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Lecture Name

Psychology and Physical Education

Hello viewers. Welcome to the bachelor course of Physical Education part I. Today we will discuss about psychology and its usefulness in the field of physical education.

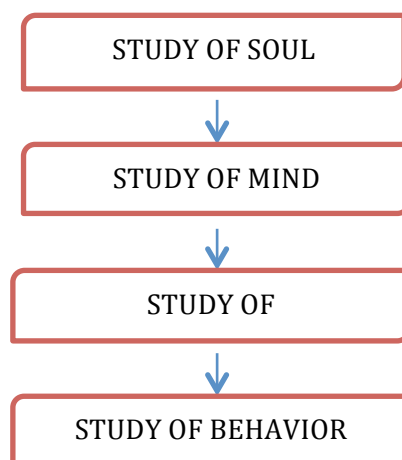
INTRODUCTION

Psychology touches almost every aspect of life. Due to the complexities in modern society, Psychology has assumed an increasingly important role in solving human problems. Studying psychology provides insight into why people behave as they do. It also helps us better understand our own thoughts, feelings, behavior and attitudes which can strengthen our appreciation of and tolerance for the wide differences that exist among people.



Meaning of Psychology

Psychology means the study of soul on account of its derivation from the Greek words, Psyche which means soul and logos which means a rational course or a study. Psychology was first defined as the ‘**study of soul**’. According to earlier psychologists, the function of psychology was to study the nature, origin and destiny of the human Soul. But due to abstract and intangible nature of soul, definition of psychology as a study of soul was rejected and it was redefined. In the 18th century, psychology was understood as the ‘**Study of Mind**’ which again was rejected due to the same reason i.e. mind is also an abstract and intangible term. Then Modern psychologists defined psychology as the ‘**study of Consciousness.**’ It was also rejected because when psychology was defined as the study of consciousness, it was ignoring sub conscious and unconscious mind which also occupies the important position in human life. Ultimately psychology was defined as the ‘**Study of Behavior**’.



In 1879, Wilhelm Wundt established the first Psychological Laboratory at the University of Leipzig in Germany which was responsible for awarding the **status of Science** to Psychology. After this, Psychology was defined as ‘the science of behavior’.

In words of Skinner, Psychology is science of behavior and experiences on human beings”

Woodworth defined psychology as, “the scientific study of the activities of the individual in relation to his environment.”

According to Crow and Crow, “Psychology is the study of human behavior and human relationships.”

Here we need to know what behavior is. Behavior is anything a person or animal does that can be observed in some way or the other. Behavior can be defined as all the actions and reactions of an organism. Drever considers behavior as the total response which a man or animal makes to situation in life with which either is confronted.

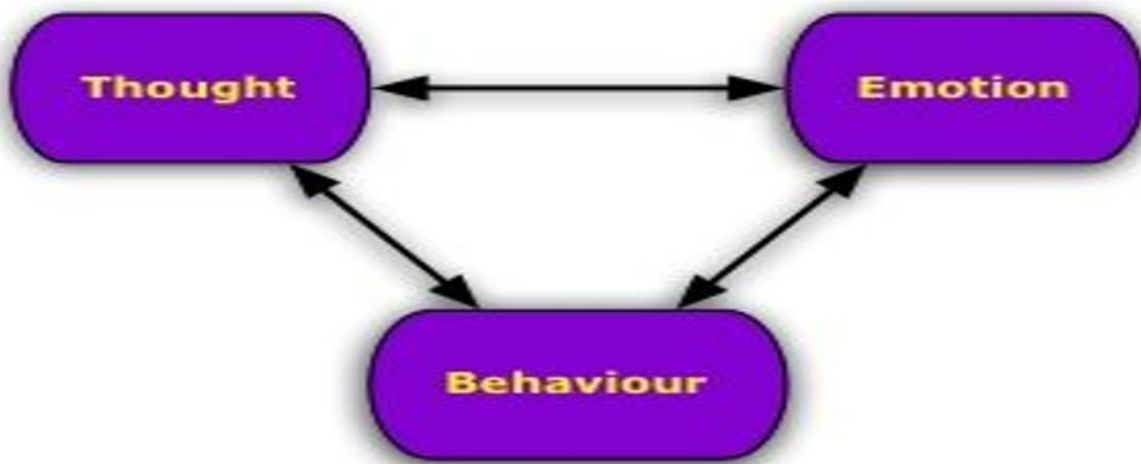
Behavior can best be explained diagrammatically as



