THE FORCE AND THE PSYCHOLOGY IN SPORTS

Dr. Vishal Bheeshma Sajjan
Gulbarga University, Kalaburagi - 585102

ABSTRACT

In the present paper how the first and second forces in psychology have caused mechanical and robot model in understanding the Indian sportman and on the other hand how the third force has got many more humanistic implications in making a successful sportman in any team and individual games by setting a long term broader vision. Educational training and strategically implications have been discussed in detail.

INTRODUCTION

Freud's psychoanalytic theory and Watson's behaviourism have caused greater impact in understanding the dynamics of behaviour. Psychoanalytic theory placed greater emphasis on unconscious mind of an individual and most of the behavioural dynamics was attributed to the psychosexual development of an individual and also to the childhood experiences. It made highly wonderful analysis of the human behaviour and gave answer to the each and every type of behaviour in terms of unconscious desires, motives, needs, tastes and interests etc that are repressed at conscious level or to the childhood experiences that cannot be reversed at all. In its final analysis every kind of explanation for understanding the why ness of the behaviour appears to be most scientific but cannot be reversed. Such an explanation will be more interesting to understand the behavior i.e., behavior in a given situation can be best understood but cannot be changed because of its pre-deterministic blend in its approach. Most of his thoughts are most scientific in its analysis but on the contrary deterministic values are the base in its approach. Psychoanalytic theory of course is a milestone in the history of psychology that was emerged so for based on it only many more behavior modification techniques are possible. At theoretical and interdisciplinary research level is one of the most wonderful and useful theory at the 20th century that itself created a strong wave in understanding the dynamics of human behavior that is not easily visible and observable. Against to the Freud's approach Watson made it possible from many perspective to understand the dynamics of human behavior and also behavior of any organism on the earth in the forms of conscious behavior through S-O-R formula. According to Watson, founder of behaviourism, any behavior is observable and observed behaviour can be scientifically understood in a simple equation called stimulus response.

According to Watson any behavior is definitely a kind at response that is caused by a particular known or unknown stimulus. The duty of psychologist is to understand that stimulus which is evoking response in other that we call as behavior. Watson and his colleagues conducted several experiments to find out the unknown causes of behavior and their experiment are used worldwide either to understand the behavior or to modify the behavior in terms of conditioning principles. Behaviorists made it possible to unlearn the learned unwanted things as well learn the unlearnt thing that are more useful to the individual to accomplish any task. Watson himself challenged in making any individual anything; a lawyer, a doctor, a police Officer, a surgeon, a judge, a professor, even a thief or beggar. If we analyse and evaluate behaviourism principles of American Pragmatism and positivism have been flourished at their maximum under SR principle and conditioning principles till today most of the coach and trainers are making use of various behavior modification techniques, principles and laws that were developed while conducting learning and conditioning experiments. And particularly in sports psychology those principle of learning are being used and applied at international level and also found to be more and more effective. But what is most important was greatly neglected by the behaviorist i.e., human values, human tendency, individual potentialities and strengths, Behaviourists have been criticized because of their over emphasis on environment. They conceived human beings merely as a robo in other words they attributed human being as a puppet in the hands of environment. Boolean's logic, Pucklides's geometrical explanation and Newton's perspective caused greater impact on behaviorism. In this context sports psychologists, trainers and coach must become aware about the limitations of behaviorism school.

Gestalt school in fact brought significant change in the approach in understanding an individual by giving great level emphasis to the “O” factors. The basic formula S-O-R according to them if this individual feel happy after smelling a fragrance behaviorists say that fragrance is cause and happiness is response i.e., fragrance caused happiness. If you ask the question why the first individual is happier than the second individual then there is no answers, whereas Gestalt psychologist could give a very useful explanation. According to Gestalt psychologist stimulus never evokes direct response but type of the response to a given stimulus will be decided by how an individual perceives, feels and or thinks that stimulus i.e., human values, other cognitive potentialities will decide what type of response and individual would give to a stimulus.

S-O-R

Gestalt psychologist have made a very scientific attempt and derived the most important equations that are centurion in nature. Among them whole offers from sum of its parts and not the reverse i.e., because of whole parts exist in the human world and not the reverse. Based on such thoughts Gold Stein, Rogers and Maslow for the first time made the best positive attempts to explore and understand the higher level cognitive abilities’ meta needs and alpha needs in terms of creativity, achievement motivation,
unconditional positive regard' self actualization, and tendency to move upward and forward. Elementary level concepts of these humanistic psychologists if will be considered and studied than trainers, coach, sports psychologists and sponsors could give a new dimension to the sports in general, individual and team games in particular from the beginning level of selection and training to the conducting and developing spirit of sports for causing the broader level Of human development and advancement.

IMPLICATIONS
Freud’s theory is useful to analyze the behaviour of a sportsman, behaviorist's theory is useful to select any individual and train them to become a successful sportsman, And without studying humanistic psychology in the process of selection any selection committee would favour there own people. And also after selection they may train to become a successful sportsman but during the match fixing may take place and in that process individUal talents would be frozened or sports talent and sportive individuals after their brief success at international level their success could be used commercially in the form of advertisements of various products. If humanistic psychology which is a third force in psychology is considered then the beginning of selection the development of new spirit and zeal in the life sports personalities and common people is possible
"An ism without humanism is not at all an ism". K.B.T
"Before doing and after doing take a minute lay down and look at the stars and sky". K.B.T
"We are born to create the difference, not the differences", K.B.T

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