

***Psychology in Physical Education and Sports*, by M.L Kamlesh, Published by Metropolitan Book Co. Pvt Ltd, New Delhi, India, 1988, pp 357 ISBN- 81-200-0284-9, Price: 435.**

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This book is an attempt to present the essence and essentials of applied psychology in sports and physical education. The book contains a message for the educators to seek and to internalize psychological aspects in sports for training sportsmen and women. The book contains sixteen chapters.

The first chapter deals with issues starting from the meaning of psychology to its applicability in sports. It starts off with the definitions and observations by various educationists differentiating between psychology and philosophy placing it among positive sciences. The chapter categorizes the various branches of psychology and focuses on its impact on physical education. The training of body movements and its coordination with instincts, emotions, sex differences and heredity is shown as providing the balanced personality. The Chapter ends with varied methods used in psychology and its applicability in Sports and physical education, especially observation, introspection and the clinical method.

The second chapter explains the behavioral patterns which differ and can be adjusted and accommodated over time by attending to the training of instincts and emotions. Author expresses the opinion that suppressing the instincts can destroy one's personality and that sportsmen and women have to control and channelize their emotions and instincts in a positive way.

The third chapter deals with growth and development. As physical and mental growth is indispensable and almost spontaneous for any person right from their childhood the possible categorization of the stages of growth and development are outlined highlighting the socio-economic status of a family as also influencing growth and development.

The fourth chapter deals with the essence of play in the wider realm of action. Voluntary indulgence in an activity or recreation according to the author contains the basic features of play. He distinguishes the attitude toward play among different persons. Some work and they feel they are playing and others play and that is their work. The sportsmen feel their play is a work because of the presence of competition. The chapter brings out the necessity of play for the mental and physical wellbeing.

The next chapter deals with learning. Learning leads to ripening of behavior and resultant expressions communicate one's stage of development. The behavioral changes are outcome of experiences arising from the phases of learning with respect to

reasoning, attitudinal changes and physical learning. The Chapter elaborates in detail, the definition, types, theories and laws of learning making mention also of the learning curve and the plateau factor. It is a key chapter in as much as the coordination between the physiological and psychological aspects of training has decisive influence on the achievements of a sportsperson.

The sixth chapter explains the motivational support. Author treats motivation as the psychological factor for learning. The sportsmen give their best when motivation exists. Motivation is a crucial factor to overcome obstacles and persist in continued endeavor into the future. The Chapter deals with purpose, need and drive as the three pillars of motivation and goes onto classify motives and spell out the theories of motivation before outlining the conditions and factors influencing motivation in sports and physical education.

The seventh chapter deals with competition and co-operation. It begins with the definition of competition, goes onto the pros and cons of competition in sports and regards it as a social necessity besides providing additional motivation to excel in performances. The aspect of co-operation is touched upon in terms of the role it plays especially in team sports and the Chapter ends by looking into psychological aspects inherent in competitive sports such as consistency, self confidence, concentration ability and the ways of handling performance anxiety with positive attitude and willpower.

The next Chapter elaborates upon the individual differences arising from physical, psychological and socio-cultural factors further spelt out as resultant upon heredity, sex, race, geographical location and other factors. The Chapter ends with guidelines for the physical educator so as to address the issues of individual differences better in the training process. The differences stand out in individuals and gets manifested in the interest, passion and learning capacity.

The ninth Chapter explores the interesting theme of Personality by attempting to summarise the various prevailing definitions, looking into the features and dimensions like physique, mind and intellect, emotional stability and sociability. The factors affecting the development of Personality are identified as Heredity and Environment impacting the changes over time. An attempt is made in this chapter to outline an athletic personality drawing on psycho-analytic dynamics derived from Freud.

The tenth Chapter confronts the issue of harmony between body and mind. The various theories, derived mostly from a philosophical perspective are dealt with: the prominent theories being idealistic or materialistic, emphasizing the psycho-physical parallelism or interactionism. The correlation between physical and mental situation that a sports person constantly has to confront is shown as having underlying theoretical orientations which enable a better performance if grasped correctly.

The eleventh Chapter revisits in detail a theme already introduced in the earlier one on Personality - Heredity and Environment. Both themes are dealt with in greater

detail from a scientific and evolutionary point of view so as to understand better their impact on the performance ability of the sports trainee. The parental influence on the one hand and the right opportunities reaching the trainee at the right time are both crucial to the development of an 'ideal' sports person.

The twelfth Chapter deals with Intelligence and it presents the various definitions, theories, and the way it influences the athletic performance. It gives credence to the fact that sports persons are differently intelligent and therefore the routine demarcations of intelligence needs to be reframed as to accommodate diversity of intelligence in operation. The chapter deals with the features of human intelligence so as to commemorate the situation for the sportsmen.

Thirteenth Chapter deals with Attention and Interest in a way related to the question of intelligence in operation. The nature, characteristics and types of attention are addressed with a view to understanding the role of attention in motor skill acquisition. Similarly the question of Interest too is dealt with in some detail as to show the connection between arousing interest and retaining attention in view of strengthening the performance capability in any field, especially sports.

Mental health and mental hygiene is the basis of any good sportsperson. Therefore the penultimate chapter defines mental health as that mental condition which can necessarily bring effective changes and necessary excellence in every endeavor. After analyzing the general causes of mental ill health, the principles of mental hygiene are spelt out in some detail. A good state of mind can win over the bad experiences and this can be best explained by physical education which not only creates the body balance but also alleviates the mental imbalances. One could almost draw the conclusion, it would seem, that a sports person in and through his or her training is better equipped to develop a stress free 'cool' personality.

The final chapter deals with the Socio-psychological aspects of sports. The societal and the biological phenomenon are the two sides of a coin for the growth and development of sportsmen. The author has explained and defined psychology from the societal point of view. On the hand, the attitude towards sports and sportsperson that prevails in a society leaves a psychological affect on the learner, and on the other, the sports valuation that is brought about by a sizeable number of valued sports persons creates a cohesiveness in society providing for its own stability.

The book is an attempt to draw attention to the psychological dimensions in the well being of a sportsperson through physical education. The chapters in this book are interrelated. The reader will come across many aspects which helps the sportsmen to increase their standard both mentally and physically. The book also contains diagrammatic representations which are help clarity. The book is essentially prepared keeping in view the students of physical education and in view of creating a new generation of adept sportspersons in the country.