Game Players Performance in Effect of Sport Psychology

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When arousal passes the optimal zone, it usually becomes anxiety, then, is simply a negative response to a stressful situation in which athletes feel apprehension and threat to their self-esteem. Individual sport activities, such as wrestling and gymnastics, have been shown to elicit higher anxiety levels than competitive team sport activities, such as softball and basketball. This because, with no teammates, athletes feel more personal pressure to perform well. This phenomenon carries over to competitive non-sport activities as well.

Sport it is not the mere presence of others that causes this effect, but rather peoples' perceptions that were being evaluated by others. Researchers have also documented the "home advantage," which shows that teams plying at home sites win a greater percentage of the time as compared to plying at away sites. However, the reasons for this home advantage are less clear and could even be attributed to expectancy, a self –fulfilling prophecy.

Group dynamics focuses on how being a part of group influences performance as well as how psychosocial factors influence Groups behavior. Groups perform better, and group members are more satisfied, when they are cohesive, they stick together and remain united in pursuing goals. Cohesion is facilitated by emphasizing uniqueness or a positive identity related to group membership and also when individual team members

understand and accept their within the group.

Joachim Stoeber, Anna Rambow (May 2007) Perfectionism in adolescent school students: Relations with motivation, achievement, and well-being. Positive conceptions of perfectionism (Stoeber & Otto, 2006) suggest that striving for perfection is associated with positive characteristics and adaptive outcomes. To investigate whether this also holds for adolescent school (striving for perfection, negative reactions to imperfection), perfectionism at school (striving for perfection, negative, school achievement, and well-being. Results showed that negative reactions to imperfection were partially out. The findings show that striving for perfection in adolescent school students is associated with positive characteristics and adaptive outcomes and thus may form part of a healthy pursuit of excellence. Negative reactions to imperfection and perceived parental pressure to be perfect, however, are associated with negative characteristics and maladaptive outcomes and thus may undermine adolescents' motivation and well-being.

Stress and anxiety are not synonymous. Stress is defined as a perceived imbalance in what a person thinks he can do and what the situation demands, when the outcome matters. Much intervention in sports psychology focuses on reducing athletes' perceptions of stress, most of which, in based on fear of failure and fear of evaluation.

Sport psychology also looks at interpersonal or group processes that influence individuals' behaviors such as the presence of spectators, groups' membership, and leadership. Also, aggression and the gender socialization results for interpersonal social processes. Since the start of the 20th century researches have been fascinated with the effects of an audience on human performance or social facilitation. Findings suggest that the presence of other people increases our arousal, which then may hurt or help our performance. Generally, Spectators have negative effect on someone who is learning a skill and a positive effect on someone who is very skilled.

Effective leadership-influencing individuals and groups toward goals-influences sport participation enormously. Early research in this area sought a set of traits that defined effective leadership. This proved inconclusive; rather, leadership involves a process of interaction unique to a situation, depending on the characteristics of the athletes and

those of the leader. The social processes of competition in Western society are often seen as leading to aggression in sports-behavior directed toward inflicting harm or injury onto another person. In competitive inevitable fuels aggression. Frustration often results when a person's goals are blocked and, in competitive sport, the main objective is to block the goal achievement of the opponent. Social learning theory views aggression as a learned behavior. Thus, ice hockey players are glorified for fighting with opponents, and baseball players are encouraged and even expected to charge the mound and go after the pitcher if hit by a pitched ball. Research also links aggression to levels of moral reasoning. Athletes have lower levels of moral reasoning and so view aggression as moral legitimate, compared to non-athletes. It is popularly believed that competition reduces aggressive impulses in humans by providing a release or purging of aggression (called catharsis). However, studies suggest that aggressive tendencies increase after competing, engaging in vigorous physical activity, or watching a competitive after competing, engaging in vigorous physical activity participation and spectatorship do not serve as a catharsis of aggressive responses. The social processes of gender formation and maintenance have been studied extensively, with important implications for sport behavior. A popular myth is that differences in the thoughts, feelings, Behaviors and physical performance.

METHDOLOGY

Atkinson conceptualized the term achievement motivation as individual's orientation endeavor for conduction of activity in those situations where the performance has been evaluated. It is the disposition to approach the success. It is the desire or the tendency to do thing as rapidly as possible and to overcome obstacle and attain a high standard.

It is evident form number of researches that need for achievements stable personality dimension which has far reaching consequences at individuals as well as group level of psychological functioning.

The present study was plant to see the A Comparative Study of Achievement Motivation among Individual Game Players and Team Game Players.

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