



Importance of Sports Psychology For women Cricket

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Sports Psychology is an interdisciplinary science that draws on knowledge from the fields of Kinesiology and Psychology. It is the study, how psychological factor affect performance and how participation in sport and exercise affect psychological and physical factors. Physical education is an integral part of general education which contributes much in the development of man's attitude. It is an old and fundamental education. It is a field that has it's aim to improve the performance of human being throughout the medium of physical behavior to contain be preferred by a observation on the way to realize these outcome.

Physical instruction to be not only promote because a method in the direction of teach students about teamwork and sports, other than also be means in the direction of develop along with maintain physical fitness. Since physical instruction be base going on personal achievement among a lot includes competitive games various populace contain mortal arguing thus the same as to inside the lower grade, persons who be not the same as athletically exceptional while others regularly experience rejection with feeling of lack. On the higher level, several argue next to compulsory physical education, since physical health be ones human being choice.

Cricket players will muscular work increases the work of the heart partly through the increases of blood which must be pumped out for minute, and partly through the increase in resistance (B.P.) which must be overcome. This increase occurs with greater degree of muscular exertion and with the total amount of the muscle work. It varies with different forms of labour of exercise.

Even the heart muscle seems to fallow the laws of muscular work. Its working capacity is enormous it can however be strained (over-worked). If the heart is in training iot will usually stand without harm an occasional maximal output of effort, if this is not too prolonged (proved by physiological examinations of

the effects of. If this is repeated often harm can be done, this latter may be also result from less strong exertions. If these without previous training if the demands on the heart are increased gradually and the work stopped at the right time or stage, than the heart muscle will develop through work to greater strength and endurance, as do the skeletal muscles. In returning from work to rest a sudden change is not good. One neither can, nor desires, to sit still after a forced run. The jockey lets his horse continue far beyond the goal and goes gradually over to slower times. Only after a short rest will the horse be allowed into the stable. The quicker and stronger contractions of heart cannot be regulated through direct influence of the will. Experience shows that the discomfort from strenuous work is diminished by stopping, it gradually or by exchanging it with work of an easier type. In the latter case one should preferably use muscles which do not fix the thorax or abdominal wall

i.e. restrain breathing, using the muscles of the lower extremities (log exercise, walking, walking on laces etc.). The recovering after work requires a continued and more or less forced work by the heart and lungs. The greater the resistances opposing the blood stream i.e. the less elastic and the weaker. The muscles of the wall of the vessels are the more important it is to pay attention to this rule about gradual increase and successive decreases. Children and younger people possess a greater ability of adaptation to different positions and conditions do older ones and this also applies to their hearts and vessels muscle strains will more easily occur in older people than in younger ones special care must be taken in the case of arteriosclerosis to prevent any bursting of vessels, a very careful and slow progression is recommended and there should be an avoidance of maximal and especially strong sudden efforts.

Similar principles should be applied in the work of a table. This ought, therefore, to have in introducing before the main exercise and a final part after them.

The table should give all-round exercise to the whole body and not only to muscle and joints. This is achieved by exercise from all the groups rather their subgroups. A table should, however, from a gymnastic unit. i.e. any exercise from all the must be chosen in relation to each other. Most exercises are two, three, or four-fold in effect and they can according to sub effects, be put in two or more groups or subgroups. An example of this is stretch horizontal half-standing. Arm swimming which possess strong leg, arm, balance and dorsal effects. Outward, as a dorsal exercise standing. Tai lungi backward as a lateral, Lungi-side ways positions and as a balance exercise. Horizontal half standing as a lateral, Lungi-forward standing. Trunk turning, as a special walking forward with alternate. Arm Swinging, as running, "Seven league-boats as a struggling game. Lungi-backward standing pushing (in couples) and other exercise which would require certain muscle groups (of the leg and back) to be working the whole time without rest of cricket players.

To avoid one-sidedness the exercise must be chosen also with regard to their secondary effects. This however is not enough. Further, attention must be pay to be type of muscular work and the mobilisation of the joints. Mobility of the trunk is not obtained through using holdings only e.g. High-pro-relying (dorsal exercise) meting bending (backward forward and sideways) and turnings.

In the choice of exercise the character of the muscular action must be regarded, whether there is shortening (concentric), or lengthening (excentric) or a constant muscle length (static). In choosing a trunk exercise with abdominal effect one cannot taken any abdominal exercise. Long abdominal muscles (in the counteracting of lord sis)are not rectified by giving-„Trunk bending backward“ etc. The danger is now smaller than it used to be, as the value of dynamic muscular work is now recognised, but the need for changing between different types still exists. If the desires is to obtain an all-round effect and development through the movements of cricket players. An important physiological presumption of power to work of cricket players. The latter is largely dependent on the former, which should be produced night from the very beginning of the lesson through enlivening exercise. Lively refreshing exercise help in promoting the circulative and the power of reaction of the nervous system both us regards outer and inner impulses, thereby increasing the ability for work. To the extent that these exercise (e.g. games with running and struggling) use many large muscle groups, and thus have a general effect is the circulation made livelier. However, they must not be so strenuousness or prolonged that they cause pronounced fatigue.

