

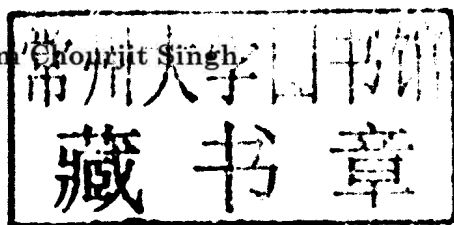
Sports Psychology and Indian Athletes

Maibam Chourjit Singh

SPORTS PSYCHOLOGY AND INDIAN ATHLETES

A Psycho-physical Study

Maibam Choujit Singh



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SPORTS PSYCHOLOGY AND INDIAN ATHLETES

A Psycho-physical Study

*To my beloved grandfather,
Late Shri Maibam Gouramani Singh
Former Transport Minister,
Government of Manipur
This book is humbly dedicated.*

Preface

Sports psychology is an upcoming field of study these days. For better performance in the field of sports and games psychophysical study of participants in various events may be guiding one. The present book makes an empirical psychophysical study of Indian athletes in general and Manipuri athletes in particular.

In spite of its diminutive size, remoteness and backwardness in economic development and growth, Manipur has had a long standing tradition in the field of games and sports with the influence of rich sports tradition. A rich heritage in sports includes the indigenous games like Thang-Ta (Martial Art), Mukna (Wrestling, Manipuri style), Shagol Kangjei (Manipuri Polo), Kang, Yubi Lakpi (similar to Rugby) and Khong Kangjei (similar to modern Hockey) etc. No doubt, contemporary history of games and sports in Manipur reveals an array of personalities in both national and international circuit.

Even though, we have rich culture of sports, there is great need of various studies in the field of physical education and sports. As we know that physical education is also part and parcel of sports, it is right time to enrich our sports literature. One of the problem is we have insufficient literature of sports.

Concerning the issue, the present book is an attempt to highlight the perspective of psychological and physical aspects

of the athletes of Manipur. It is very essential to consider the athlete's psychological and physical fitness for the better enhancement of their performance. So, it is also important to investigate whether athlete's psycho-physical aspects is normal or not, or compatible to the highly competitive world of sports. The study of psycho-physical fitness will be helpful to all the person like physical education teacher, coaches, instructor as well as the administrator in order to know the weakness and strong points of their athletes. No doubt, this book will give the proper background for the systematic application of training methods.

Dr. Maibam Chourjit Singh

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Maibam Chourjit Singh

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Introduction

Sports have become an indispensable part of our lives. The world of game and sports is ever expanding with intensity and competition. It also enhances scientific studies of human movements. Sports are dynamic and progressive in nature. It is not confined to “what has been” but its aim is to fix a new target. Sports performance is indeed an aspect of complex human performance. Hence, several disciplines of sports sciences are required to work in a co-coordinated manner to explain the nature of sports performance.

Psychology as a behavioral science has made its contribution for improving sports performance. An individual is only said healthy when he is physically fit, mentally sound, emotionally stable, and socially out-going. The total wellbeing of one's life depends up to a large extent upon his mental psyche. Sports psychology, as an applied psychology, is the greatest blessing of the modern day science in this age. Within a short span of time, sports psychology has taken giant strides. Singer states that “sports psychology explores one's behavior in athletics”. Sports psychology, a new field of psychology, has come up very fast and is still progressing by leaps and bounds. It has helped coaches to coach more effectively and athletes to learn more efficiently. No training in the sports