



PÉCSI TUDOMÁNYEGYETEM  
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

# Sports psychology I.

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# History of Sports Psychology

# International history I.

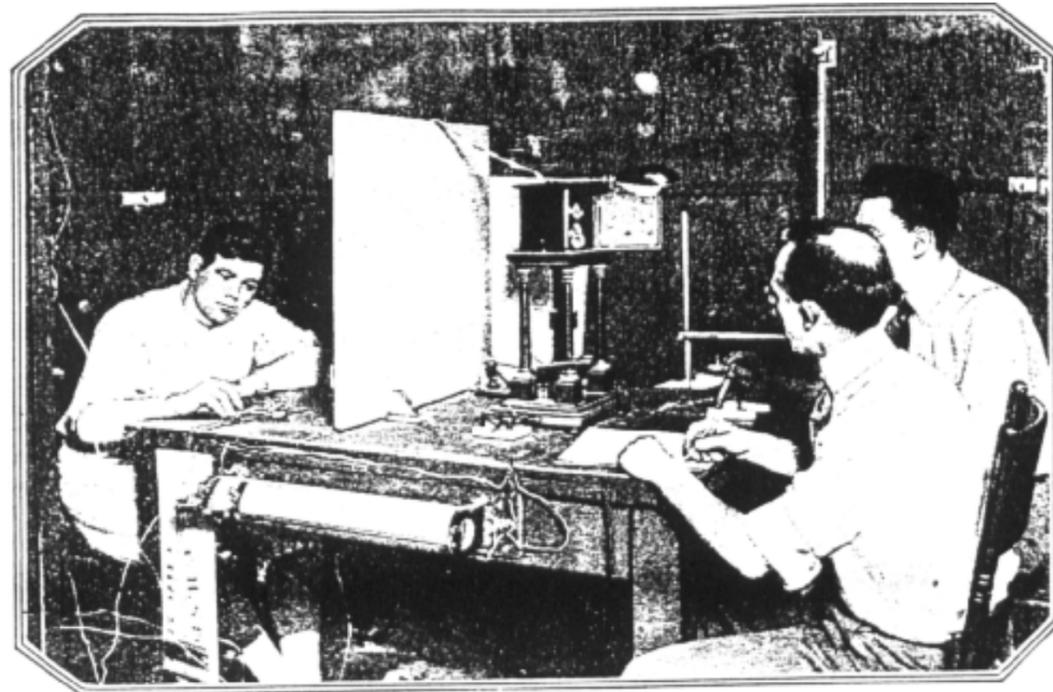
- young field
- first psychological labs: James William, 1875 (Harvard University, USA)– mostly theoretical education
- first experimental psychological labs: **Wilhelm Wundt, 1879** (Leipzig University, Germany)
- –> **independent scientific field**
- first sports psychology-related experiment: **Triplett, 1898**– **social facilitation**
- first sports psychology lab: **Robert Werner Schulte, 1920** (Charlottenburg, Germany)
- **Pierre de Coubertin, 1900**: La Psychologie du Sport (The psychology of Sport)– using “sport and psychology” term



Wilhelm Wundt with students; source: Psychology Pictures/Archives of Dutch Psychology

