

83 - PSYCHOLOGY OF SPORTS: HISTORY, TYPES OF PROFESSIONALS AND AREA OF ACTIVITY

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INTRODUCTION

The Psychology of Sport is constituted in the field of sports sciences and has been growing and obtaining increasingly large numbers in researches, and has thus been incorporated in the areas of Philosophy, Anthropology and Sociology of sport and also encompasses the sociocultural areas with Physiology < Biomechanics of movement and medicine.

Among early studies in sports psychology, we find Fitz (1897), who argued that playing sports was a way of preparing for life. This practice would promote improved judgment, the ability to better understand changes in everyday situations, and the ability to react more quickly to the dynamism of the contemporary environment.

Samulski (2009) reports that it was in the 1920s that the first EP laboratories and institutes emerged, which were present in the former Soviet Union (Rudick, Puni), the United States (Griffith), Japan (Matsui) and Germany (Schulte, Sippel). It was only in the 1960s and 1970s that the area began to receive more attention and organization, both in Europe as a whole and in North America.

The Sports Psychology in Brazil took place in the 60s, and the areas of motivation and stress were studied in priority, which until today are topics that have been studied mainly in the soccer field. A great landmark, both for the culture of this sport in Brazil, and the conquest of the 1958 World Cup.

For Costa (2008, p.50), Sport is an integral part of world culture, promoting physical, psychological and social benefits; however, should be taught in a rewarding way, respecting individuality and the interest of the students and considering their multidimensional character. Sports Psychology aims to investigate and intervene in all variables that are linked to the human being that practices a particular sport modality and, in its performance, according to Becker Jr 1999.

In Brazil and throughout Latin America, the strength of Sport Psychology truly emerged in the 1970s, when it was divided into five distinct periods. And in the same period they began to interrelate that for the authors Gould, D. & Weinberg, 2002, considers that together they contributed for the development and the growth of the psychology of the sport and the exercise.

We noticed that there was a great growth in this line of work and it is necessary to address who is the professional qualified to transfer this knowledge and to be a mediator of great discussions with the final objective of improving the performance of the athletes together with a multidisciplinary team.

The discipline Psychology of Sport began to be included in the curriculum of some Psychology courses in the 1990's [1990], but currently this discipline is much more present in the curricular curricula of undergraduate courses in Physical Education (RODRIGUES, 2006, RÚBIO, 2000b).

According to CFP RESOLUTION No. 014/00 OF DECEMBER 20, 2000, dealing with the performance of the psychologist in Art. 3 - The specialties to be granted are the following: - School / Educational Psychology; - Organizational and Work Psychology; - Traffic Psychology; - Juridical Psychology; - Psychology of Sport; - Hospital Psychology; - Clinical psychology; - Psychopedagogy; - Psychomotricity. It requires more understanding because the Psychology of Sport being a specialty of Psychology, but inserted, being treated in several books and still adopted in the disciplines taught in the Physical Education courses, allows not only specialist psychologists, but also Physical Education teachers understand the contribution of this area. This fact needs to be understood and accepted for the job market and all its academic extension.

Therefore, it is up to the Physical Education professional to understand the function of a sports psychologist not to invade an area of knowledge other than his own, and thus know the boundary between the areas. For this it is necessary that besides the academic formation, the professional of Physical Education knows its functions which are discussed during its formation and are described in its code of Ethics.

For Feijó (2000) and Machado (2000), Psychology in Sport is like the transposition of the theory and technique of the various specialties and currents of Psychology to the sporting context, as far as the application of evaluations for the construction of profiles, or in the use of intervention techniques for maximizing sports performance.

However, it is a reality that roles are not yet defined in this scientific academic scenario because many still act in illegality with athletes, either because of lack of knowledge or lack of clear and objective regulation. In fact, the coach or coach, not being a rule, does not trust and is open to this type of methods to contribute to the collective and / or individual sport.

On the other hand, it has highly qualified professionals doing an excellent job and developing research that proves and improves the performance of these athletes.

