



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Sports psychology I.

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History of Sport Psychology

International history I.

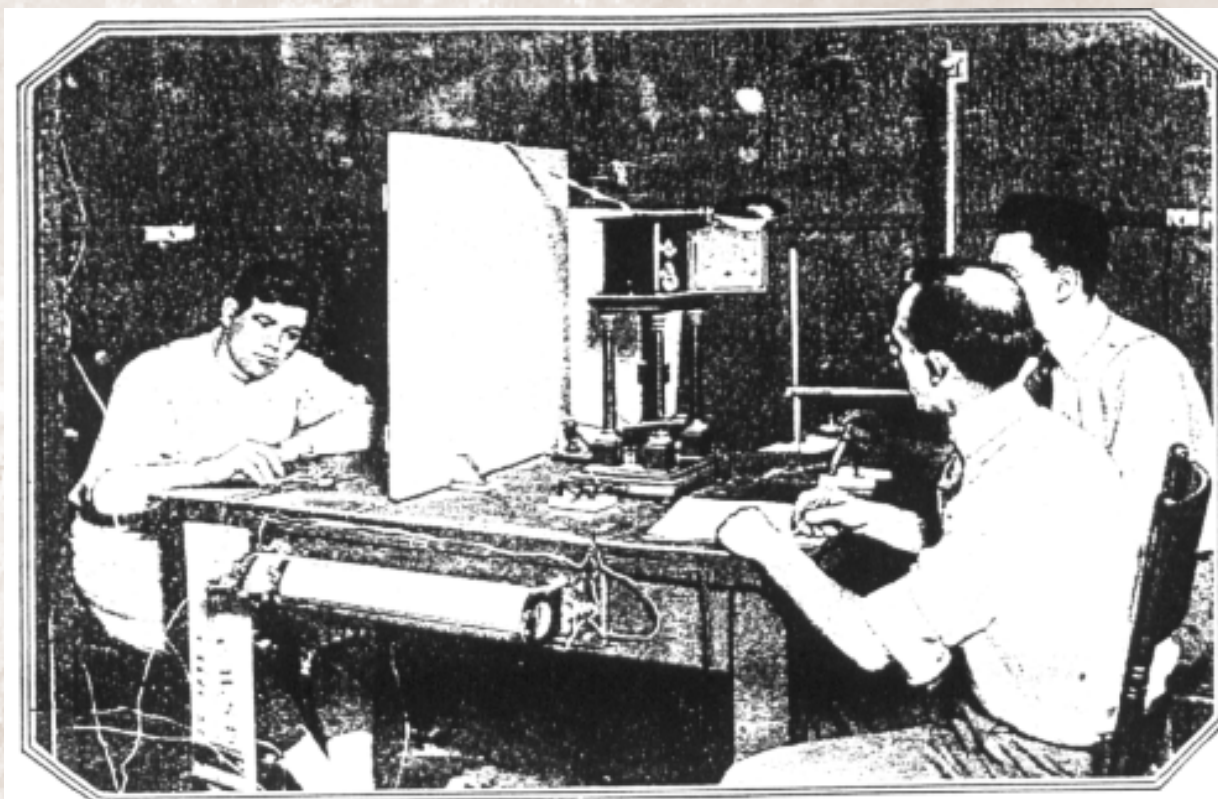
- young field
- first psychological lab: James William, 1875 (Harvard University, USA)– mostly theoretical education
- first experimental psychological lab: **Wilhelm Wundt, 1879** (Leipzig University, Germany)
- –> **independent scientific field**
- first sport psychology-related experiment: **Triplett,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



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

International history II.