# International history II.

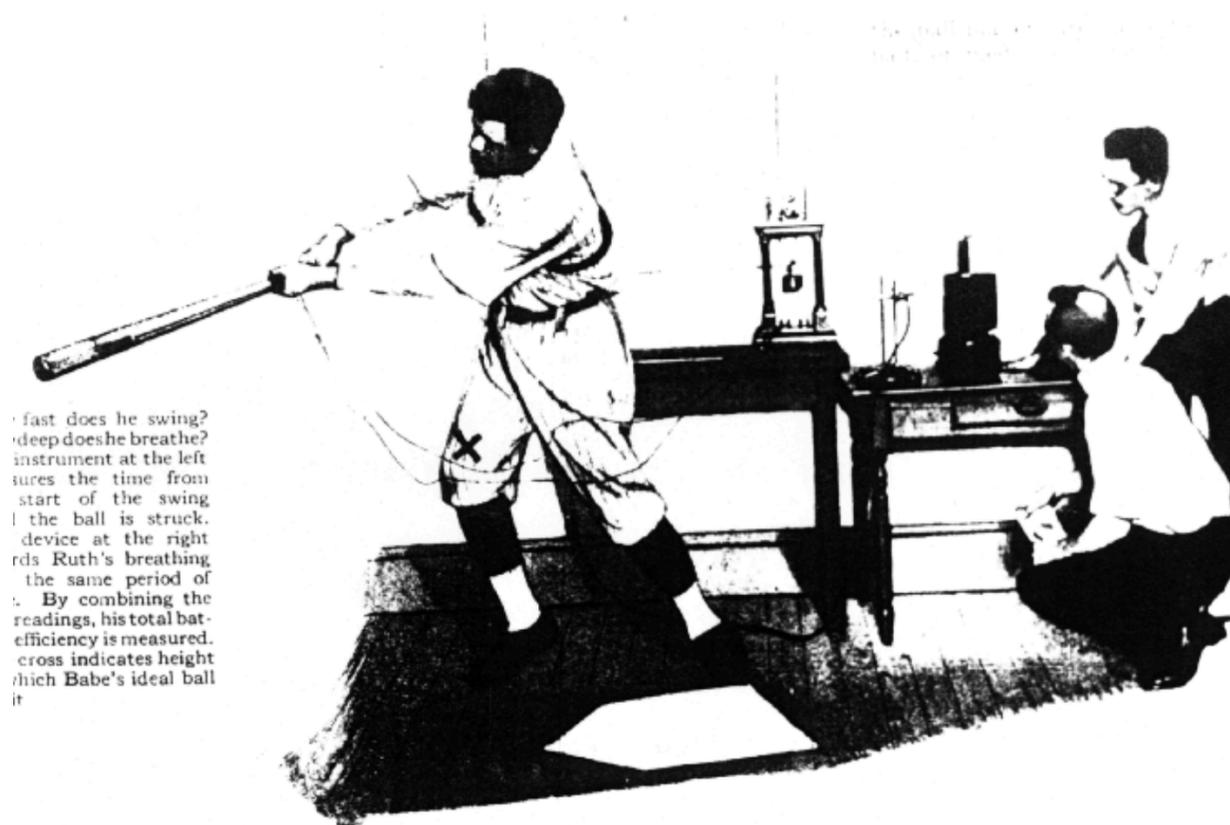
- 1921: sports psychology testing: examination of **"Babe" Ruth baseball player**— background of his talent and performance -> determine the components of sports performance (<https://psychclassics.yorku.ca/Fullerton/>)



Testing Babe Ruth for Quickness of Eye, Brain and Muscle

Ruth was told to press the telegraph-key when a light flashed on the board before him. Results showed that his muscles responded to the eye-and-brain impulse more than one tenth quicker than do

those of the average person. Scientists say this is one reason why he can follow a sharp breaking curve with his bat and hit the ball fair enough to drive it far over the fence

