



Evaluating the Athletes' Psychological Skills

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Psychological Intervention Programs are good for...

- Enhancing self-confidence
- Focusing and refocusing attention
- Energizing effort
- Boosting athletic performance



- Define psychological skills...
 - Provide examples
- Define psychological techniques...
 - Provide examples



Psychological Techniques



- Goal setting
- Imagery
- Relaxation
- Meditation
- Self-talk
- Hypnosis (Gould et al. 2002)
- *If properly learned and applied, lead to enhanced psychological skills*

Psychological Skills



Learned or innate characteristics of the athlete that make it possible or even likely to succeed in sports (Cox, 2007)

- Managing anxiety
- Self-confidence
- Mental toughness
- Sport intelligence
- Competitiveness
- Work ethic
- Goal setting ability
- Hope optimism
- Adoptive perfectionism (Gould et al. 2002)

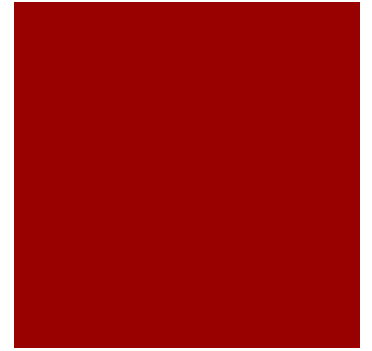
Evaluate athlete's skills and techniques



- Several inventories exist
 - Become familiar with what they measure, how they measure it, and their psychometric properties
- Few qualitative instruments also exist
 - Become familiar with what they evaluate, how they evaluate it, and how to use them properly

Inventories

- See G. Tenenbaum, R. Eklund, and A. Kamata, 2012, *Measurement in sport and exercise psychology* (Champaign, IL: Human Kinetics).



Qualitative evaluation...

■ What do we need to know?

- The “issue” from the athlete’s point of view
- His/her strengths and weaknesses
- His/her environment
- His/her dreams and goals

How do we learn these?

- Observations...
- Interviews...
- Questionnaires...

The info we collect will aid us in understanding the athlete and in figuring out a suitable way to support their quest for gold....

Initiating the evaluation...

- Athlete's characteristics
 - age, personality, dreams and aspirations
- Situation characteristics
 - coach, co-athletes, family, level of involvement and performance
- Sport characteristics
 - Type of sport
 - Sport specifics
 - Level of sport and person
- Sport Psychologists' characteristics
 - Education and experience
 - Philosophy and style

Initiating a working relationship...



- So what is your story in this sport? How did you start and how did you get where you are today?
- What keeps you in the sport? What keeps you in elite level sports?
- How committed are you in your sport? How do you know that you are committed? How can others understand that you are committed?
- Could you describe for me your best ever competition? How was it? How were you before, during, and after the event? What did you think of and how did you feel?
- Could you describe for me your worst ever competition? How was it? How were you before, during, and after the event? What did you think of and how did you feel?

Ethics for Sport Ψ -ists



1. **Competence**--you will need to maintain a high standard in your work
2. **Integrity**--practice and promote integrity; present yourself accurately and forthrightly
3. **Professional & Scientific Responsibility**--protect S Ψ 's reputation by avoiding unethical conduct
4. **Respect People's Rights & Dignity**--respect their rights to confidentiality, privacy, and personal control
5. **Concern for Others' Welfare**--ensure personal welfare of individuals you interact with
6. **Social Responsibility**--share knowledge and contribute to common good

Performance-Profiling



- Performance Profiling (Butler, 1989, 1991; Butler & Hardy, 1992) has been proposed as a means of facilitating an understanding of the way an athlete perceives his/her ability and preparation for performance and to facilitate the coach's understanding of the athlete's perspective. Essentially derived from Personal Construct Theory, which emphasizes the individuality of each person's understanding of his/herself and his/her outlook
- In the most basic form, a Performance Profile is a visual display of those areas perceived by the athlete to be important in achieving a top performance, and on to this the athlete's current assessment of self is mapped.