This means when a stimulus acts upon an organism, the response which the organism manifests is termed as behavior.

Broadly speaking, Behavior can be internal or external. It has three broad aspects- Conative (Psychomotor activities like walking, swimming), Affective (feelings of happiness, sadness) and Cognitive (Mental Activities like thinking and reasoning).



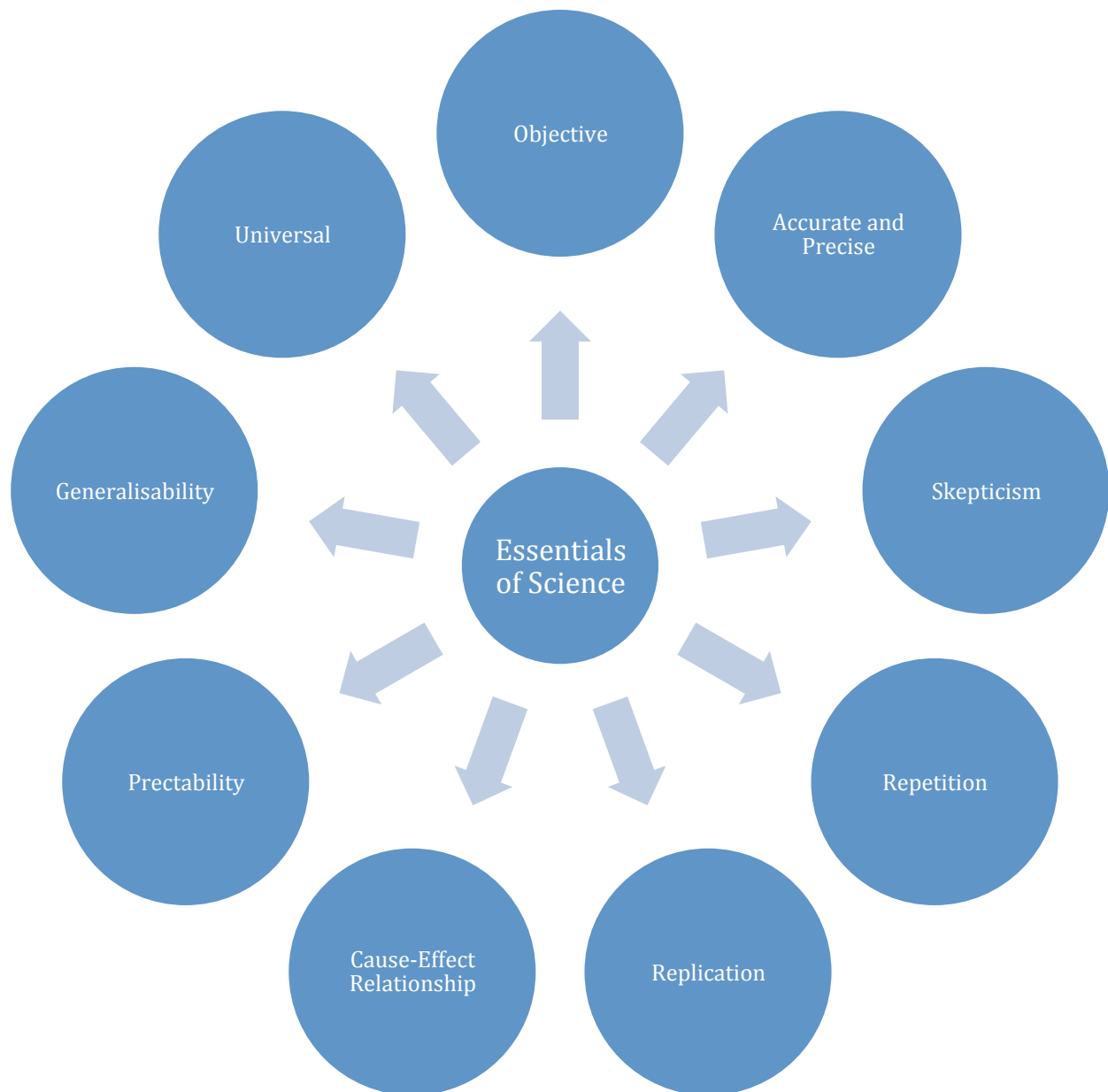


PSYCHOLOGY AS A SCIENCE

As discussed earlier, Psychology gained the status of science in 1879 when Wilhelm Wundt established first psychological laboratory at the University of Leipzig in Germany. Now we must know what science is? Science is a systematic way of doing things. It is however not the subject matter of a discipline that makes it a science, but its methods. It is the methods of science that distinguishes it from other disciplines. To understand science it is must to understand essentials of Scientific method. A science has following characteristics.

Essentials of Science

There are certain features, which are responsible for giving any discipline the status of science.



- It is **Objective** which means researchers always try to remain totally unbiased in their investigations i.e. their judgements are not influenced by personal feelings and experiences.
- Findings of science are **accurate and precise**. It refers to gathering information carefully and as precisely as possible with the help of instruments.
- **Skepticism** is an important essential of science as it accepts findings as true only after they have been verified over and over again and after resolution of the inconsistencies.
- **Repetition** of study is possible in a science because science uses systematic method of doing things. Investigator may repeat his observations on different occasions to see if the results are similar.
- **Replication** of results is possible in science i.e. a particular method and finding can be repeated by different people on different occasions, to see if the results are similar.
- Science discovers **Cause Effect relationship**. Science finds out cause-effect relationship in the subject matter of its study and discovers universal principles.
- **Predictability** is an important element of science as it helps to predict behavior on the basis findings of investigation.