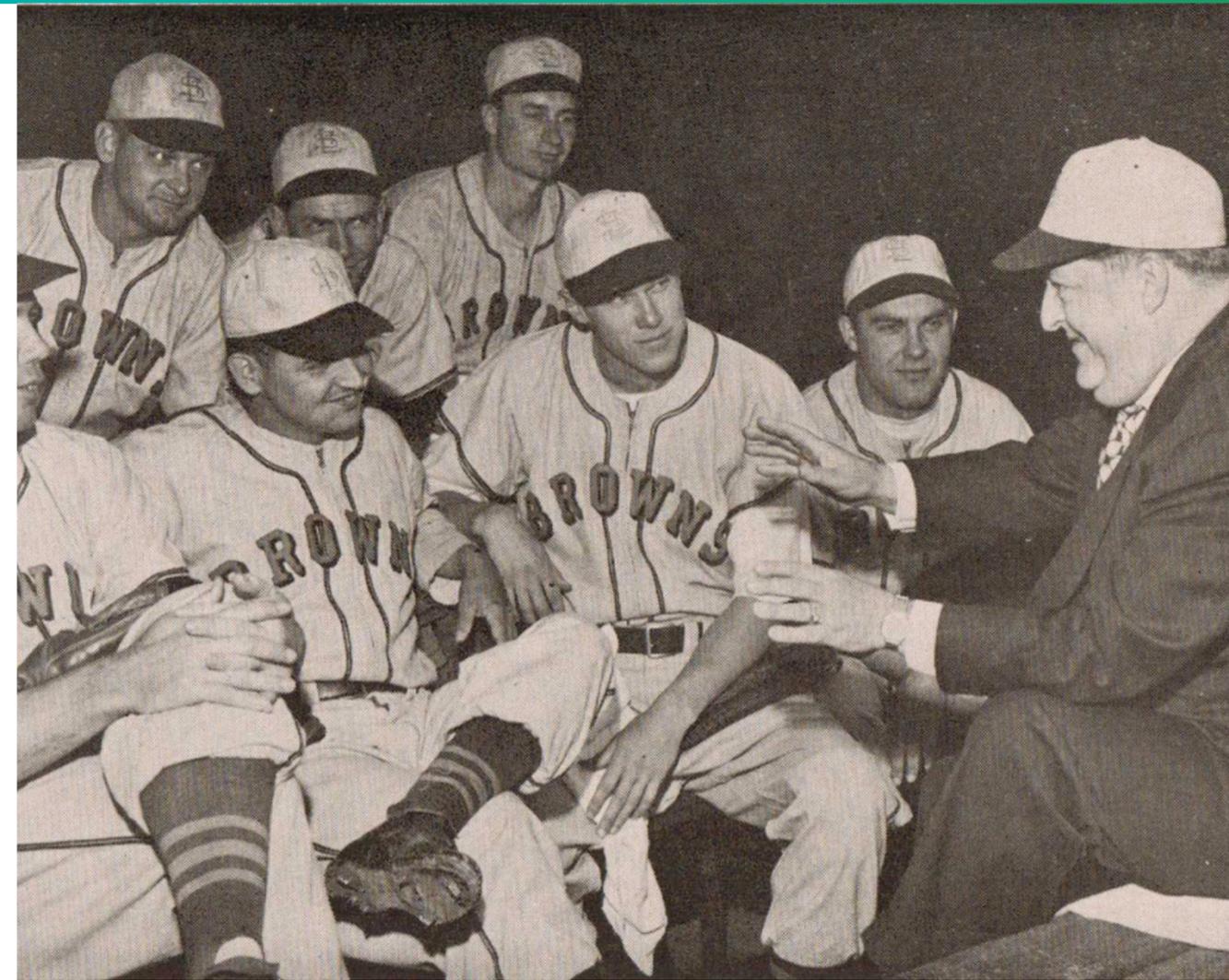


How fast does he swing?  
How deep does he breathe?  
The instrument at the left  
measures the time from  
start of the swing  
to the ball is struck.  
The device at the right  
records Ruth's breathing  
the same period of  
time. By combining the  
readings, his total bat-  
ting efficiency is measured.  
The cross indicates height  
of Babe's ideal ball  
hit.

Do you think you could place this stylus in the three holes on the triangular-shaped board in consecutive order 132 times a minute? Probably not, because the average is only 82; but the "home-run king" found no trouble in doing it, thus showing that his power of coordination is unusually great

# International history III.

- first sport psychology laboratory in America: **Coleman Griffith, 1925** (University of Illinois) + first professional sports psychologist in practice!
- 1940–1960: increasing sport related psychological researches + employment of a sport psychologists in Olympic preparation
- **Dr David Tracy**: performance optimization: relaxation, self-confidence, autosuggestion, hypnosis
- **World Congress of Sport Psychology: Rome, 1965**



Dr. David Tracy with baseball team, 1950



## International history IV.

- **1965: International Society of Sport Psychology**
- first sport psychology journal, 1970: **International Journal of Sport Psychology**
- 1970–1990: **The United States Olympic Committee begins to employ sports psychologists**
- Today: since 1965– **14 World Congresses of Sport Psychology**
- several University has sports psychology courses and specializations
- increasing number of elite and recreational athletes work with sports psychologist
- continuous flourishing of sport psychology: new methods, research

*(e.g.: well-being; psychological aspects of performance (e.g. motivation, confidence, arousal, concentration, emotions); performance optimization (e.g. relaxation, goal setting), injury prevention, rehabilitation)*



# Hungary:

- first publication: **György Doros, 1934– The practical psychology of sports: problematic aspects of talent selection and improving performance**  
→ harmony of body and mind!
- first experimental publication in sport psychology: **Ferenc Hepp, 1942: Psychological analysis of shooting**– goal: determine the psychological components of throwing performance
- **1978: Sports Mental Health Department** of Sports Health Institute (hospital for athletes)
- **1980: Division of Sport Psychology** – Hungarian Psychological Association
- Today: several **universities offer specialization in sports psychology**



**What does a sports  
psychologist do?**



# What does a sports psychologist do?

**science** (research) and **applied** (practice)

(Shaw és mtsai, 2005, idézi Tóth, 2010)