Goal of Performance profile



- As such the Performance Profile addresses two aspects of applied sport psychology often considered fundamental in assisting the enhancement of performance-those of **self-awareness** and **goal setting**. Ravizza (1986) suggested that gaining awareness was the first step in raising self-control, and the means of achieving this was through the identification of the ideal performance and a recognition of the contrast between that state and the present one.
- Locke (1969) described as a conscious intention to accomplish something, and Bandura (1969) as a “comparison standard.”
- The Performance Profile was originally developed within the sport of amateur boxing and has subsequently been taken up by sport psychologists in a range of sports including archery, field hockey, athletics, gymnastics, ice skating, weight lifting, swimming, speed skating, cycling, association football, judo, rowing and modern pentathlon

How to use

- The method involves eliciting what the athlete considers to be the qualities required for elite performance, a process achieved either individually or in small brain-storming groups
- Following the selection of qualities, the performer is then invited to assess him or her/self on each of these qualities using a rating scale.
- The scores are then transferred on to a profile for visual display.



Example from Butler et al. 1993

- The boxers were subsequently divided into 3 groups to “brainstorm” what they considered to be the qualities of an elite boxer. After a short time each group shared their vision of what constituted an elite boxer, with over 30 different qualities being generated.
- Next the boxers were invited individually to select from this pool of qualities the 16 attributes which represented the style they would ideally wish to have.
- For each quality the boxer was then asked to use a 1-10 rating scale to assess where he would presently judge himself.
- The 16 ratings were then transferred on to a Profile to give a visual presentation of the boxer's assessment of self.



