



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Sports psychology II.

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What makes an athlete successful?

15 responses

dedication

enjoyment

love for the sport

hard work

talent

endurance

resolve

disciplined

motivations

make an effort

winning



Griffin, 1926:

bravery

optimism

loyalty

intelligence

vitality, motivation

decision-making

vigilance

ATTRIBUTE	TALENTED/ SUCCESSFUL ATHLETE
self-confidence	more confidence in themselves and their abilities
concentration	less likely to be disturbed by external stimuli and able to maintain continuous attentional control without being overwhelmed or confused by their thoughts or feelings
commitment	their thoughts, imaginations, and dreams are often focused on and related to sports
anxiety management	they show less anxiety before and during the competition + able to control it more effectively. They experience arousal positively and feel that it can help them improve their performance
attitude towards mistakes	they are able to learn from their mistakes and overcome them

A champion:

high level of arousal and vigilance
self-confidence
ability to focus
self-control
positive attitude towards sport
ambition and engagement
determination
problem solving
ability to plan
flow
trust in succession
to exclude negative affects of the environment



**What about
intelligence?**

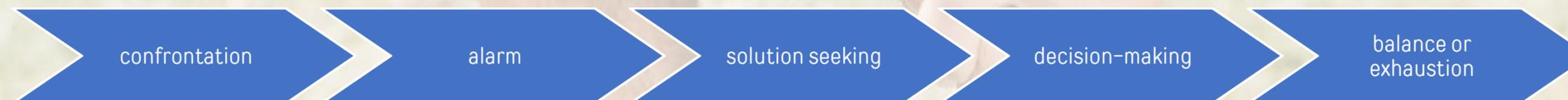


And creativity?



I. Injury prevention and rehabilitation

- **injury**= accidental/situational crisis (5 stages)- severity of injury, consequences, timing, personality, environment



- **mental causes:** lack of motivation and education, stress and stress tolerance, anxiety, denial
- **attributes of injured athlete:** restricted attention, decreased mental capacity, decreased emotional control and self-regulation, changes in relationships, regression
- **psychological consequences:** stress, anxiety, anger, issues related to compliance, depression, concentration/ attention problems, exercise addiction

I. Injury prevention and rehabilitation



- **process the injury, rehabilitation, return**
- **anxiety, stress management, self-efficiency, resilience**
- **Goal setting!**
- **Return: anxiety** -> re-injury (often same bodypart), fear of injury, low self-confidence, decreasing performance and motivation, depression

Thank you for your attention!



potecho: PTE504



Literature

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