After this comes the part which calls for more serious and conscientious work. The constructed gymnastics aims at 9 methodical working of the joints and muscles of the organism for the regulation and necessary stimulation if their normal development and growth and of the skeleton as a whole especially with children and youth, in the case of grown-ups the aim is to maintain or further the functional ability.

An individual treatment would of course be the most national. The simultaneous exercising of general persons does not allow this, except. When Individuals with similar follow the true that modility should be included in all joints which need it. But in order to achieve the desired effect and not increase mobility in joints where it is unneeded to better of cricket players.

Cricket was introduced to North America in the 17th century, even before it had even reached the north of England. It arrived in Australia almost as soon as colonization started in 1788. New Zealand & South Africa followed Cricket in the early years of the 19th century. The cricket games have a long and complicated history in the West Indies. The exact roles of cricket have play in terms resistance toward the

postcolonial hegemonic arrange in the West Indies is widely debated.

This game has changing nature and requires work by the team as a whole or by the individual player in the changing situation. Actually this is a team game where the players have wide arena to show their talent through individual performances with the stimulus as well as through team play involving impulsion and knowledge.

Cricket was brought to India in the early 1700's by Britishers, with the first Cricket Match played in 1721 and Women Cricket Association formed in India in 1973.

WCAI was granted International women cricket council (IWCC) membership in 1973. The recognition of govt. came in 1978. Till date WCAI be independent body and also not related to BCCI unlike England, New Zealand and others who merged with Men's Body Association.

In 1958, International Women's Cricket Council came in existence to coordinate regular matches which were played between Australia, England, New Zealand, South Africa, West Indies, Denmark and Netherlands, in 2005. After that IWCC was merged with International Cricket Council (ICC).

In 2004, T-20 format was introduced. Initially four matches were played by the end of 2006. The period of years 2006-2009, saw rapid growth in matches played, 6 matches in 2007, 10 in 2008 and 30 in 2009. First ICC Women's World Cup T-20 Tournament was held in 2009.

The reason of the revise is to analyses the position of psychological variables at different level of participation in women cricket players. The psychological variables taken into consideration are as under:-

1. Sport Anxiety.
2. Mental toughness.
3. Sports Aggression

The study was conducted on women cricket Players of India only, irrespective of their affiliation to a geographical region of India, their Socio-economic Status, caste, colour or creed.

Anxiety is a common term of several disorder that cause fear uneasiness, worrying & nervousness. This type of disorder affects that how players feel and behave. They may manifest real physical symptom. Mild anxiety be indistinct and uncomfoting while severe anxiety cause extremely weakening with a serious impact on daily life.

Community has taken time and again experience that it be a state of worry that might be regularly before confront something difficult such as test, examination, recital of interview. These habits of thoughts be easily justified and consider normal.

Anxiety is a problem while symptom interferes with a Person's ability to sleep or otherwise. Generally the anxiety of sleeping occurs when a reaction is out of proportion through that might be normally predictable in a situation. The disorder anxiety can be classified in various specific types.

A term commonly used by coaches, sports psychologists, sports commentators, and business leader. Generally, it is described as a collection of attributes that allow a person to persevere through difficult circumstances (such as difficult training or difficult competitive situations in game) and emerge without losing confidence. Mental toughness is a contested term, in which many people use the term liberally to refer to any set of positive attributes that helps a person to cope with difficult situations. Coaches and sports commentators freely use the term mental toughness to describe the mental state of athletes who persevere through difficult sports circumstances to succeed. It is only within the past ten years that scientific research attempted a formal definition of mental toughness. Like psychological construct i.e. mental toughness is not affect by anything but going on this game or completion no matter what coaches other players or referee be doing. It's being also toblack out that what be not important.

"Mental toughness is having the natural or developed psychological edge that enables you to cope better than your opponents with the many demands (e.g. competition, training, life style) that are placed on you as a performer specifically, to be better and more consistent than your opponents in remaining confident, determined, focused, resilient, and well in control under pressure.

Aggression during its broadest reason behaviour or a disposition, with the purpose of forceful, attacking or hostile. It can occur also within retaliation or with no provocation. Narrower definition to be used in social science with behaviour sciences, aggression be an intention toward cause harm otherwise an act intended toward increase relative social dominance. Predatory otherwise defensive behaviour between members of different species cannot be considered aggression into the same sense. Aggression be capable of take a many forms also can be physical or survive communicated verbally or else non-verbally. Aggression differs as of come again? Be commonly call boldness. Although the conditions be a lot of used interchangeably with lay people, e.g. aggression on sales person.

The hypotheses of the revise undertake arteriole major difference among Anxieties surrounded by different level of participation in women cricket players.

There will be no major difference between mental toughness among difference level of participation in women cricket players. There will be no major difference between Aggression among different level of participation in women cricket players. This study will be accountifying the coaches with the psychological factors which are useful in the modern sports not only during the training period but also higher sports competition.

The coaches will know about the psychological trainings in ensuring the peak performance among the players. The Coach with the help of sports understands the cause of the Psychological problem in the Cricket Players. Various kinds of Psychological remedial technique may be applied and help may be rendered to overcome the excessive emotional problem, which affect their performance.

The finding of the study may provide guidelines to the future researcher, investigator in sports psychological and sports science to conduct further research in the field.

