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## RECENT PERSPECTIVES IN SPORTS AND PSYCHOLOGY

Edited by

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Principal  
Shivaji College, Hingoli  
Tq. Dist. Hingoli (MS)

studies the Contribution of Sport's Psychologist in Cricket. Dr Vinod Ganacharya and Chatse Ashok critically examine Attitude Comparison of Low and High Socio-Economic Status Guardians Towards Participation in Physical Education and Sports. Dr Nalla Bhaskarreddy suggests to us how to maintain physical fitness during the pandemic. Dr Manoj Naredra Reddy pick a significant issue for his paper. He teaches us stress management in Sports Professionals during COVID 19 period. Other contributors Dr Bharat H. Chapke, Dr A. D. Tekale, Ravindra Jadhav, Bappa Jadhav, Dr Wangujare S. A., Dr Mahesh Rajenimbalkar, Mr Shinde Hemant, Madansingh Thakur, Dr V.H. Dumnar, Dr Chandrakant B. Satpute, Dr Ranmal P. S., Dr Minanath S. Gornchale, Dr Abhijit More, Dr Mahesh Bembade and all highlighted critical problems in their areas.

I am confident that the book will be useful for readers, critics and researchers. I gratefully acknowledge the guidance and help received from various persons during the completion of this issue. I am grateful to all the contributors for their responses. I thank all the members of our advisory board and editorial board. I am also thankful to the publisher, printer and typist for bringing out such a beautiful book.

Thank you all!

- Dr Santosh B. Kokil

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soul who brings light and warmth to the world riding his chariot of horses. He is commonly known as Surya Narayana. Surya Narayana rides a chariot of horses similar to Helios, from Greek mythology. In medieval Hinduism, Surya is also an epithet for the major Hindu gods' Shiva, Brahma, and Vishnu. In some ancient texts and arts, Surya is presented syncretically with Indra, Ganesha, or others. Surya as a deity is also found in the arts and literature of Buddhism and Jainism.

Lord Surya is worshipped to cure many skin ailments, so Surya Namaskara is one of the easiest ways to approach Lord Sun and pray for healthier skin using SunSalutations. The following mantras are chanted during each posture

Mantras to be chanted with each pose in Surya Namaskar

1. ॐ मित्राय नमः Om Mitraya namah
2. ॐ रवये नमः Om ravaye namah
3. ॐ सूर्याय नमः Om sūryāya namah
4. ॐ भानवे नमः Om bhānave namah
5. ॐ खगाय नमः Om khagāya namah
6. ॐ पूष्णे नमः Om pūṣṇe Namah
7. ॐ हिरण्यगर्भाय नमः Om hiraṇyagarbhāya namah
8. ॐ मरीचये नमः Om marīcaye Namah
9. ॐ आदित्याय नमः Om ādityāya Namah
10. ॐ सवित्रे नमः Om savitre Namah
11. ॐ अर्काय नमः Om arkāya namah
12. ॐ भास्कराय नमः Om bhāskarāya namah

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## The Contribution of Sport's Psychologist in Cricket

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**Introduction:** Basically, psychology is the study of animal behavior and mental processes from a scientific point of view. As such, Psychology, psychologists and sports psychologists play an important role in every sports. But here we will look at the role of sports psychologists for cricketers. The behavior of every animal on this planet depends on the mental processes they perform. Theoretically, the performance of a player in cricket depends on the mental process he performs. Such as bowlers, batsmen, and fielders in cricket use mental processes such as sensation, attention, perception, learning, recollection, forgetfulness, thinking, creative thinking, reasoning, conjecture, emotion, motivation, decision making, and problem solving while playing cricket. Every player is trying to energize their performance. In the end the game is a game. One is winning and the other is losing. There are always defeats and victories in sports. But most of the time, a lot of players can't digest defeat. When a batsman washes a bowler too much and removes to run many in an over, the bowler does not remain emotionally stable. Sometimes when a great batsman is dismissed for zero, he too becomes emotionally unstable with an underestimate in his mind. And he is also unstable when a fielder misses a catch or four runs go by the fielder. To counsel an undefeated player, to remove the defect in the mind of a player who has been dismissed for zero, to remove the mental disturbance after four runs in a hurry, to relieve the pressure on the batsmen and the pressure on the batsman,