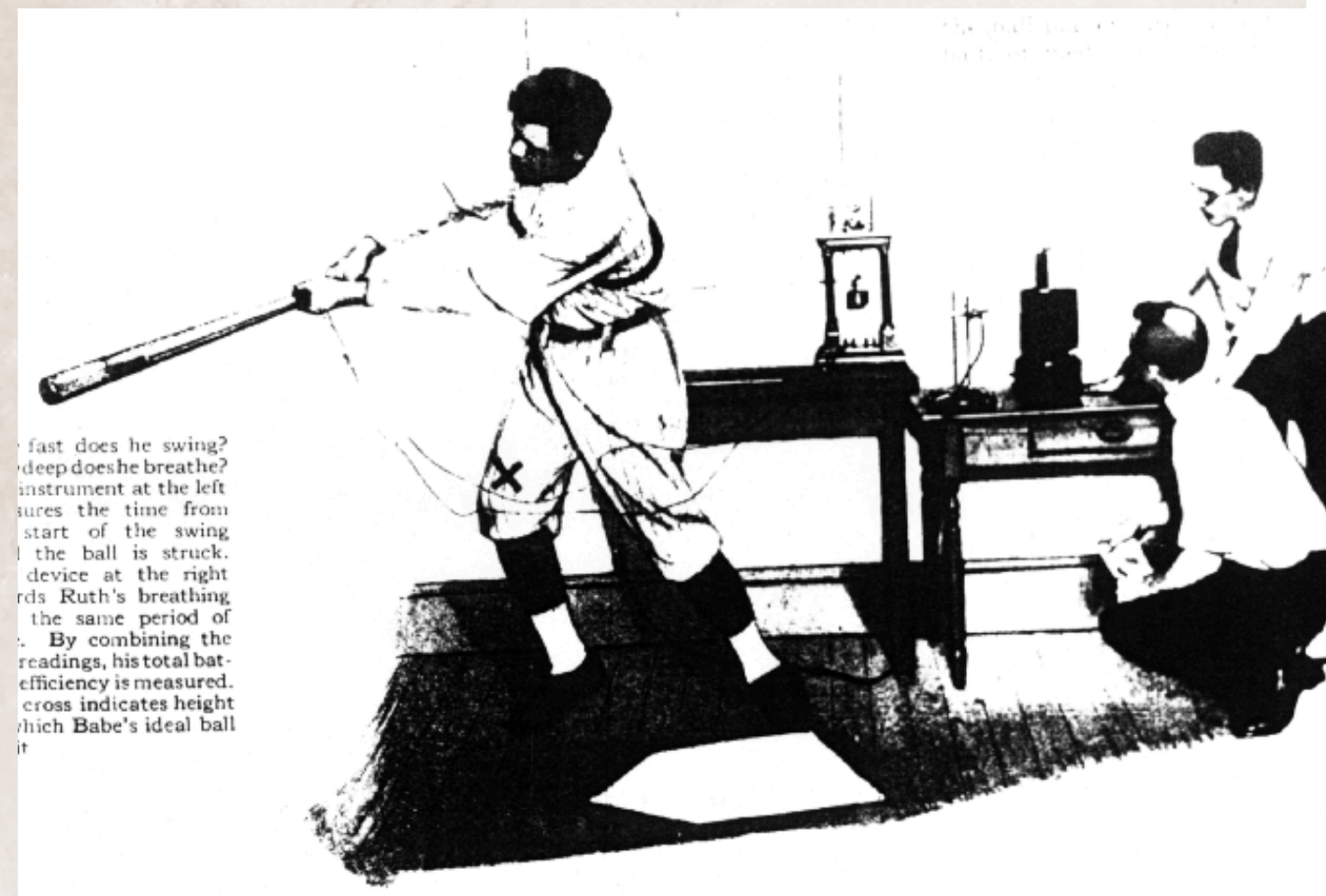
- 1921: sport psychology testing: examination of **"Babe" Ruth baseball player**—background of his talent and performance → determine the components of sports performance (<https://psychclassics.yorku.ca/Fullerton/>)



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
which Babe's ideal ball
it

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 + psychology courses for coaches
- **Dr. David Tracy**: performance optimization: relaxation, self-confidence, autosuggestion, hypnosis
- first **World Congress of Sport Psychology: Rome, 1965**

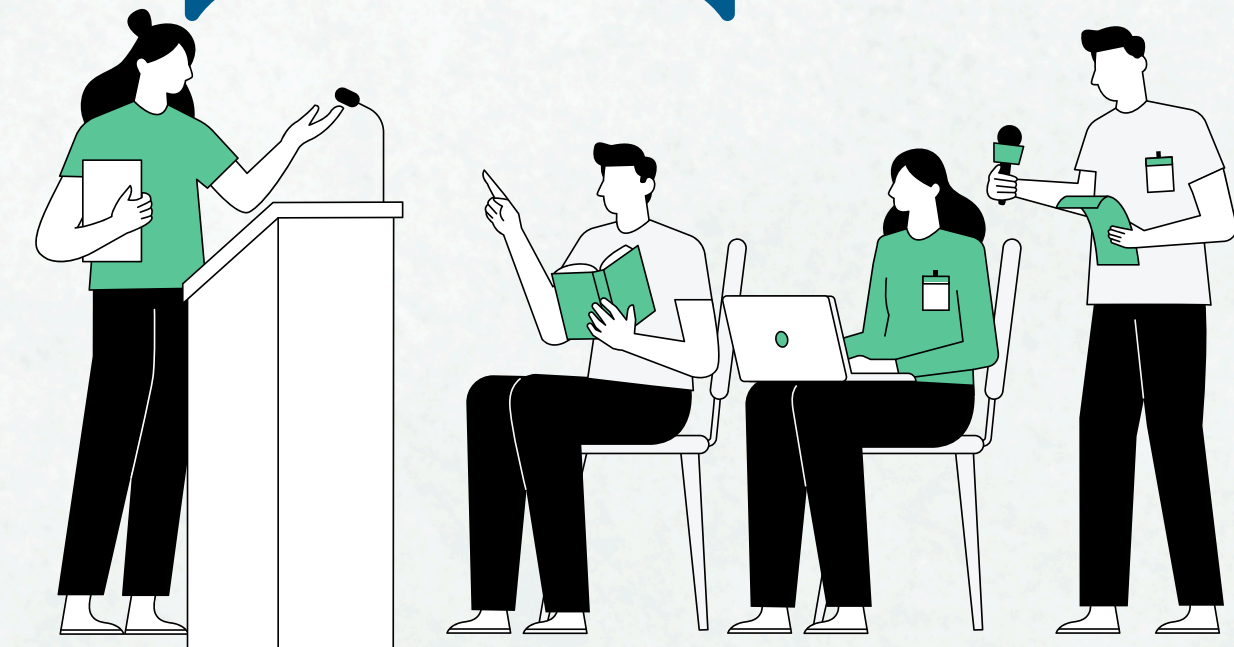
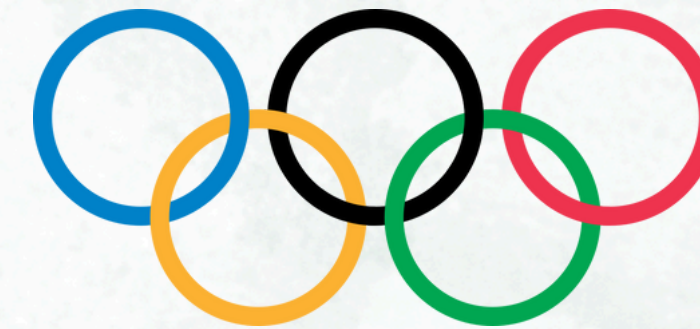


