



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Practice-oriented Sports Medicine- Sports Psychology

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Pécs, 2024. March



**What does a sports
psychologist do?**



A sports psychologist...

science (research) and **applied** (practice) sports psychology

(Shaw et al. 2005, in.: Tóth, 2010)

perspective:

- **sport and personality**- physical and mental wellbeing
- **performance improvement**- striving for better, outstanding performance

(Nagykálai, 2002, in.: Tóth, 2010)

specifics: positive focus, timing- sensitive factor (e.g., competition), flexibility (duration of sessions, frequency, relationship, location, circumstances)

individual/ group session

e.g., sports club/academy/ school etc. or private practice

competencies:

<https://www.ppk.elte.hu/content/sportpszichologiai-szakpszichologia.t.41807>



Individual:



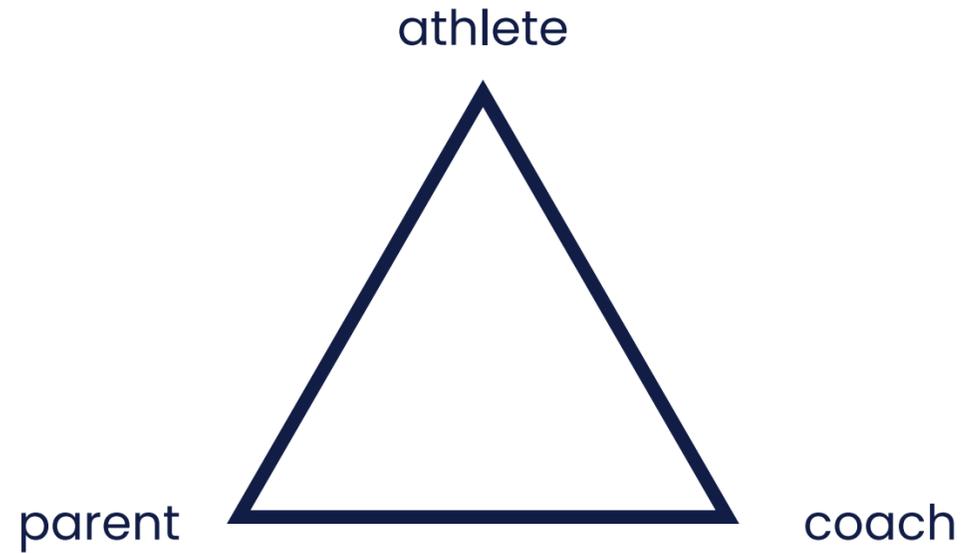
Application



Measurements



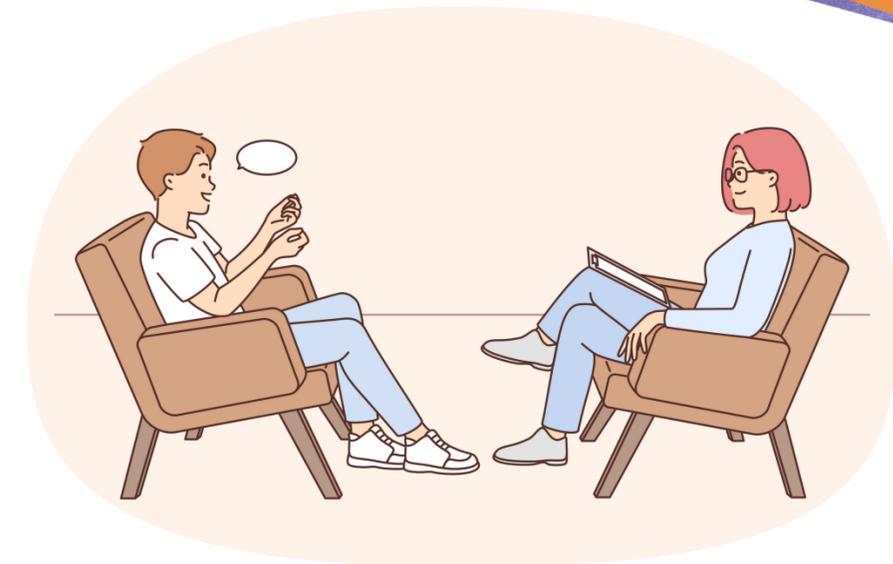
Counselling



- **Group session-** e.g. team dynamics, cohesion, conflicts
- **Prevention, education-** e.g. stress management
- **Rehabilitation-** e.g. injured athlete

Most typical reported issues: “lack of motivation”, performance decrease, difficulties in concentration, team dynamic issues, anxiety, lack of self-confidence