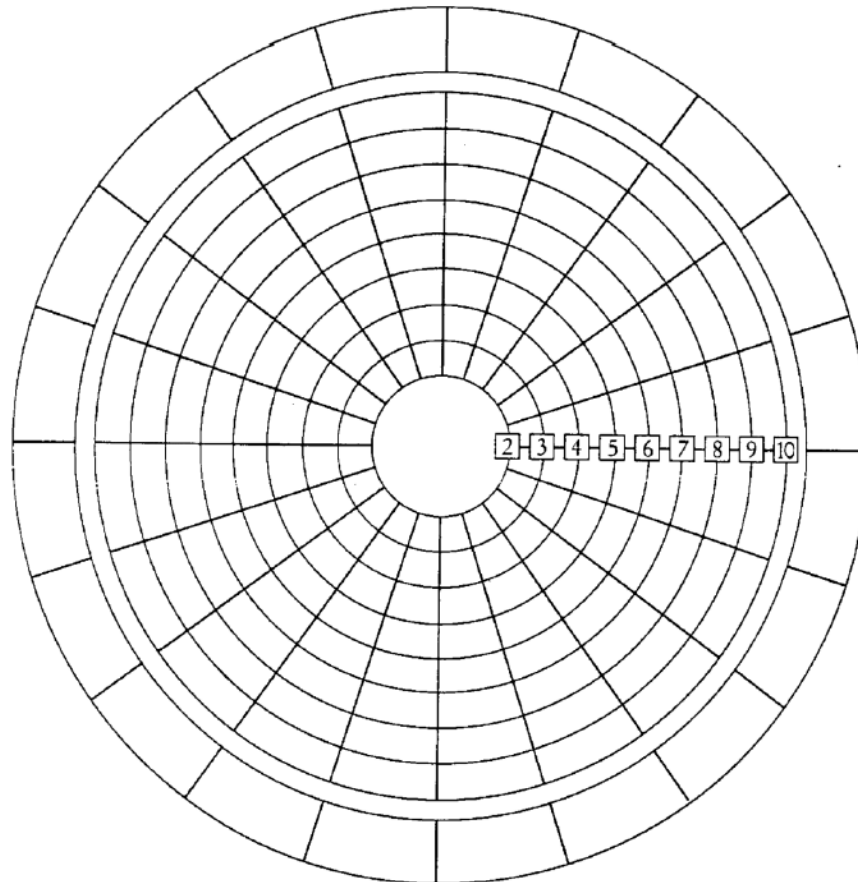
Performance-Profiling - BLANK



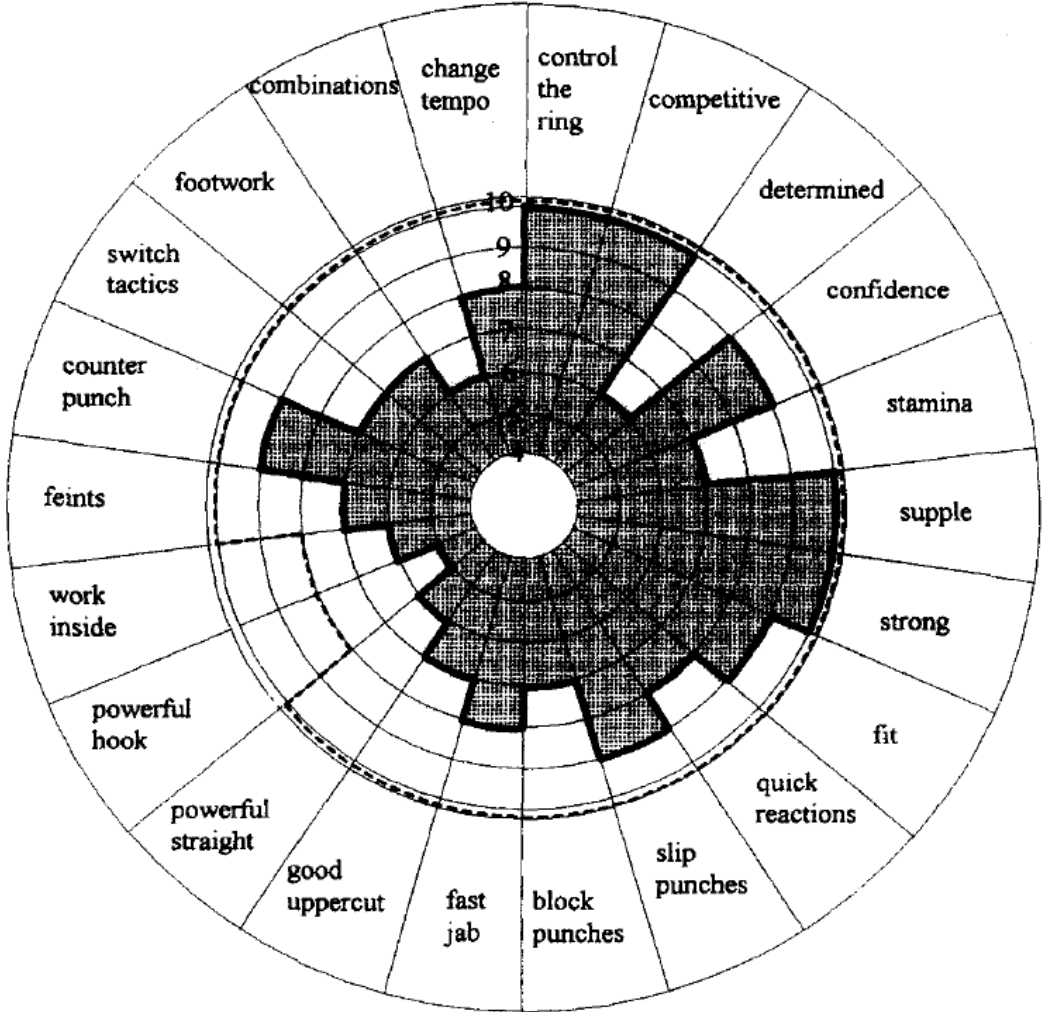
Performance Profile

Name: _____ Sport/Position: _____

Rating Scale: 1 - 10 -