According to Rubio 2000:

This theme has been studying and acting in situations involving motivation, personality, aggression and violence, leadership, group dynamics, psychological well-being, athletes' thoughts and feelings and several other aspects of sports practice and physical activity have been characterized as a space where social, educational and clinical approaches complement each other (RUBIO, 2000).

The Psychology of Sport is a science that studies the behavior of people involved in the sporting and physical exercise context. The quest for this profession is also to seek to understand how psychological factors influence physical performance and to understand how participation in those activities affects the emotional development, health and well-being of a person in that environment.

According to Gill (2000), the psychology of sport and exercise would be characterized as a science that seeks to understand people and their behaviors in contexts that are carried out sports practices, and how to apply in a practical way the discoveries of this knowledge.

In 1991, Sport Psychology had 2500 affiliates from 100 different countries, according to Salmela 1991, but had already been waiting for 5,000 people working and playing their roles in this area. New studies were based on the theory of Action that aimed to analyze and modify psychic processes such as cognition, motivation and emotion, and sports actions.

For Nitsch 1986, the function of Sport Psychology consists of describing, explaining and prognosis of sports actions in order to develop and apply scientifically sound programs of intervention, taking into account ethical principles.

Samulski (1992) states that it was possible to find studies and research on psychophysiological issues in sport at the end of the 19th century. However, according to De Rose Jr. (1992), there were studies in the field of human behavior related to physical activity and to sport these two aspects were studied for a long time under the title of sports psychology, without there being an exact definition of what this area of study was and what its true objective.

This approach seeks to understand and understand the best way and strategy of helping an independent individual if he falls into the category of elite, children, athletes with physical and mental disabilities, senior citizens and people who play sports.

According to Lesyk, 1988, the American Olympic Center indicated three possibilities for professionals in the area: the clinician, professional trained to work with athletes and / or sports teams, in clubs or teams whose specific preparation involves knowledge of the area of Psychology and of Sports, not only being enough the training in Psychology or Physical Education.

Rubio 1999, emphasized that Psychology as a science and profession has broadened its horizons, dividing space in exclusive territories of other professionals over the last decades, is not a novelty. This can be seen as a reflection of a movement that seeks to facilitate dialogue between areas that are close to each other, but which maintain each one's specificity.

Each field of action came with its proposed goals as that of researcher who would study or develop a certain knowledge in Sports Psychology in a way that there is a direct intervention on the athlete or sports team; and the educator who develops the discipline Sport Psychology in the academic area is in psychology, or in Physical Education. In the latter two cases no specific training of the professional is required.

The tasks and functions of this professional are to transmit knowledge, intermediary relations, psychodiagnosis, analyze training, optimize performance, advise, be a consultant and be responsible for the health of the athlete, and the area of activity is in:

Teaching - transmission of knowledge, Research - development of sports action theory, diagnostic procedures, as well as intervention, Intervention - mental and concentration training, self - control training, psycho refinement regulation and behavioral training and psychological monitoring.

It is also evident the work of the sports psychologist in the development of self-regulation and self-management skills, personality diagnosis and analysis of sports and social systems, psychological training, and psychological and social assistance and intervention.

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In an excerpt from this, in his art. 8, the Statute of the Federal Council of Physical Education (CONFEF, 2010) provides that:

"It is the responsibility of the Physical Education Professional to coordinate, plan, prescribe, supervise, supervise, direct, organize, guide, teach, conduct, administer, implement, administer, analyze, evaluate and execute programs, plans and projects, as well as provide audit, consulting and advisory services, carry out specialized training, participate in multidisciplinary and interdisciplinary teams and produce technical, scientific and pedagogical reports, all in the areas of physical, sports and similar activities." author).

According to Samulski (1992), there is a need for comprehensive training, pointing to four fields of application of Sport Psychology:

The performance sport that seeks the optimization of performance in a formal and institutionalized structure. In this structure the psychologist works by analyzing and transforming the psychic determinants that interfere with the performance of the athlete and / or sports group.