- **collaboration with the other professionals!**





Children in sports

- participating in sport at an **early age**
- intense pace, stress -> **vulnerability!**
- **many expectations, pressure**- need to perform in multiple areas in their life (school, practices, matches)
- **REST!**
- increased responsibility of parents, coaches, staff!
- psychological screening

Anxiety

- arousal- optimal zone
- anxiety: negative emotional state, the situation perceived as threatening
- cognitive and somatic
- state and trait anxiety



Attention

- concentration: sustained maintenance of attention
- attention measurements
- focus: broad/narrow;
- direction: external, internal

Self-confidence

- past experiences!
- affects to motivation, performance
- determines attitudes towards failures

Performance motivation

performance motivation: the desire to perform tasks better, challenges brings joy, drive

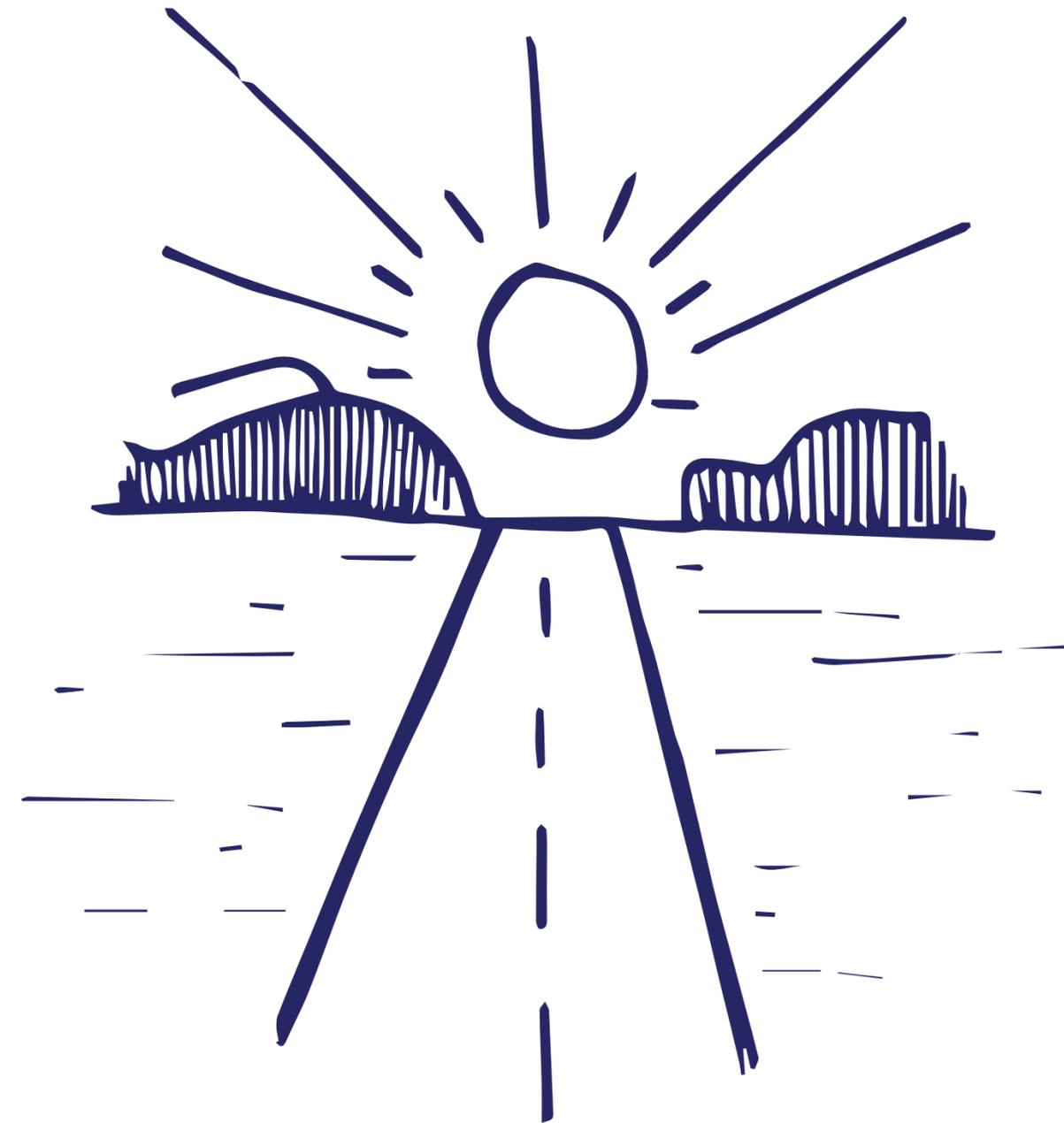
(Bányai-Varga, 2013)

