



PÉCSI TUDOMÁNYEGYETEM  
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

# Practice-oriented Sports Medicine- Sports Psychology

Szonja Temulin Erdene

Pécs, 2025. March



**What does a sports  
psychologist do?**



# A sports psychologist...

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

(Shaw et al. 2005, in.: Tóth, 2010)

perspective:

**sport and personality**– physical and mental wellbeing

**performance improvement**– striving for better, outstanding performance

(Nagykálldi, 2002, in.: Tóth, 2010)

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

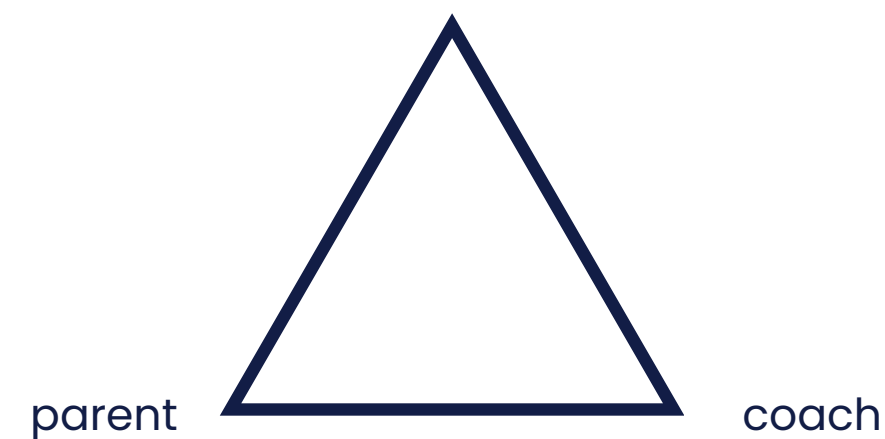
**individual/ group session**

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

**competencies:**

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

**confidentiality!**



Sport psychologists support individuals in **managing the additional stress** that may arise in sports and in transforming it into improved **performance** and **personal development**. Through this, they contribute to maintaining **physical and mental balance, enhancing well-being, and promoting mental health.**(ELTE PPK)



individual session / consultation



consultation: staff, coach, and other professionals

rehabilitation



education and prevention



research



group session



# Individual:



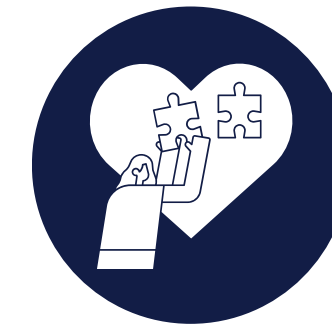
## Application

delegated or voluntary application?  
(this can be a relevant question in  
terms of motivation)



## Measurements

- Initial interview,  
detailed anamnesis
- relevant  
psychological  
assessment (e.g.,  
questionnaires) – one  
test is not a test
- setting goals



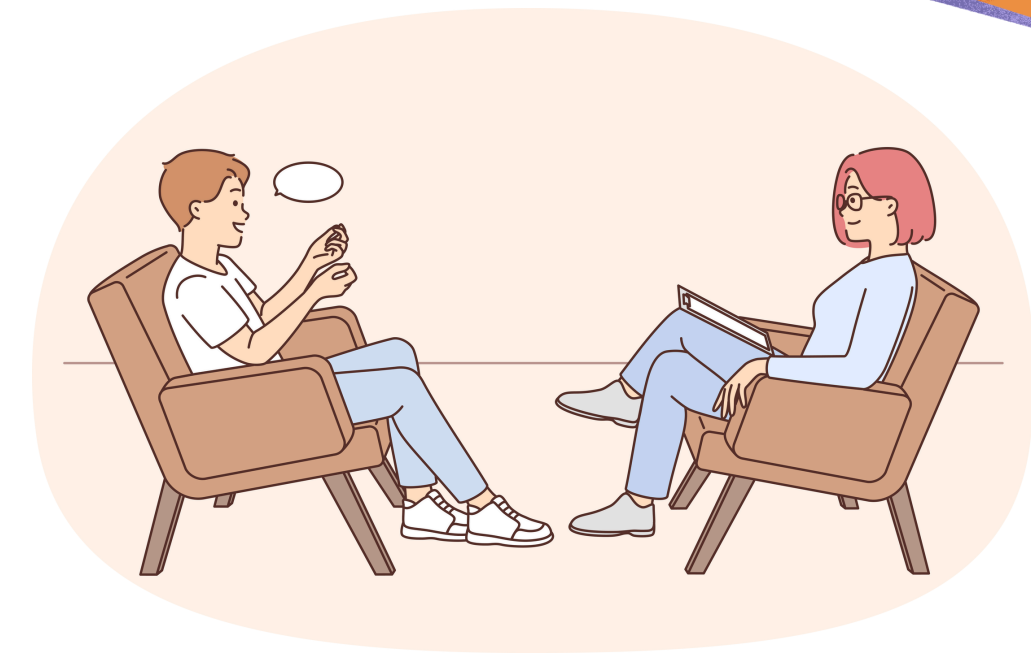
## Counselling

- collaborative work between the  
athlete and the sport  
psychologist

- **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!**





## Anxiety

- arousal- optimal zone
- anxiety: negative emotional state, the situation perceived as threatening
- cognitive and somatic
- state and trait anxiety