The school sport that aims at training, guided by socio-educational principles, preparing its practitioners for citizenship and for leisure. In this case, the psychologist seeks to understand and analyze the processes of teaching, education and socialization inherent to the sport and its reflection in the process of formation and development of the child, youth or adult practitioner.

Recreational sports aim at the welfare of all people. It is practiced voluntarily and with connections with the movements of permanent education and with health. The psychologist, in this case, acts in the first line of analysis of the recreational behavior of different age groups, socio - economic classes and professional actions in relation to different motives, interests and attitudes.

Finally, the sport of rehabilitation develops a work focused on prevention and intervention in people with some type of injury resulting from sports practice or not, and also with people with physical and mental disabilities.

The sport psychologist therefore studies, understands and identifies psychological theories and techniques that are applied within sport and physical exercise, and can be individual or group level. Its performance is both diagnostic, developing and applying tools for determination of individual and collective profile, motor and cognitive ability focused on sports practice, and intervention acting directly on the transformation of behavior patterns that interfere in the practice of regular and / or competitive physical activity.

Thus we conclude that this field of action is of great importance for students, athletes, participants of leisure practice and people taught in the scope of the sport to contribute with individuals in the sports, educational, leisure and rehabilitation environments. It is necessary to have more studies and the professionals who work in this area to divulge and research respecting the ethics and the academy to improve the vision and knowledge of the multidisciplinary teams that work in these fields.

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PSYCHOLOGIE DES SPORTS: Histoire, types de professionnels et secteur d'activité

Résumé

La psychologie du sport est une science qui a une grande valeur dans la contribution de l'être humain dans le sport, les loisirs, les loisirs et la rééducation. Ainsi, il entre en contact avec le développement général des sciences du sport et intervient auprès du mouvement humain, promouvant par conséquent une qualité de vie et une santé meilleures et meilleures pour les adeptes de tout sport. La loi sur les principes directeurs et les bases de l'éducation au Brésil (loi n° 9394/96) a permis au secteur scolaire d'avoir beaucoup à gagner en s'engageant à faire progresser les relations et à obtenir de grands progrès sur le plan social. Nous avons d'autres domaines d'action, tels que les sports de loisir qui accordent une importance prioritaire au bien-être de tous, le sport de réadaptation totalement axé sur la prévention et l'intervention auprès des personnes impliquées dans des sports présentant un type de blessure résultant de ce sport ou des personnes. enfin, nous avons le sport du revenu qui cherche à améliorer et à optimiser les performances de chaque athlète dans une approche formelle et institutionnalisée. Ainsi, il est ample et nécessaire la performance de ce professionnel qui peut être psychologue ou professionnel de l'éducation physique. Dans cette structure, sport de haut niveau, analysant et transformant les déterminants psychiques qui interfèrent dans les performances de l'athlète et / ou du groupe sportif. Le but de cet article est de décrire la psychologie du sport depuis sa création et de comprendre l'importance de ce professionnel dans les domaines d'activité et du fait que ces professionnels peuvent contribuer et agir dans le travail multidisciplinaire avec les équipes.

PSICOLOGÍA DEL DEPORTE: HISTÓRICO, TIPOS DE PROFESIONALES Y ÁREA DE ACTUACIÓN

RESUMEN

La Psicología del Deporte es una ciencia que tiene gran valor en la contribución del Ser Humano en el ámbito deportivo, recreativo, de ocio y rehabilitación. Siendo así viene de encuentro con el desarrollo general de las Ciencias del deporte e interviniendo junto al movimiento humano promoviendo consecuentemente mayor y mejor calidad de vida y salud a los adeptos de cualquier práctica deportiva. El ambiente escolar tuvo grandes ganancias a través de la Ley de Directrices y Bases de la Educación Brasileña (Ley N° 9394/96) donde el empeño por el deporte escolar fue para avanzar en las relaciones y obtener gran avance en los aspectos sociales. Tenemos otros campos de actuaciones como el deporte recreativo que prioriza el bienestar para todas las personas, el deporte de rehabilitación totalmente orientado a la prevención e intervención en las personas involucradas en el deporte que presenten algún tipo de lesión derivado de esta práctica deportiva, o aún personas con discapacidad física y mental y por fin tenemos el deporte de rendimiento buscando mejorar y optimizar el desempeño del individuo atleta, en un abordaje formal e institucionalizado. Así queda amplia y necesaria la actuación de este profesional que puede ser Psicólogo o Profesional de Educación Física. En esa estructura, del deporte de alto rendimiento, analizando y transformando los determinantes psíquicos que interfieren en el rendimiento del atleta y / o grupo deportivo. El presente artículo tiene como objetivo elencar la Psicología del Deporte desde su inicio y comprender la importancia de este profesional en los campos de actuaciones y cuáles profesionales pueden contribuir y actuar en los trabajos multidisciplinarios junto a los equipos.

