal practice session that can be valuable to get proper skills and have decreased feeling of anxiety, frustration and irritability. The improvement of performance needs a basic stress management technique such as deep relaxation, breathing progressive relaxation that can help the Athlete in decreasing the unwanted tension, anxiety and frustration. Gaining the self confidence, relaxed state of consciousness, higher level of self control are also more effective for self awareness which help the athlete to refresh and stay abreast of current thinking and adopted professional development.

The innovative performance that coach must design certain programs for creative and competition practice sessions, changing the practice session provides almost an improvement training volume and stress may need to be lessened or more systematic way of training and Tapering may need to be adopted organizing rest and recovery intervals and activities for athletes.

4. GOAL SETTING THROUGH MENTAL SKILLS

The positive outcome of the performance are depends upon the goal-setting. The affective way of goal setting enhancing team building, motivation and more oriented behavior which can include in competitive strategies for Sports and Games. The objectives of the goal setting have certain specific performance areas that need improvement, and inspired the accountability for each member of the team. During the short terms goals on the way to achieving the longer time goals influenced by their commitmental efforts and mental readiness.



National Conference on Physical Education and Yogic Sciences in Relation to Social Life VSRDIJTNR, Vol. VIII (Special) November 2017 / 15

Swami Vivekanand Subharti University, Meerut, Uttar Pradesh, INDIA.

When one is progressed toward a goal, confidence and motivation increases and great achievement may also be desirable in the sports competition. The self confidence needs certain specific drills which contribute to achieving a goal throughout season practice.

5. CONCLUSION

The successful goal setting that leads to attain high level of performance and attain highest place in sports is largely depends upon the mental and cognitive skills of the athlete. There is an importance of feedback component that enhance the critical Components of the goal setting process in such that are specific in performance of the area which needs more attention of need for elite level of sports competition.

REFERENCES

1. Weinberg & Comar, (1994). The *effectiveness psychological intervention in Competitive sports and Sports Medicine*, 18, 406.
2. Anshel, M. (1990). *Sports psychology from theory to Practice*. Scottsdale, AZ, Corruich Scarich brick.
3. Bull, S., Albinson, J., & Shambrook, (1996). *Mental game plan Eastbourne, U.K.* Sports Dynamics.
4. Murphy, S., & Jowdy, D. (1992) *Imagery and mental practice Adverse and Sports* (pp. 221 - 250) Champaign, Human Kinetics.
5. Beauchamp M. Bray & Albinson, J. (2002). *Precompetitiuimagery and performance of Collegiate Golfer*, S. Journal of Sports Science, 20,697, 705.
6. Kamlesh M.L.andKuamr,OM. "psychological profile of international national remark in Indian hockey player,"" *souvenirs viith national conference of sports psychology*, Thiruvandrapuram. December1991.