after dismissal on zero or less runs. To reduce anger, and anxiety, to reduce the aggression of a bowler due to a misbehavior of a bowler, and to reduce the frustration caused by a missed match due to a slight run. Sports psychologists definitely play a vital role in eliminating all these behaviors that are harmful to the body and mind. Objective of this articles are 1) awareness of stress, anxiety, aggression, hatred, emotional instability and irritability should be created while playing. 2) One should be aware of the importance of mental processes while playing cricket. 3) Adding to the emotional instability created while playing cricket, creating emotional stability in the place and motivating people to play with enthusiasm. 4) To make all the general public understands the important role of sports psychologist. 5) You need to be aware of how important it is to balance your mental and physical health in order to enjoy the second match without being overwhelmed by failure.

#### Sport psychology:

Sports psychology is a very important branch of psychology. Sport Psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations. Sport psychologists teach cognitive and behavioral strategies to athletes in order to improve their experience and performance in sports. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions. Also closely associated with Sports psychiatry. In its formation, sport psychology was primarily the domain of physical educators, not researchers, which can explain the lack of a consistent history. Nonetheless, many instructors sought to

explain the various phenomena associated with physical activity and developed sport psychology laboratories. The birth of sport psychology in Europe happened largely in Germany. The first sport psychology laboratory was founded by Dr. Carl Diem in Berlin, in the early 1920s. In psychological readiness; sports psychology plays an important role. Sport psychology is also helpful in the cognitive stage, the social-active stage and the autonomous stage of motor skill learning. Sport psychology helps in understanding the behavior of athletes or sportspersons engaged in competitive sports.

**Mental Process & the role of sports Psychologist:** - A post graduate degree in Sports Psychology is required to become a Sports Psychologist. Sports psychologist studies the behavior and mental processes of an athlete. How will a player behave in which situation? And will behave? The sports psychologist immediately understands and suggests a solution to it and also on the bowling of a bowler, once a batsman scores six runs in a row, means again and again six runs, the confidence of the bowler decreases. At that time, sports psychologists teach what skills to use in such situations and how to control emotions. So that the chances of losing a match due to emotional instability. Too many runs by the previous team put pressure on the batsman of the other team and the bowler runs out of his hands, creating guilt in them. So at some point the batsman comes under pressure to go to runs bowling. At that time, everyone has a fear in their mind, why can't we score so many runs? At such times, sports psychologists give important advice to keep playing without negative thinking. And with positive thinking, only you play well. Such is the advice. It generates positive energy and the match is won. Sport Psychologists are licensed mental health professionals who function as trainers, consultants or therapists that assist athletes from all sport disciplines. They help athletes to rehabilitate after injury, deal with anxiety, improve athletic

...ance and achieve their goals. Some mental processes following. Attention, learning, reasoning, memory & forgetting also decision making.

**Attention-** In cricket, concentration has a very important place in the mental component. Because no player, be it bowler, batsman, fielder or umpire, should be distracted. If the focus is distracted, the batsman may be out at zero or early, if the batsman hits a state shot while bowling, if the focus is distracted, four runs are scored, or the ball may be hit, and the batsman may not be dismissed even if he is off the ball. This requires attention. In such cases the sports psychologist gives attention tips before and after the start of the game. And external factors such as audience cheering, chair girls dancing, various sounds affect our work. So sports psychologists tell you what to look for. This helps to increase performance. Psychologists' small tips like "eye drops fall down" are definitely important for batsmen, bowlers and fielders.

**Learning-** When mistakes are made by the players, sports psychologists suggest some important thoughts that change the mindset of the players. As such, no one in the world is perfect. Mistakes are natural. But making repeated mistakes and not learning from them is dangerous. For that, it is important to watch videos of other players, monitor them, and improve your performance by correcting your mistakes. These sports psychologists convince the players.

**Memory-forgetting-** In this regard, sports psychologists tell players that they need to remember the good things and forget the bad things and perform positively. Sports psychologists help to increase your performance graph by keeping things like this in mind. Failure is to forget and move on to failure. This gives positive energy and the second match is played with optimism.