- **Generalization** of the findings is an important feature of science as it carries the information from one field to another. For example if an investigator studies the effect of noise on concentration on a sample of class 10 students, the findings can be generalized to class 12 students. On the other hand, if an investigator conducts a study in one area of the state, the findings will be applicable to all other areas of the state.
- Scientific principles are **Universal**. They are found to be true at all times and places.

To sum up, we can say that any discipline to be called science must have the above mentioned features.

Psychology as a science

Now, let us see whether psychology fulfils the criteria of science.

1. Use of Scientific methods: Psychology uses scientific methods like experimental method for investigation. In experimental method, researcher observes a certain phenomenon under controlled conditions. In this, two variables: dependent and independent are used and the effect of independent variable on dependent variable is studied. Investigator manipulates the independent variable and observes the changes brought about in dependent variable as a result of its (independent variable) manipulation. He carefully controls all the intervening variables. Investigator can say it with confidence that the changes brought about in the dependent variable are due to manipulation of independent variable only.
2. Objectivity: Since investigator studies human behavior systematically under controlled conditions, repetition and replication is possible. There is little room for subjectivity. Hence the findings are objective.
3. Accurate and Precise: Since psychology uses scientific method. The observations are accurate and precise.
4. Skepticism: As investigator accept findings only after verification over and over again and resolution of inconsistencies.
5. Psychology discovers cause and effect relationship: Psychology not only observes behavior, but also finds out cause and effect relationship.
6. Prediction of human behavior: By discovering the cause and effect relationship, psychology predicts human behavior and these predictions are generally correct. On the basis of psychological tests like aptitude, interest, intelligence etc. it can be predicted that person will be an engineer, doctor, artist etc.
7. Generalization: As psychology studies human behavior systematically under controlled conditions where repetition and replication is possible so findings can be generalized into other fields.
8. Laws of psychology are universal: Laws of psychology have been found to be correct in time and place. General principles of psychology are universal.