## Attention

- concentration: sustained maintenance of attention
- relevant information (without distraction)
- under pressure
- attention measurements
- focus: broad/narrow; direction: external, internal

## Self-confidence

- past experiences!
- affects to motivation, performance
- determines attitudes towards failure and success

## Motivation

- extrinsic: behavior is driven by **external** goals or rewards (e.g.: appreciated by others / financial support)
- intrinsic: internal source, desire- the activity itself enjoyable, rewarding, without the need for external validation

# Performance/achievement motivation

inner drive or desire to perform tasks better, challenges brings joy, energy

(Bányai–Varga, 2013)

## Level of aspiration:

- expectations we have for ourselves to complete a future task
- affects to the performance and lifestyle
- tends to decrease after failure, increases after success

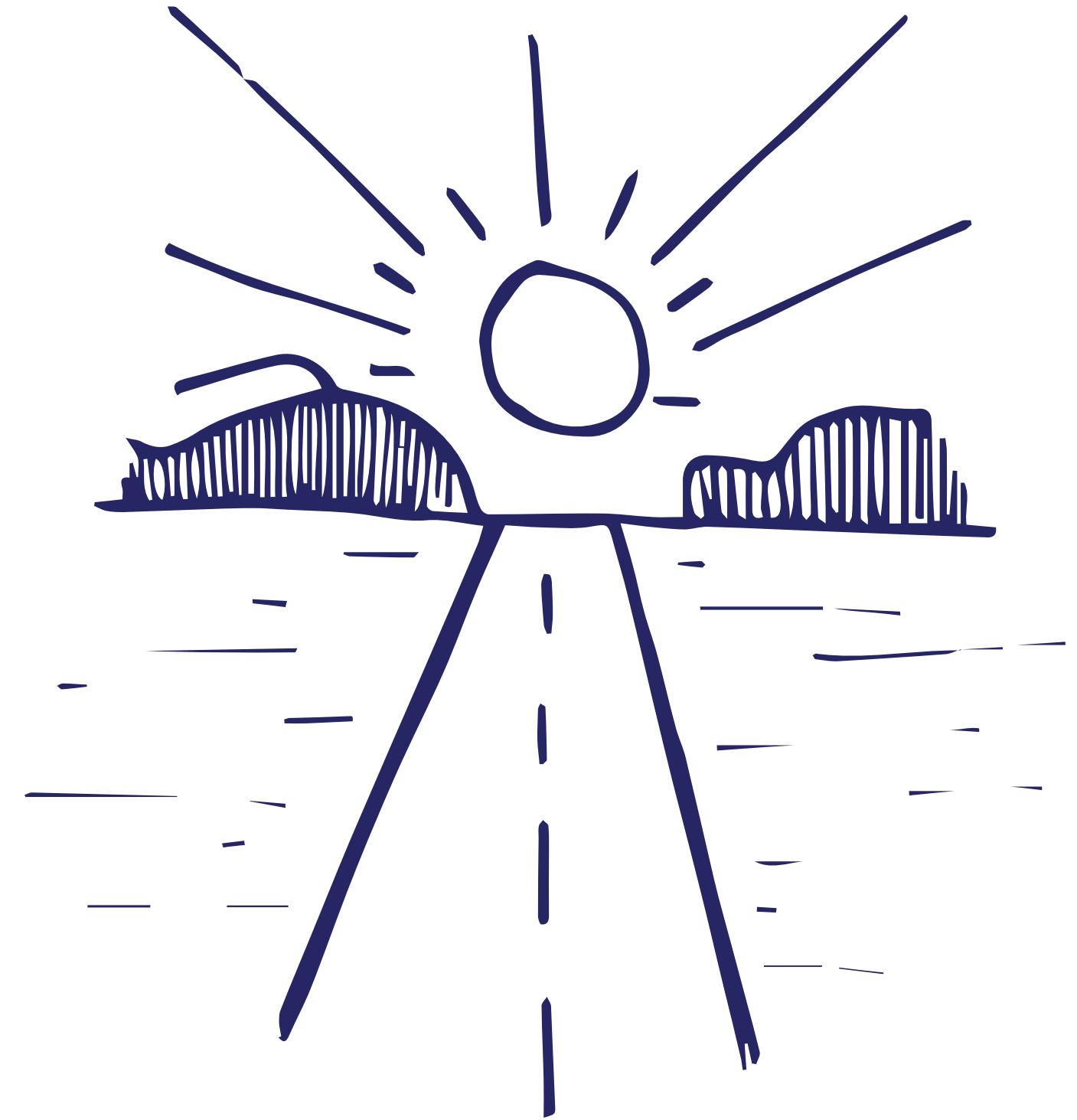
(Lewin 1926)