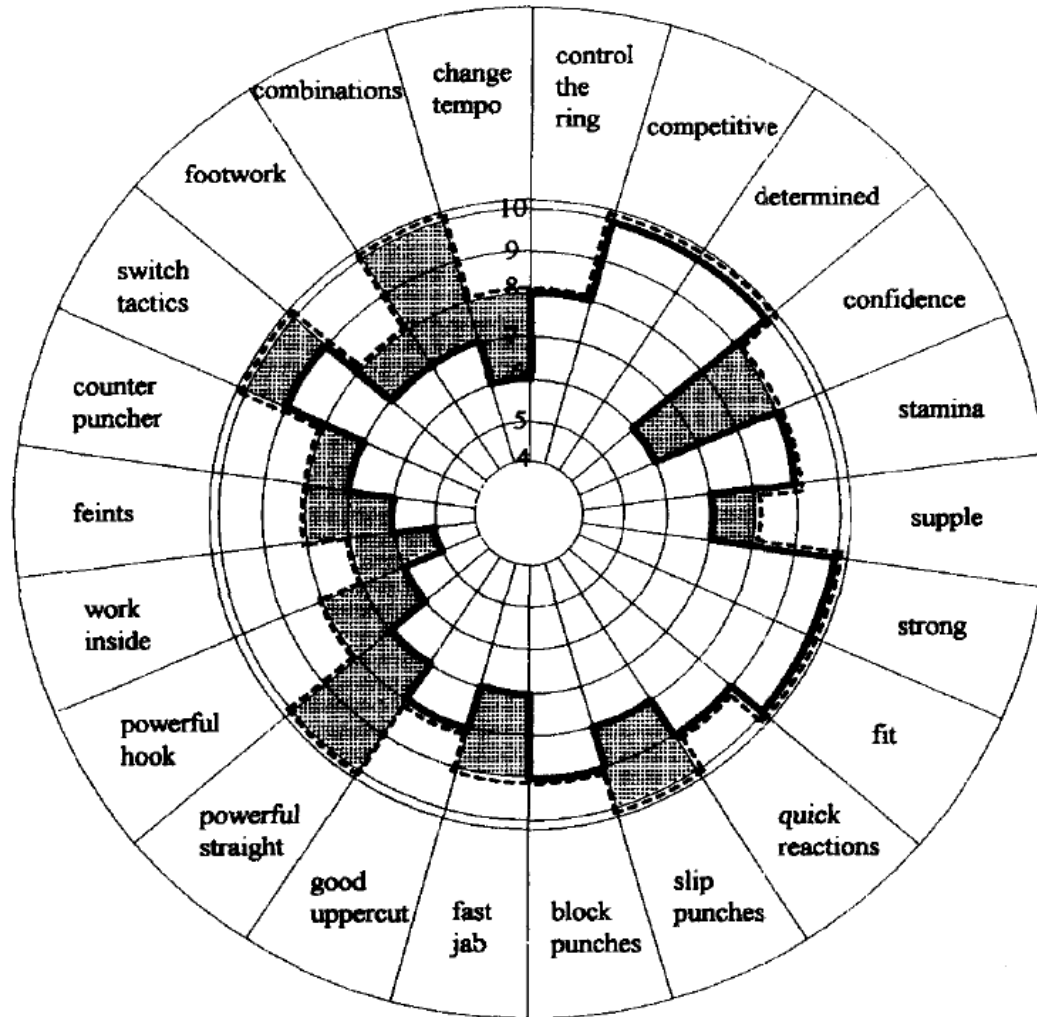
Example



ideal -----

now 

Example

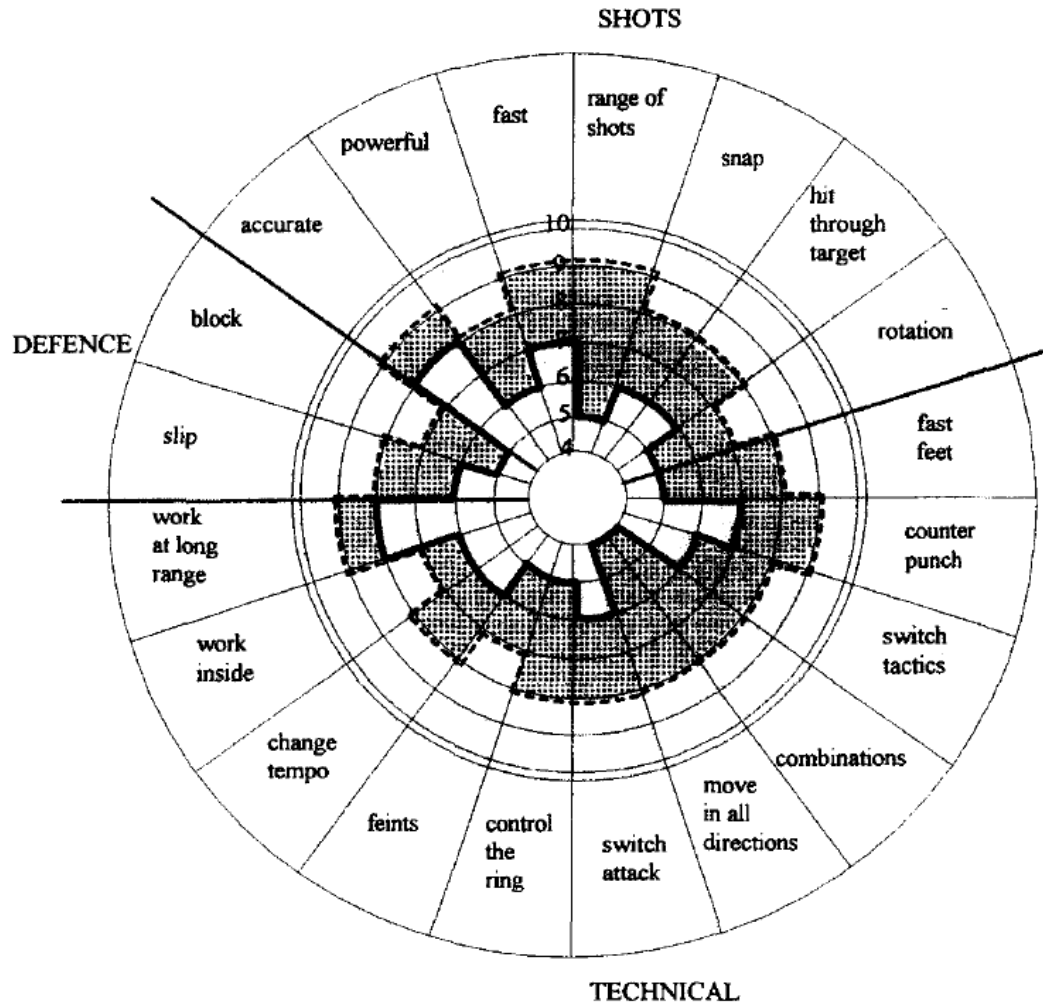


first day of camp ———

last day of camp - - - - -

degree of change [shaded area]

Example