In view of above characteristics, we can say that Psychology fulfils the criteria to be a science. It is a positive science i.e. it is concerned with the facts as they are and do not pass judgements. It seeks to describe behavior as it is observed and behavior in all aspects is the concern of the psychologist.

EDUCATIONAL PSYCHOLOGY

Educational Psychology is a compound word that consists of **Education & Psychology** where education means the process of modification of instinctive behavior of learner which aims at the all-round development of the learner whereas Psychology is the science of behavior in order to modify behavior one must have proper understanding of all the aspects of behavior. So, Educational Psychology is an applied discipline which applies the principles and theories of psychology in the field of education to ensure the all-round development of the learner.



Definition of Educational Psychology

According to Charles. E. Skinner, “Educational psychology deals with the behavior of human beings in educational situations”.

E.A. Peel defined Educational Psychology as “the science of Education”.

In words of Crow and Crow, “Educational Psychology describes and explains the learning experiences of the individual from birth through old age”

According to Stephen, “Educational Psychology is the systematic study of the educational growth and development of a child.”

Walter B. Kolesnik defined Educational Psychology as “the study of those facts and principles of psychology which help to explain and improve the process of education.”

NATURE OF EDUCATIONAL PSYCHOLOGY

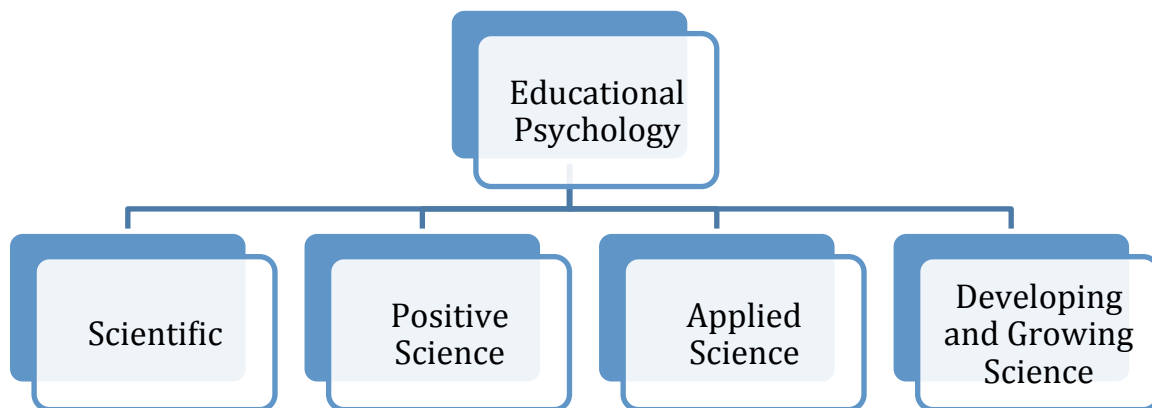
Its nature is scientific as it has been accepted that it is a Science of Education. We can summarize the nature of Educational Psychology in the following ways:

1. **Educational Psychology is a science.** Science is a branch of study concerned with observation of facts and establishment of verifiable general laws. Science employs certain objective methods for the collection of data. It has its objectives of understanding, explaining, predicting and control of facts. Like any other science, educational psychology has also developed objective methods of collection of data. It also aims at understanding, predicting and controlling human behavior.

2. **Educational psychology is a positive science.** Normative science like Logic or Ethics deals with facts as they ought to be. A positive science deals with facts as they are or as they operate. Educational psychology studies the child's behavior as it is, and not, as it should be. So it is a positive science.

