

**A STUDY OF PSYCHOLOGICAL SKILLS AND SPORTS
PERFORMANCE****CANDIDATE NAME- B.GOPI****DESIGNATION-RESEARCH SCHOLAR SUNRISE UNIVERSITY ALWAR****GUIDE NAME- Dr. Srinivas Nallella,****DESIGNATION- Assistant Professor SUNRISE UNIVERSITY ALWAR****ABSTRACT**

Improved athletic performance may be found via studying the psychological side of sports. Athletes and coaches may maximize performance and reach peak levels of attention and motivation by first identifying the psychological elements that influence performance results, and then creating customized treatments to address those issues. The research will highlight the significance of mental toughness in athletic accomplishments. Athletes may better maintain their mental health and perform at high levels if they learn to use psychological tactics for dealing with pressure, disappointments, and problems. The importance of mental training to athletes' long-term growth may be better appreciated with a better understanding of the psychology behind sports achievements. Athletes may achieve long-term success and progress when they combine physical and mental training aimed at improving mental toughness, self-awareness, and goal-setting skills.

KEYWORDS: PSYCHOLOGICAL SKILLS, SPORTS PERFORMANCE, sports, mental training

INTRODUCTION

Sport psychology is a multidisciplinary study that incorporates insights from biomechanics, physiology, kinesiology, and psychology, among others. It is the study of how engaging in sports and physical activity influences one's mental and physical health (Weinberg, R.S., & Gould, D., 2010). One of the newest professions to enter the mainstream game of football is psychology. However, football's psychological aspects have always been there, since mental preparation for games has always been a priority for players, coaches, and managers. The mental aspect of the game is essential for peak performance right now and on a regular basis over the long haul, whether that's a single game, a season, or a career. Physical, technical, tactical, and mental proficiency are the four pillars of

sporting brilliance that must be constantly honed and refined. The performer with the most developed forms of what are commonly referred to as psychological skills, mental toughness, and team dynamics appears to prevail more often than those with less developed forms of these factors when physical, technical, and tactical skills are evenly matched, as is common at the elite level. Athletes, coaches, sport administrators, and the media covering those sports all agree that sport psychology is crucial to peak performance. There has not been enough thorough scientific investigation into this desired psychological construct to explain anecdotal findings and generate theoretical conceptions with substantial implications for measuring, developing, and improving it. As players, spectators, and TV watchers, soccer attracts a massive



audience anywhere it is played (Haugaasen & Jordet, 2012). According to a 2006 poll conducted by the Fédération Internationale de Football Association (FIFA) (FIFA, 2007), 265 million individuals regularly engage in soccer. In addition, in recent years, major soccer tournaments have attracted more television viewers than any other kind of athletic event. More than 700 million people watched the 2006 World Cup final alone (FIFA, 2007a), while the whole tournament was seen by 27 billion people. Joseph S. Blater, president of FIFA, claims that the sport's popularity has only grown (FIFA, 2007c). The influence of mental abilities on soccer performance is now well acknowledged (see, for example, Johnson, Hrycaiko, Johnson, and Halas (2004); Thelwell, Greenlees, and Weston (2006), 2010). Examining the public and private comments of soccer players, coaches, directors, and spectators reveals the foundational significance of the psychological factor in the determining of results or performance levels. To anticipate, explain, or analyze a player's or team's performance, psychological elements are invoked in every sport (Fonseca, 2004).

Ethiopian Football premier league clubs

Ethiopian football is governed by the Ethiopian Football Federation (EFF). It was established in 1943, and FIFA and CAF membership followed in 1953 and 1957, respectively. It's responsible for running the NFL and the national team. There were a total of 14 teams from the Ethiopian Premier League that competed in the 2014/2015 season (Adama City F.C., Arba Menche F.C., Awassa F.C., Dashen Birra F.C., Dedebit F.C., EEPSCO F.C., Ethiopia Bunna F.C., Ethiopia Nigd Bank F.C., Mekelakeya F.C., Muger

Cement F Six of the aforementioned teams from Addis Ababa, Ethiopia's capital city and the top league were selected for this research (1st.Saint George F.C., 2nd.Dedebit F.C., 5th.Ethiopia coffee, 6th.Ethiopia Nigd Bank F.C., 8th.Mekelakeya F.C., and 11th.EEPSCO F.C.).