Dr. David Tracy with baseball team, 1950

International history IV.

- **1965: International Society of Sport Psychology**
- first scientific 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 universities have sport psychology courses and specializations
- increasing number of elite and recreational athletes work with sport psychologist
- flourishing of sport psychology: new methods, research

(e.g.: **well-being; psychological aspects of performance**–motivation, confidence, arousal, concentration, emotions; **performance optimisation**– 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** in Hungary

**What does a sport
psychologist do?**

What does a sport psychologist do?

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

perspective:

sport and personality– physical and mental wellbeing

performance improvement– striving for better, outstanding performance

(Nagykaldi, 2002, in.: Tóth, 2010)

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

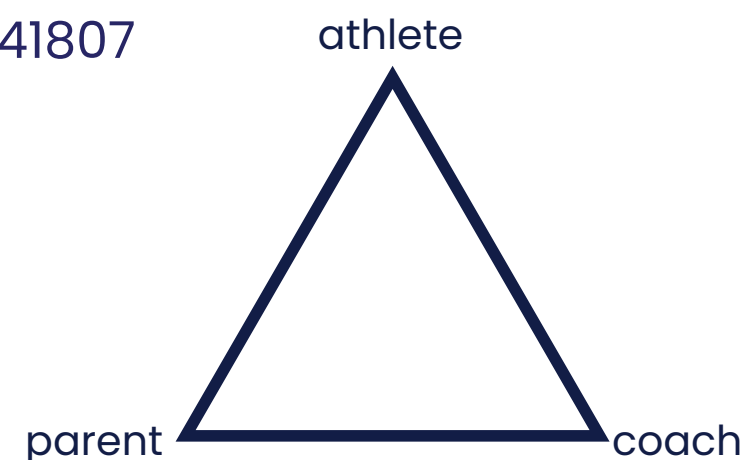
individual/ group session

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

competencies:

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

confidentiality!



- **Individual:**



Application



Initial interview,
anamnesis, tests



Counselling

- **Group session**– e.g. team dynamics, cohesion, conflicts and issues within the group
- **Prevention, education**– e.g. stress management, burnout (for parents/coaches/athletes)
- **Rehabilitation**– e.g. injured athlete (processing the psychological experience of injury, supporting during recovery)

Most typical reported issues: “lack of motivation”, performance decrease, difficulties in concentration, team dynamic issues, anxiety, lack of self-confidence

- **collaboration with other professionals!**

TASK 1





What makes someone a successful athlete?

11 responses

patience
strong mental
ambition
consistent training
discipline
motivation
the ability to stay focus
support system
effort
mindset
devotion



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

TASK 2



Applied methods

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

more:

https://psycho.unideb.hu/sportpszichodiagnostika/fejezetek/cscs_angol_itsp/_book/methods-of-sport-psychology.html#relaxation-methods



Thank you for your attention!



potecho:PTE702



Literature

- Gyömbér, N., Kovács, K. és mtsai (2012). *Fejben dől el: Sportpszichológia mindenkinek*. Budapest: Noran Libro.
- Goschi, G., Pálvölgyi Á. És mtsai (2022). Dobbantó- A sportpszichológia tankönyve I. Budapest: Sport és Lélek Sport-pszichoterápiás Egyesület.