3. **Educational psychology is an applied science.** It is the application of psychological principles in the field of education. By applying the principles and techniques of psychology, it tries to study the behavior and experiences of the pupils. Educational psychology draws facts from areas such as developmental psychology, clinical psychology, abnormal psychology, social psychology, etc. and applies it in the field of education.

4. **Educational psychology is a developing or growing science.** It is an ever growing science due to the constant researches in this field. As research findings accumulate, educational psychologists get better insight into the child's nature and behavior.

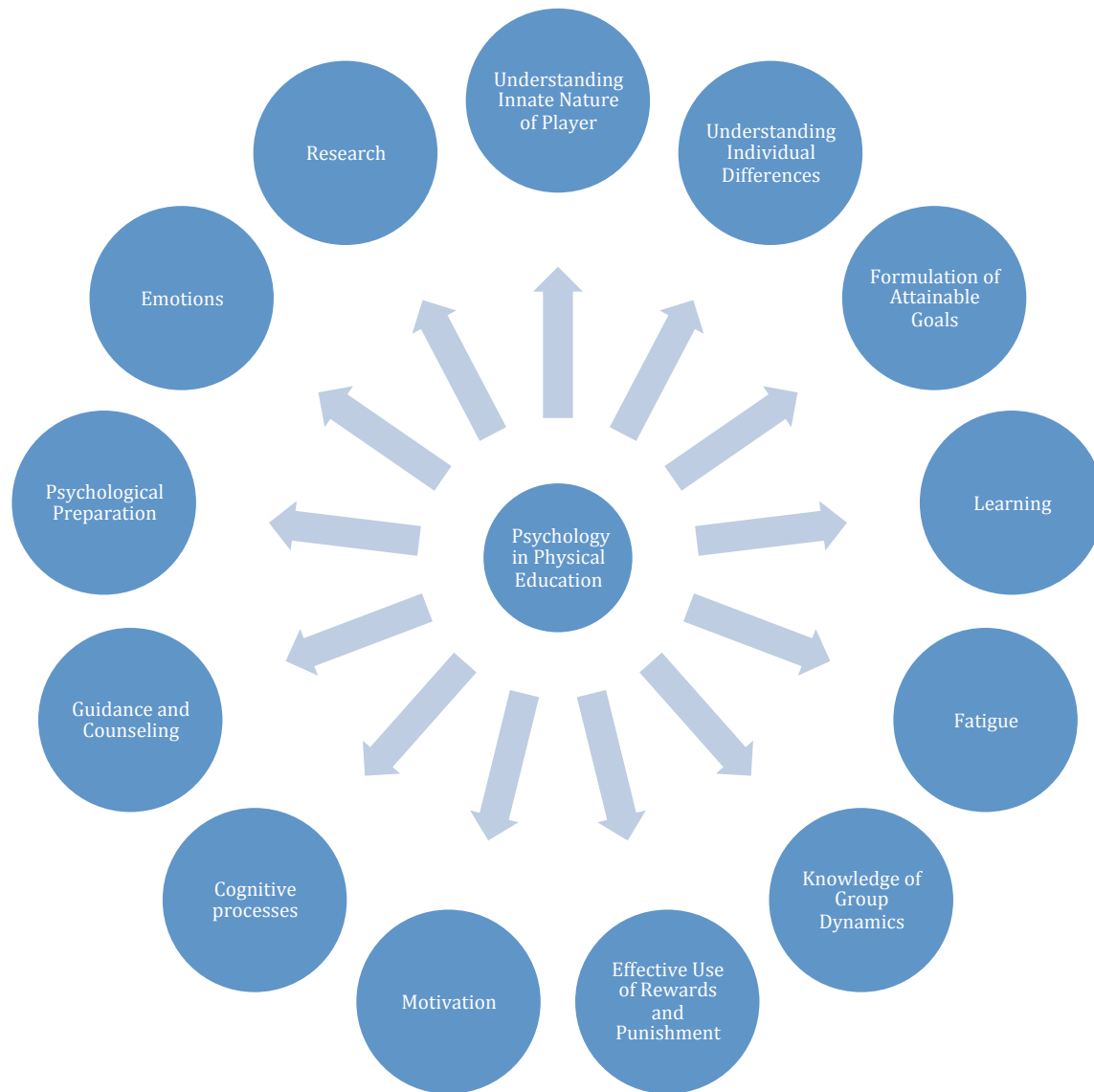


IMPORTANCE OF PSYCHOLOGY IN PHYSICAL EDUCATION

Now we will discuss the importance of psychology in physical education.

As already discussed Psychology plays an important role in all spheres of life and sports is no exception to it. All the coaches, teachers of physical education are interested in improving the performance of the player. Psychology plays an equally important role in the field of sports as in the field of Education. Psychology helps the teachers and coaches of physical education in improving the player's performance by not only polishing their physical skills but also improving psychological skills. Because Sports is a three dimensional process i.e. Skill, Psychological factors and a number of social factors. Knowledge of psychology helps in improving the skill with the application of psychological principles like laws of learning, motivation and feedback etc.

Psychology is included in the curriculum of all Physical education training courses because psychology has great relevance for physical education teacher, coaches as it helps them to realize their objective of effective coaching by understanding the characteristics of the player, psychological demands of various sports events, understanding the individual differences present in the players, study of psychological problems which influence the performance. Now we will discuss how knowledge of psychology helps the physical education teachers and coaches.



- 1. Understanding Innate Nature of the Player:** Every child is born with unique potentialities. Teacher and coaches must have thorough knowledge of these potentialities before taking up the process of guiding and coaching the players. These potentialities of the players are the raw material in the hands of the teachers and coaches. It is analogous to the situation of the chef, who before deciding what to cook, thoroughly looks for the ingredients at his disposal.