- first profile during squad training ———
- profile prior to 1990 World Final - - - - -
- degree of change [shaded box]

Example – Coach - Athlete

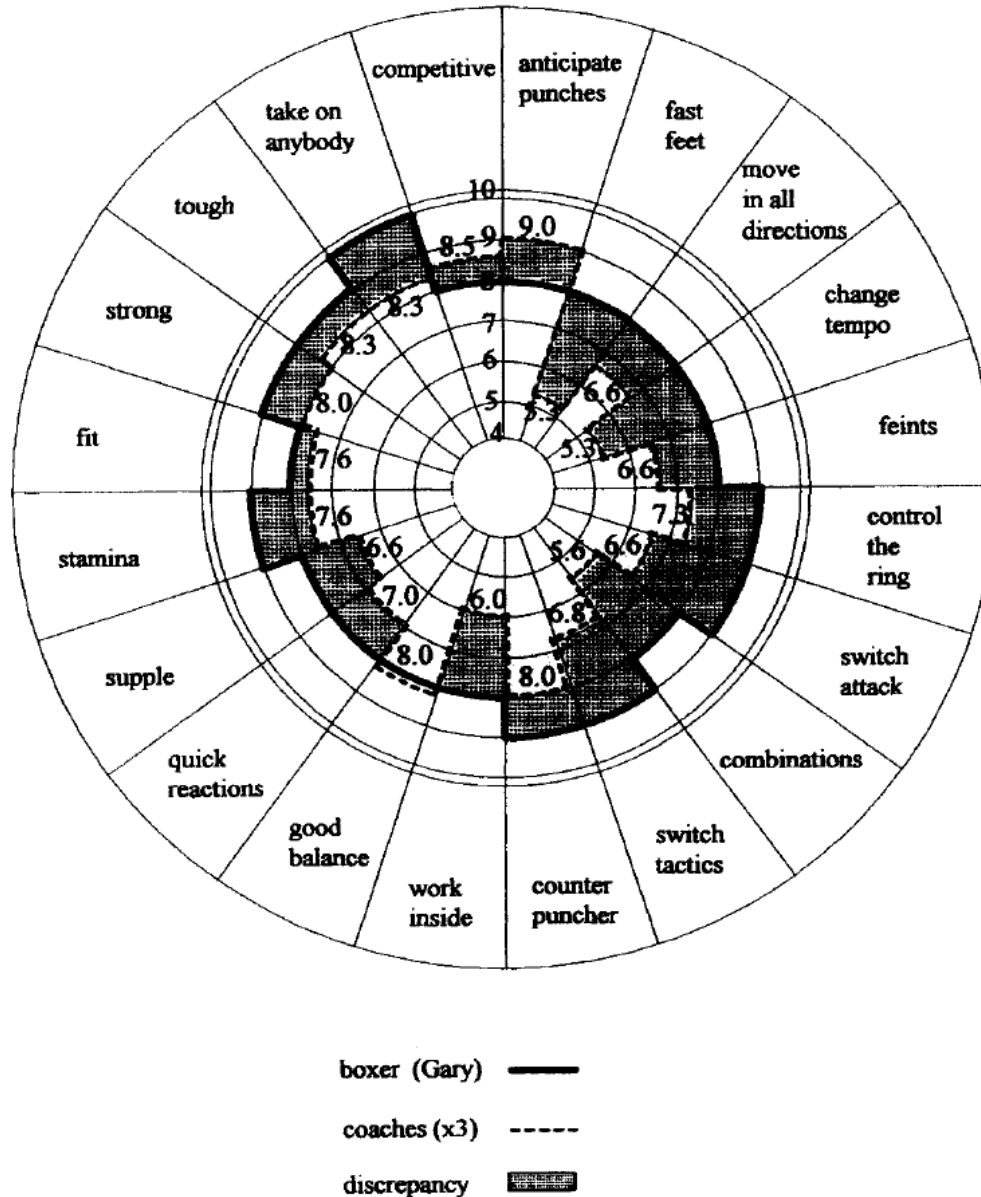


Figure 4. Comparison of coach–boxer ratings.