**Reasoning -** A batsman is scoring a lot of runs and the batsman is not getting out. In such a case, the sports psychologist would have told you how to get the batsman out by adopting a psychological principle with a specific objective in mind. Then all the bowlers, batsmen, and experienced players come together and discuss and try to get that batsman out with good reasoning. For example, throwing a googly ball, slowing down the ball, throwing like three balls and throwing a Yorker ball in between, sometimes throwing a full toss ball, or putting pressure by dotting the ball.

**Decision making:** - Decision making process Sometimes decisions have to be made in a matter of moments. So, the batsman, the bowler, the fielder, the keeper and mainly the captain should have the ability to make decisions. For example, if a batsman is scoring a lot of runs, what should be decided at that time, catching by hitting the dye while fielding, not applying any boundary to your body after catching on the boundary, replacing the bowler who gives more runs, such as small but important tips Captain and His team has to take over. Such counseling is done by sports psychologists.

**Self-talking:** - Talking to you is a mental trick. Sports psychologists ask all players on the team to do self-talking. The main purpose of sports psychology is to correct one's mistakes, failures, aggression, and bad behavior in one's own sport by observing oneself by speaking. And if every player is self-talking about how, they can improve their performance, then tricks like this can definitely be used to win matches and develop them. Only then can the performance of the player be improved.

**Relaxation Techniques:** Sports Psychologists teach relaxation techniques to cricket players. It helps in the physical and mental development of the player. It definitely

affects their performance. These techniques include deep breathing, massage, meditation, music therapy, and more. The advantage of that relaxation technique is that it can reduce stress, reduce anxiety, and definitely reduce health problems. It strengthens the body and mind. In short, sports psychologists make players happy, satisfied and enthusiastic. Therefore, this technique affects the quality of the player in cricket.

Sports psychologists reduce the mental stress of cricket players and teach them how to cope with stress.

Most of the time the previous team makes 250 to 300 runs. Then of course the mental pressure of the batsman increases. So sometimes no player is eliminated and more runs are scored. In such a situation where the pressure on the bowlers increases, we should do our best without letting run and wickets affect our minds. Then you don't have to think about success and failure. I used to play games keeping myself steady. Don't get irritated, don't worry about the wickets, don't be aggressive, just keep calm and play. Otherwise, the pressure increases. The use of such small psychologists' techniques is crucial for victory and for the player.

**Emotion Management:** - Cricket is a team sport and every player should have a sense of cooperation with the players in his team and the players in the opposing team. Sports psychologists always tell cricketers that anger, hatred, fear, anxiety, sad aggression, these negative emotions have a bad effect on our body, mind and performance. Happiness, a sense of cooperation, has a positive effect on our body, mind and performance. So, players should never be emotionally unstable. If we become emotionally unstable, then our body also becomes unstable and behavior deteriorates. So, we have to learn to control our own emotions. Being emotionally unstable leads to bad behavior from your hands and as a result you have to leave the team. So, sports

psychologists say that managing your emotions is just as important as your own performance.

**Reinforcement and Punishments:** - Sports Psychologists advise the use of rewards to develop inner energy in athletes using psychological study techniques. In cricket, incentive awards like Man of the Match, Best Bowler, Best Batsman, Best Fielder and Best Catcher are given. So as to help make changes in their individual and team top performance. And every player tries to do well to get the prize as well. These awards, such as honors, compliments, congratulatory messages, flashbacks in newspapers and on television, and pat on the back, certainly help to improve a player's performance. And the second principle of psychological study is punishment. This makes certain reactions less likely to recur. For example, match fixing, with umpires and misbehavior with a player is taken out of the team. This means that the player is punished. Some matches are banned, which reduces their misbehavior. Conclusion of this article is, Sports psychologists certainly play a vital role in motivating work to overcome stress, anxiety, anger, aggression, hatred, emotional instability, irritability, erroneous mental processes and bad behavior, digesting failures, and defeating the next team with high confidence, joy and satisfaction.

**Recommendations:** -

- Every cricket team must have a sports Psychologist.
- The countries of each team captions should try to balance the physical and mental health of their players.
- The team caption must convince the ICCI & BCCI of the need for sport psychologist for the physical and mental health of his players and this should be implemented.

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