- 2. Understanding the individual Differences:** Psychologically speaking, no two individuals are alike. Even the identical twins manifest behavioral differences.



They manifest differences in terms of learning abilities, physical capacity, interest, social and cultural traits. He must know about the area of individual differences and various strategies to deal with it, to ensure maximum output of the player. It is psychology which helps the teacher and coaches to deal effectively with the individual differences. In case, teacher is not aware of individual differences, he will expect the same standards from all the players. He may expect the same level of performance from players of different gender, physical abilities and capacity.



For example, players differ in speed, strength, endurance, flexibility, agility, which apparently determines their level of performance. It is the knowledge of individual differences which helps the coaches to determine the level of performance of each individual.

3. Formulation of attainable goals: Knowledge of psychology helps the teacher to have an appraisal of learner's potentialities, interest and aspirations which in turn helps him to formulate reasonable and attainable goals at particular stage. If a coach is not able to understand the player's potentialities and interests, he may set the unattainable goals which may lead to failures resulting in frustrations. On the other hand, if he sets too low goals which are easily attainable, he will do injustice with the player's potential.

SMART Goals

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time-Bound

4. Factors affecting Learning: Learning occupies an important place in training and coaching. A good coach is one who helps the child to learn efficiently and proficiently. Knowledge of psychology acquaints the teachers and coaches with the process of learning, various factors, principles, laws and theories of learning. Learning is affected by number of factors like interest, aptitude, mental set, readiness and motivation etc. The application of this knowledge makes the players learn effectively.

Factors Influencing Learning



◆ Readiness

➤ Physiological and psychological factors influencing an individual's ability and willingness to learn.

◆ Motivation

➤ A condition within an individual that initiates activity directed toward a goal. (Needs and drives are necessary.)