PSYCHOLOGY OF SPORTS: HISTORY, TYPES OF PROFESSIONALS AND AREA OF ACTIVITY

SUMMARY

The Psychology of Sport is a science that has great value in the contribution of the Human being in the sportive, recreational, leisure and rehabilitation. Thus, it comes in contact with the general development of the sports sciences and intervene with the human movement, consequently promoting greater and better quality of life and health to the adepts of any sport. The school environment had great gains through the Law of Guidelines and Bases of Brazilian Education (Law No. 9394/96) where the commitment to the school sport was to advance in the relations and obtain great advance in the social aspects. We also have other fields of activity such as recreational sports that prioritize well-being for all people, rehabilitation sports totally focused on prevention and intervention in people involved in sports that present some type of injury resulting from this sports practice, or people with physical and mental disabilities and finally we have the sport of income seeking to improve and optimize the performance of the individual athlete in a formal and institutionalized approach. Thus it is ample and necessary the performance of this professional that can be Psychologist or Professional of Physical Education. In this structure of high performance sport, the sports psychologist works by analyzing and transforming the psychic determinants that interfere with the performance of the athlete and / or sports group. This bibliographical article aims to analyze the Psychology of Sport from its beginning and to understand the importance of this professional in the fields of activities, demonstrate how can be a professional with the ability to contribute to the competent bodies and act in the multidisciplinary work with the teams

Key words: Area of practice, Professionals and Sports Psychology,

PSICOLOGIA DO ESPORTE: HISTÓRICO, TIPOS DE PROFISSIONAIS E ÁREA DE ATUAÇÃO

RESUMO

A Psicologia do Esporte é uma ciência que tem grande valor na contribuição do Ser Humano no âmbito esportivo, recreativo, de lazer e reabilitação. Sendo assim vem de encontro com o desenvolvimento geral das Ciências do esporte e intervindo junto ao movimento humano promovendo consequentemente maior e melhor qualidade de vida e saúde aos adeptos

de qualquer prática desportiva. O ambiente escolar teve grandes ganhos através da Lei de Diretrizes e Bases da Educação Brasileira (Lei Nº 9394/96) onde o empenho pelo esporte escolar foi para avançar nas relações e obter grande avanço nos aspectos sociais. Temos outros campos de atuações como o esporte recreativo que prioriza o bem-estar para todas as pessoas, o esporte de reabilitação totalmente voltado para a prevenção e intervenção nas pessoas envolvidas no esporte que apresentem algum tipo de lesão decorrente desta prática esportiva, ou ainda pessoas portadoras de deficiência física e mental e por fim temos o esporte de rendimento buscando melhorar e otimizar a performance do indivíduo atleta, numa abordagem formal e institucionalizada. Assim fica ampla e necessária a atuação deste profissional que pode ser Psicólogo ou Profissional de Educação Física. Nessa estrutura, do esporte de alto rendimento, analisando e transformando os determinantes psíquicos que interferem no rendimento do atleta e/ou grupo esportivo. O presente artigo tem como objetivo elencar a Psicologia do Esporte desde seu início e compreender a importância deste profissional nos campos de atuações e quais profissionais podem contribuir e atuar nos trabalhos multidisciplinares junto as equipes.

Palavras chaves: Área de atuação, Profissionais e Psicologia do Esporte,