Example

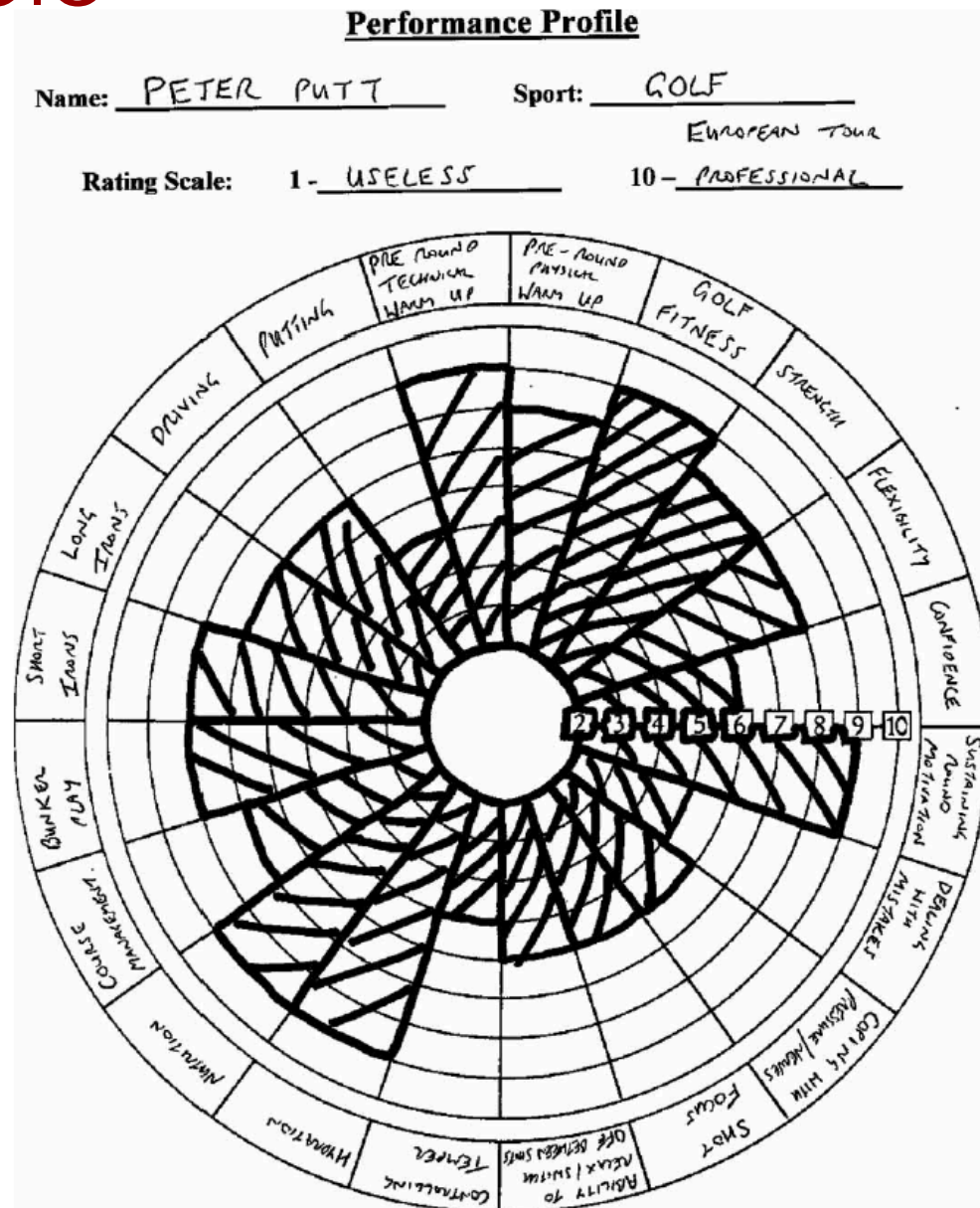


Figure 1. Example of a circular target performance profile in golf.