◆ Reinforcement

➤ Using events, actions, and behaviors to increase the likelihood of a certain response recurring. May be positive or negative

◆ Individual differences

➤ Backgrounds, abilities, intelligence, learning styles, and personalities of students

LAWS OF LEARNING

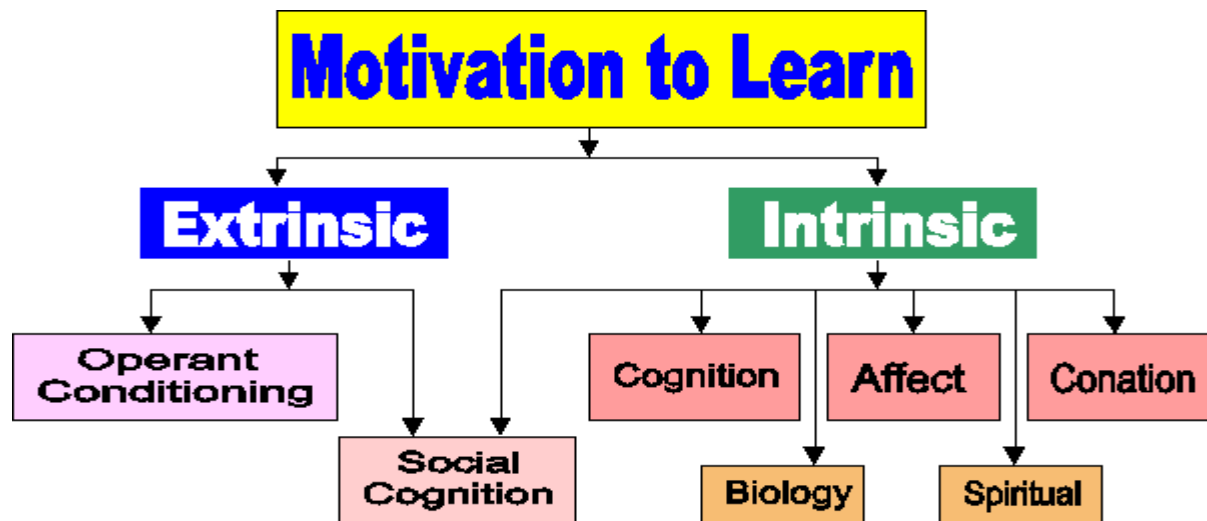
- Readiness
- Effect
- Primacy
- Exercise
- Intensity

5. **Fatigue:** Fatigue is the reduction in efficiency resulting from continuous work without any rest-pause. Knowledge of psychology helps the teacher and coaches to understand fatigue- its types, causes and various techniques to overcome fatigue. So, it helps them in dealing with fatigue and making training process more effective by introducing appropriate rest-pause and making his coaching and training more interesting.

6. **Knowledge of Group Dynamics:** Man is a social Animal. He has longing to be a member of a social group because he cannot live in isolation. In a group, the behavior of the individuals is different from his individual behavior. Group Behavior affects the behavior of the learner and the individual learner affects the behavior of the group. For example, the phenomenon of Social facilitation-inhibition and social loafing. Social facilitation is when players perform better in the presence of others whereas social inhibition is when performance of the players is deteriorated in the presence of others. Social loafing is when certain members of the team tend to put in less effort as they think that when the team will win they will get the appreciation. The knowledge of psychology acquaints the teacher with the dynamics of group behavior and various strategies to deal with the group so that all the players perform well by overcoming the ill-effects of group dynamics and taking the maximum advantages of social forces.

7. **Effective use of Reward and Punishment:** Rewards and Punishment being a strong motivational device plays a major role in training process. Psychological Appraisal of Reward and Punishment is must for coaches because rewards and punishments have different impact on different individuals. Some players perform better with rewards while others are slackened when rewarded. Same is the case with punishment. It is only the knowledge of psychology which helps the teachers and coaches to make judicious use of rewards and punishments.

