



INSPIRATION IN SPORTS ACTIVITIES

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Abstract

Inspiration can influence decisions learning and performance in sports. If a performer is not in a positive psychological state mistakes will be made in the performance and they will not perform at their best level. This article briefly discuss some important points of inspirational techniques.

Keywords: Inspiration, Sports Activities.

INTRODUCTION

“HARD WORK BEATS TALENTS
WHEN TALENT DOESN'T WORK HARD”-
TIM NOTKE

There are plenty of talented people in the world. As you already know, talent is not enough. Some of the athletes with the most potential never pan out. What separates the good from the great is determination and work ethic.

INSPIRATION

Inspiration is an internal energy force that determines all aspects of our behavior; it also impact on how we think feel and interact with others. In sports high inspiration is widely accepted as an essential prerequisite in getting athletes to fulfill their potential. However given its inherently abstract nature. It is a force that is often difficult to exploits fully. Some coaches like Portugal manager Luis Felipe Big Phil scolari appear to have a magic touch being able to get a great deal more out of a team than the sum of its individual parts; others find motivation to be an elusive concept they are forever struggling to master.

INSPIRATIONAL TECHNIQUES FOR COACHES AND ATHLETES

Inspiration can influence decisions learning and performance in sports. If a performer is not in a positive psychological state mistakes will be made in the performance and they will not perform at their best level. Enhancing inspiration is important for a change of attitude developing appositve mindset and engaging in systematic behaviors the short term process goals that facilitate improvement. If you have a leadership role in sport you will have considerable influence on how inspired your athletes or team might feel. You can instill a good work ethic recognize individual effort and instigate transparent reward structures that reinforce teams sense of competence. Always keeping mind that inspiration differs from a person to person and is unique.

Some important points of inspirational techniques

GOAL SETTING

It is often difficult to persuade your team to set some long term goals, but it is by far one of the best inspirational techniques. For setting long term goals it's quite important to bear in mind few things:

- Long term goals have to be ambitious
- Long term goals have to be achievable
- Medium term goals should be set in order to keep your team focused on long term goals
- Short term goals are essential for focus condition technique and performance.

The most important type of goals in practical terms are the short-term goals, because they keep athletes focused on the planned activities which are important for achieving superior performance. Short term goals should be process oriented. Goals need to be monitored and revised goal setting process works best when there is some flexibility and when the team accepts the goal as its own.

Athletes should be encouraged to set a few ambitious but achievable long term goals; perhaps to represent their country in a major championship in three or four years. Through empowering athletes to set their own goals, they are more likely to accept the challenge. To keep athletes on track with their long term goals, they should also set appropriate medium term goals.

EXTRINSIC REWARDS

The key aspect in using extrinsic rewards effectively is that they reinforce an athlete's sense of competence and self worth. Thus a reward should be informational in nature rather than controlling. If a reward comes to be controlling it can significantly undermine intrinsic motivation. For a reward should be informational it is advisable that it can significantly undermine intrinsic inspiration. For a reward should be informational it is advisable that it has relatively little monetary worth, such as women of the match etc. The reward should be presented to an athlete in front of all

potential recipients with some emphasis placed on the prestige associated with it. Other popular ways of using token rewards include etching athlete's names on annual honors boards for their contributions or awarding special item of clothing.

INSPIRATIONAL MUSIC

A particular way to inspire athletes in training and prior to competition is through the use of music they perceive to be inspirational. Sydney Olympics rowing gold medalist Tim Foster, now a respected coach, uses music to punctuate all of the indoor training sessions that he leads. Specially during circuit training or rowing ergo meter intervals, he puts on loud and fast music, while during recovery periods he plays soft or slow music. Therefore work and recovery times are regulated by music. Brunel University indicates that this approach increases work output, reduces perceived exertion and improves in task affects the pleasure experienced during the activity.

POSITIVE SELF-TALK

Positive self talk is a technique that can be used to enhance inspiration across a wide range of achievements domains; it makes use of an athlete's powerful inner voice to reinforce their self esteem or important aspects of their performance. With appropriate repetition self talk can positively affect an athlete's belief system. The first type is known as task relevant self talk, which serves to focus an athlete's attention on the task at hand. The second type is known as mood related self talk, which impacts on how athletes' feel. The third type is known as positive self affirmation statement

SUMMARY

"The more you sweat in practice, the less you bleed in battle". Each and every one of us has an untapped energy source that can be drawn upon to bring about superior results. Enhancing inspiration is fundamentally about a challenge of attitudes, developing a positive can do mindset and engaging in systematic behaviors-the short terms process goals-that facilitate improvement. If you have a leadership role in sport you will have considerable influence on how inspired your athletes or team might feel. You can instill a good work ethic, recognize individual effort and instigate transparent rewards structures that reinforce people's sense of competence. To work best the techniques mentioned in this article need to be molded around specific circumstances and the needs of individual athletes. Always strive to be original and innovative in the application of inspirational techniques.

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