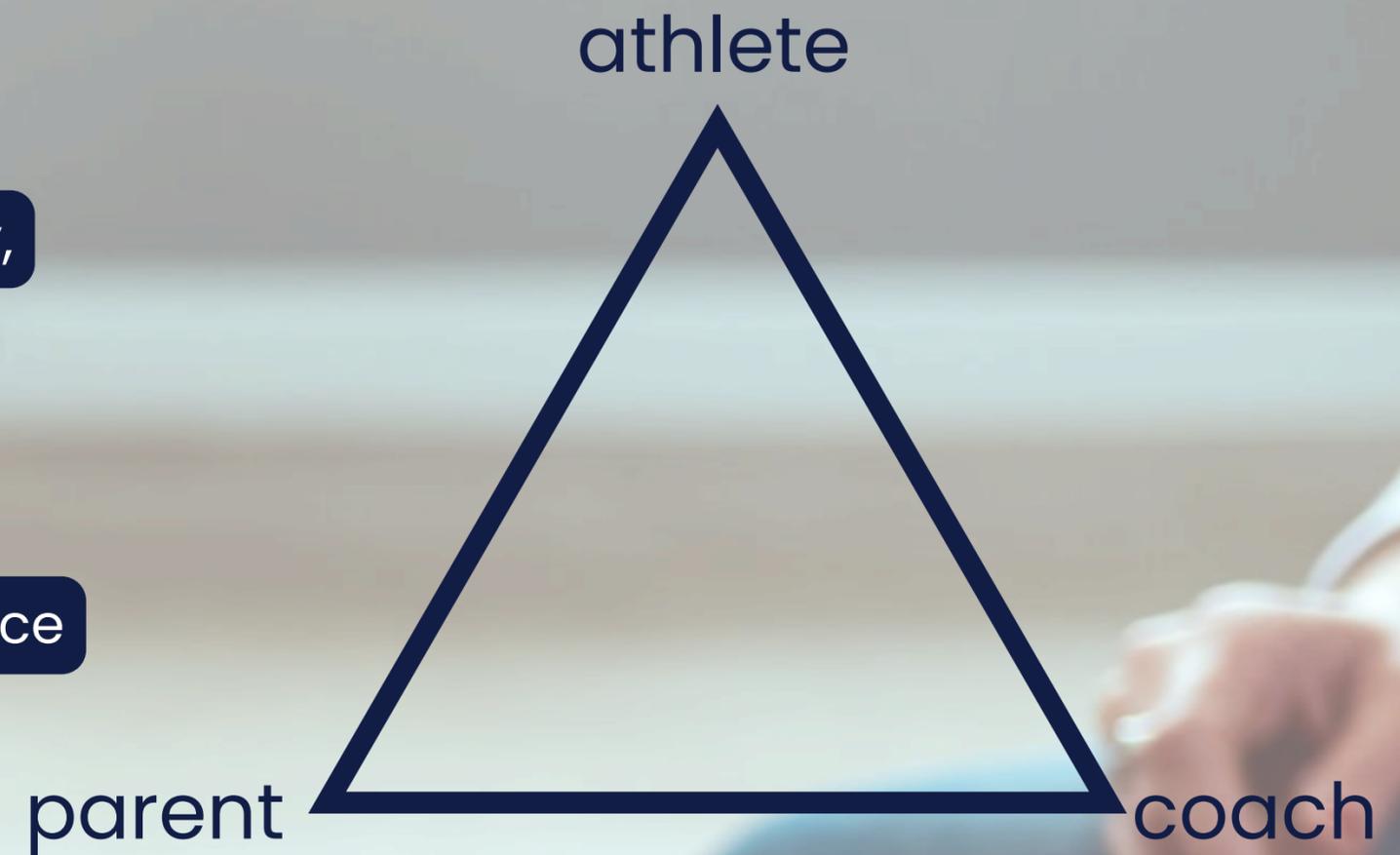
**specifics:** positive focus, timing-sensitive factor (e.g., competition), flexibility (duration of sessions, frequency, relationship, location, circumstances)