Demand level:

- the expectations we have for ourselves to complete a task
- affects to the performance and lifestyle
- decreases after failure, increases after success

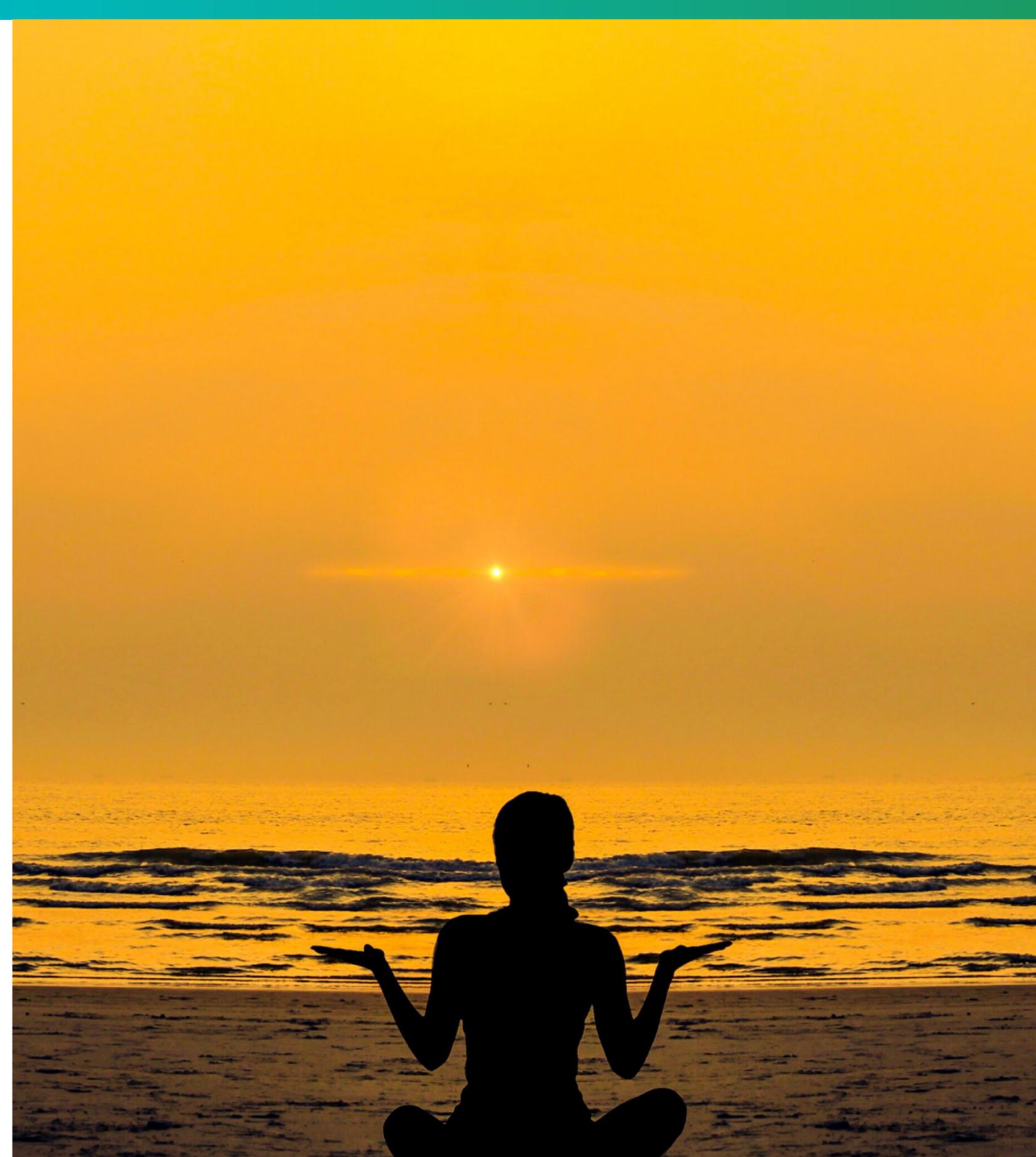
Success-oriented and failure-avoidant: desire for success and fear of failure: past experiences are determinative

(Hoppe 1930)



Applied methods

- autogenic training
- progressive relaxation
- breathing techniques
- self-talk
- imaginative techniques
- thought stopping
- goal setting





Thank you for your attention!



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