8. Motivation: Motivation is the driving force behind all actions. It plays a key role in learning. Knowledge of psychology equips the teacher and coaches with types of motivation i.e. intrinsic and extrinsic and various strategies of motivation which helps him to motivate the players effectively to make full use of his potential because different individuals are motivated differently and even the same individual is motivated differently at different situations. It is must for the teachers and coaches to have thorough knowledge about motivation.



9. Cognitive Processes: Various cognitive processes (attention, sensation, perception, thinking, concentration, decision making, etc.) come into play during the training and competitive sports. Psychology helps the coaches to make the players learn and compete more effectively by making effective use of their cognitive processes.

10. Rendering Guidance and Counseling: While undergoing the training process and facing the competitions, players face many problems. The knowledge of psychology helps the coaches to have an insight into their problems and suggesting effective solutions.

11. Psychological Preparation of the players: It is established now that only physical practice and development of the skill in the game is not sufficient for performance. Psychological preparation is considered more important to physical preparation. Knowledge of psychology is helpful for the coaches to psychologically condition their players.

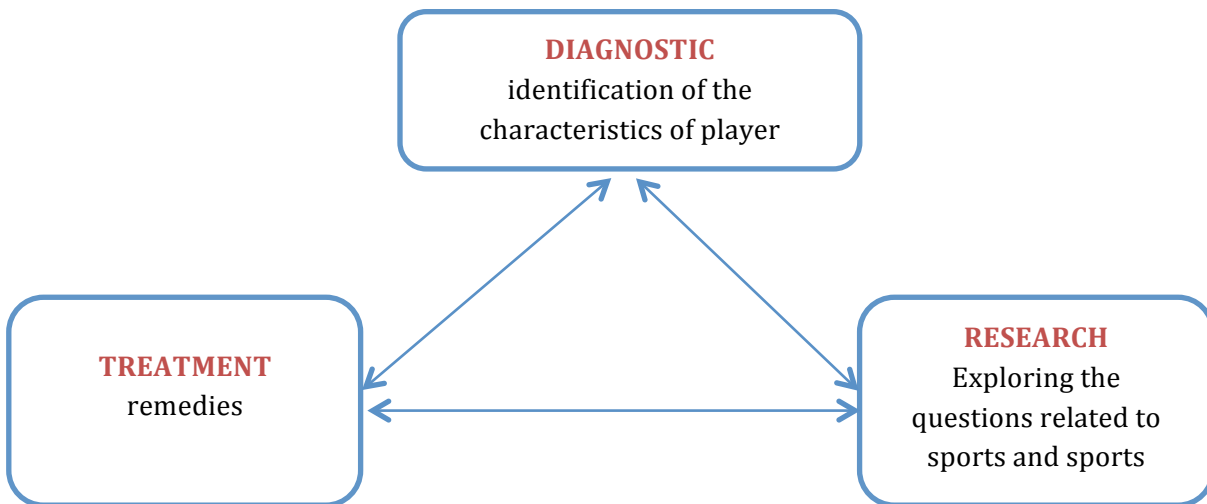


12. Emotions: Emotions are the stirred up states of mind and body. Emotions affect intelligence, imagination and behavior which in turn will affect performance of the players. Knowledge of psychology acquaints the coaches with an understanding about emotions, optimum level of emotional arousal and emotional training which will help them to facilitate the players to deal effectively with the emotions.



13. Research: By studying cause-effect relationship, knowledge of psychology helps the teachers and coaches in conducting researches thereby helping them in overcoming various problems and bringing about innovations in training and coaching.

To sum up we can say that the role of psychology in sports is threefold i.e. diagnostic, treatment and research.



CONCLUSION

To conclude, we can say that Psychology, the science of behavior plays an important role in every sphere of life and sports is no exception to it. The knowledge of psychology is must for a physical education teacher to accomplish his goals as it helps him to have thorough knowledge of trainee, training process and the training and competition situations. It also helps teachers to psychologically prepare the players and make them emotionally and socially more efficient thereby enhancing their performance. Due to this, psychology is important aspect of physical education training curriculum.