**individual/ group session**

e.g., sports club/academy/ school etc. or private practice

**competencies:**

<https://www.ppk.elte.hu/content/sportpszichologiai-szakpszichologia.t.41807>



# Individual:



**Application**



**Assessment**



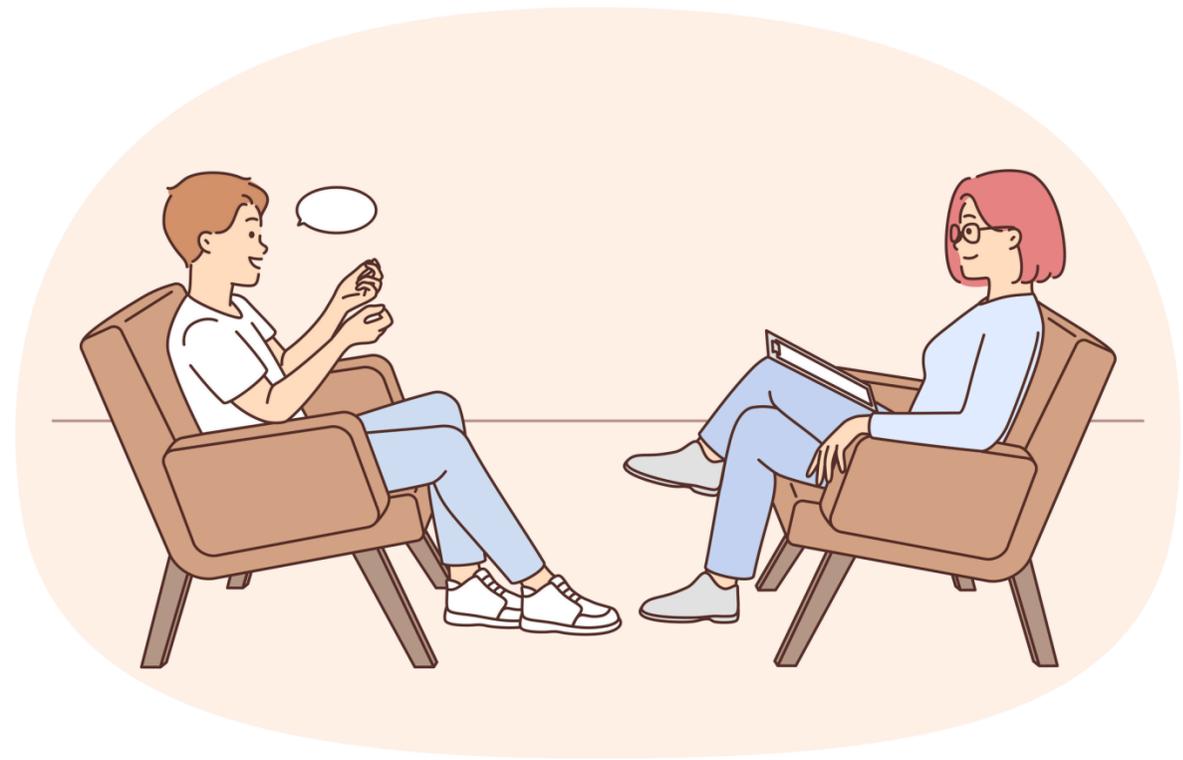
**Counselling**



Group session (eg. team dynamics, cohesion)



Prevention, education (e.g. stress management)



rehabilitation (e.g. injured athlete)