Saint-George Soccer club

Kedus Giorgis, or Saint George Sports Club, is an Addis Abeba-based Ethiopian football team. They compete in the national league sanctioned by the Ethiopian Football Federation. It's well knowledge that St. George Club was one of six original teams that formed the Soccer Federation and wrote its Articles of Laws in 1943. The British Military squad, the Italian Fortitude, the Greek Olypiakous, and the Armenian Ararat were the participating nations. The British Military Mission triumphed in the inaugural championship match amongst the five teams and received a Wall-Clock as a prize from the Emperor. St. George Club won the 1942 Trophy, despite the fact that competition was less than ideal from 1945 to 1948.

Ethiopian coffee

The interested workers Unions of the industrial plant created the Ethiopian Coffee sport club in 1976 with the original name Ye buna Nigmat Kokeb. The team moved up to the third level to play in football and track & field. During this illustrious history, the club has won four winners' cups and Fair play trophies, in addition to other athletics medals and certificates. As the champion of the Ethiopian Knockout Competition, the club has established itself as the premier team in the nation.

Dedebit soccer club



The Dedebit Football Club was founded by Army Captain Awel Abdurahim as the Dedebit Youth Project. The young officer, who had just been promoted to the rank of Captain, enlisted the 9-year-old younger brothers and sisters of his fellow soldiers in the army complex. His own son, Zukev Awel, was among the many young people who answered the invitation to join the newly formed youth squad. The next year (2001), the squad won another project championship, this time beating out ten other teams to take home the trophy. Dedebit defeated 13 other teams to claim victory in the 2003 Addis Abeba yearly tournament hosted in Zone 4. As a result of this remarkable achievement, the team was asked to participate in the home-and-away tournament known as the King's Cup, which was held in Shashemene and from which it also brought home a trophy. That's two trophies for the year for the squad. In 2003, Dedebit further demonstrated its maturing status by claiming victory in the Under-17 Annual Regional Championship in Addis Abeba. So it ended up winning the Addis Ababa Cup.

Ethiopia Nigd Bank

Addis Abeba is home to the Ethiopian football team Commercial Bank of Ethiopia (Ethiopia Nigd Bank). They compete in Ethiopia's premier professional league, the Ethiopian Premier League. The Commercial Bank of Ethiopia Sports Association changed its name from Banks Sport club in 2010. Both the 2005 and 2010 CAF Confederation Cups saw two appearances, both in the first round.

Defence Force Sport Club

Addis Abeba is home to the Ethiopian football team Defence Force Sport team

(Mekelakeya). They compete in Ethiopia's premier professional league, the Ethiopian Premier League. Former Army SC and Mechal SC rosters included the team's name. The 2014/2015 Ethiopian Federation Cup was won by Defence Force on September 26th, 2015, at Addis Abeba, with a 2-0 victory against Hawassa Kenema. The army squad, known as "Mekelakeya," scored first with a goal by Minyelu Wendimu halfway through the first half, and then Firew Solomon scored again to ensure victory. Defence has won the Ethiopian FA Cup for the first time in two years, bringing their total number of titles to 13 and solidifying their position as the most successful team in the tournament's history. Addis Abeba is home to the Ethiopian football team Defence Force Sport team (Mekelakeya). They compete in Ethiopia's premier professional league, the Ethiopian Premier League. Former Army SC and Mechal SC rosters included the team's name. The 2014/2015 Ethiopian Federation Cup was won by Defence Force on September 26th, 2015, at Addis Abeba, with a 2-0 victory against Hawassa Kenema. The army squad, known as "Mekelakeya," scored first with a goal by Minyelu Wendimu halfway through the first half, and then Firew Solomon scored again to ensure victory. Defence has won the Ethiopian FA Cup for the first time in two years, bringing their total number of titles to 13 and solidifying their position as the most successful team in the tournament's history.

Ethiopian Electric Power Corporation Football club (EEPFC)

Mebrat Hail SC, or the Ethiopian Electric Power Corporation Football Club, was founded in Addis Ababa in 1962. A three-time winner of the Ethiopian Premier



League (1993, 1998, 2001), four-time winner of the Ethiopian Cup (1971, 1972, 1976, 2001), and three-time winner of the Ethiopian Super Cup (1993, 1998, 2001).

CONCLUSION

Many significant discoveries related to the impact of sport psychology on soccer performance are expected from this study. The study's findings include the following in this regard although there is literature in the area as to which psychological factors would influence sports performance; studies are sparse in the role of selected psychological variables among players of varying skill levels. This study aims to fill this gap by evaluating the current state of sports psychological variables like psychological skills, mental toughness, and team cohesion among Premier League soccer teams. The study's findings would also help trainers and coaches in other sports use psych-up tactics to boost performance.

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