# Self-concept

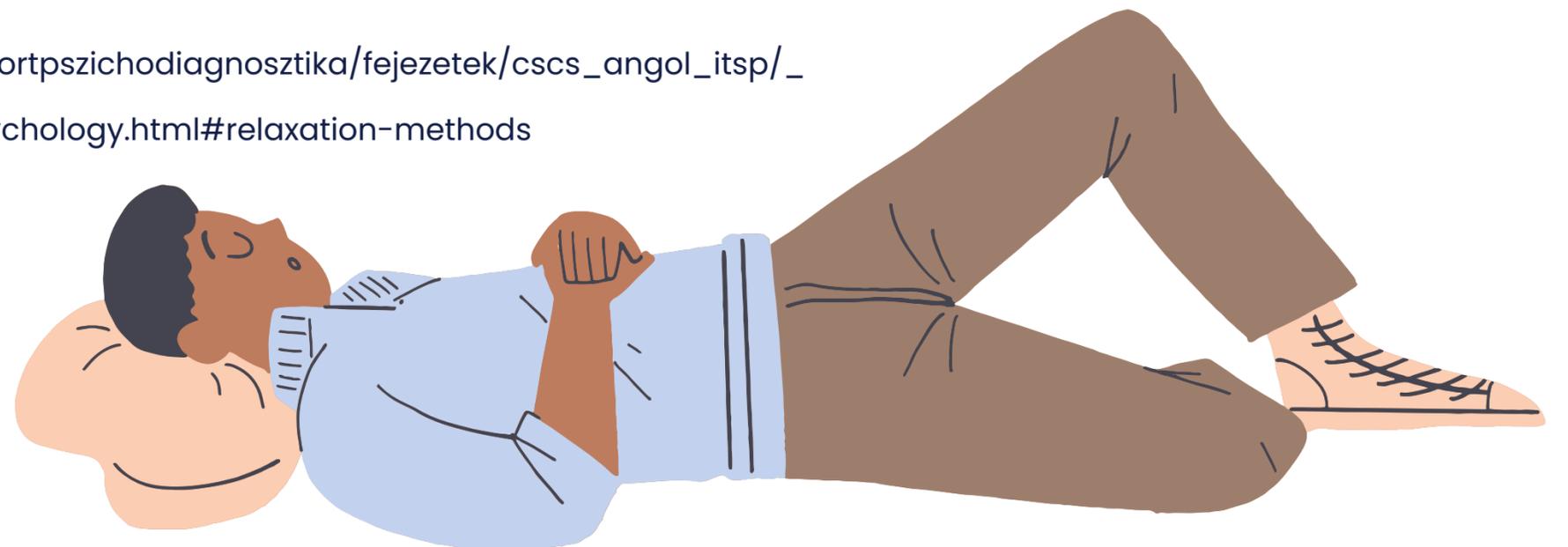
- Much of their life revolves around sports
- **self-image and personality merge with the athlete role: vulnerability to injury, burnout, anxiety, depression**
- encouragement: they should develop themselves in multiple areas, and goal-setting
- **video:** Mental Aspect of Sports w/ Seahawks Sports Psychologist Dr. Michael Gervais [https://www.youtube.com/watch?v=BtS2w6XRKrY&ab\\_channel=PlayFootball](https://www.youtube.com/watch?v=BtS2w6XRKrY&ab_channel=PlayFootball)

# Applied methods

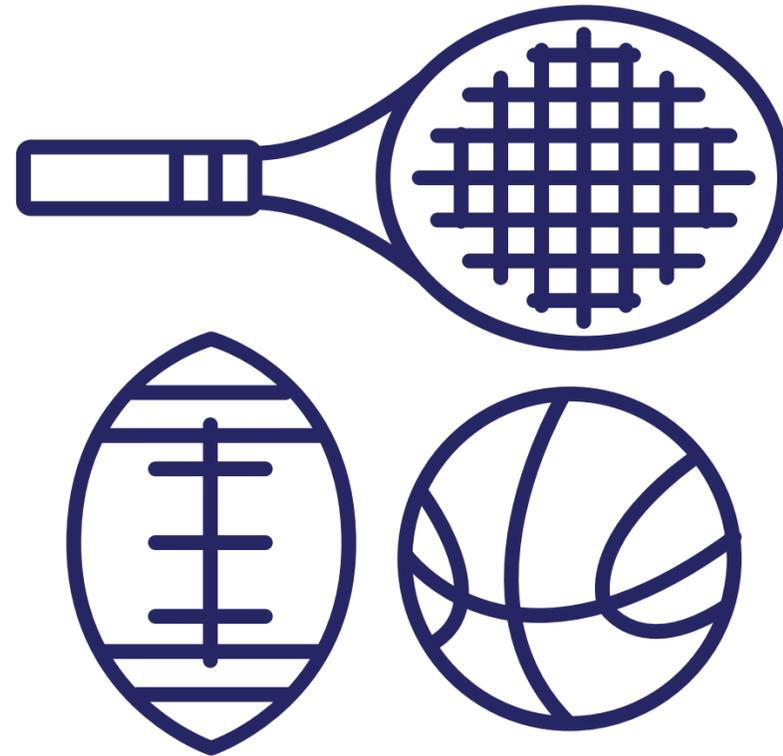
- autogenic training
- progressive relaxation
- breathing exercises
- self-talk
- imaginative techniques
- thought stopping
- goal setting

**video:**

[https://psycho.unideb.hu/sportpszichodiagnosztika/fejezetek/cscs\\_angol\\_itsp/\\_book/methods-of-sport-psychology.html#relaxation-methods](https://psycho.unideb.hu/sportpszichodiagnosztika/fejezetek/cscs_angol_itsp/_book/methods-of-sport-psychology.html#relaxation-methods)



# Thank you for your attention!



**potecho: PTE495**



# Literature

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- Goschi, G., Pálvölgyi Á. És mtsai (2022). *Dobbantó- A sportpszichológia tankönyve I*. Budapest: Sport és Lélek Sport-pszichoterápiás Egyesület.