## Success-oriented and failure-avoidant:

desire for success and fear of failure: past, early experiences are determinative

(Hoppe 1930)

→ optimize training goals, emotional responses to success or failure, and support long-term development







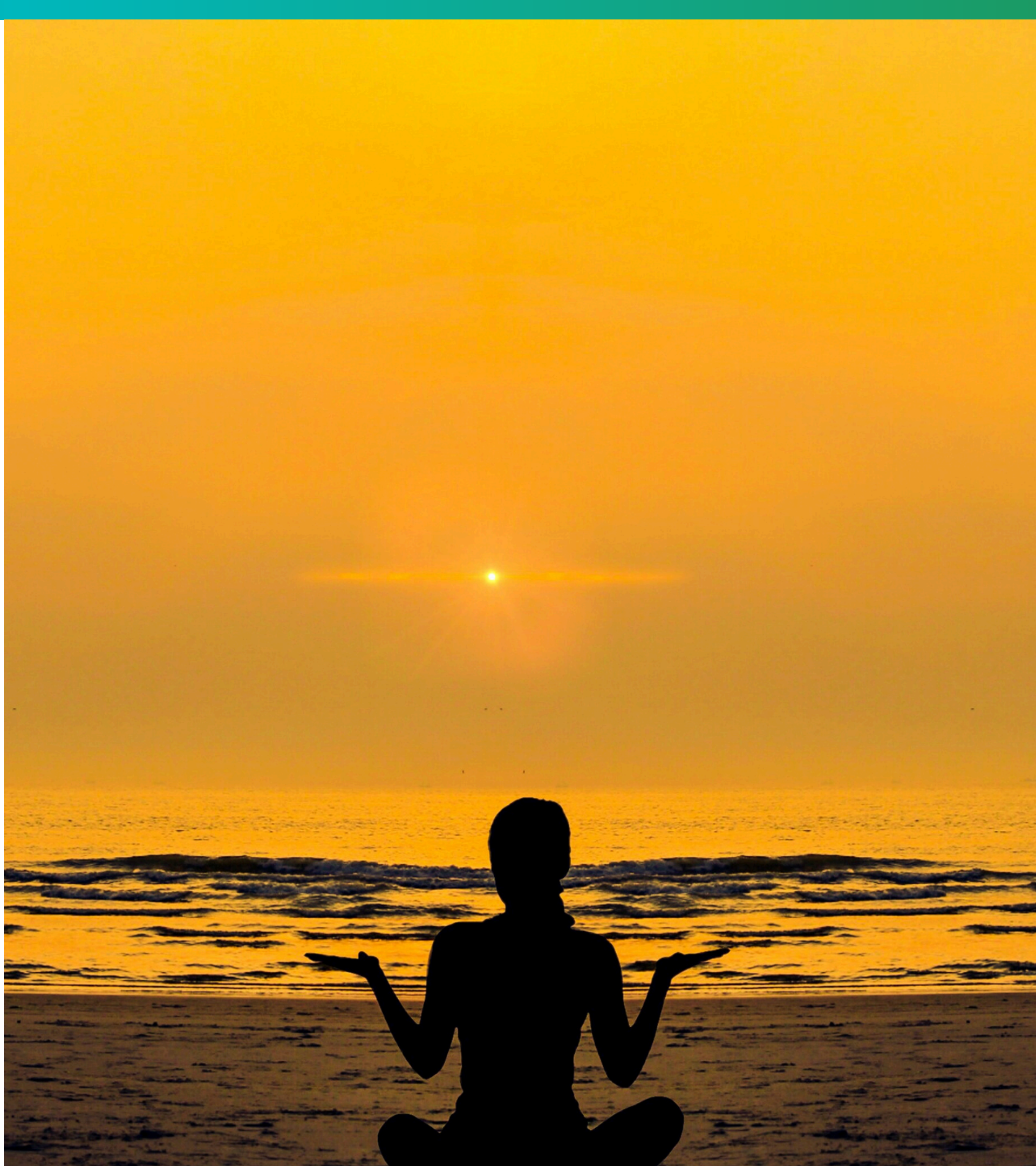
# Children in sports

- participating in sport at an **early age**
- primary motivation: fun, social connection
- positive feedback, realistic goals (appropriate for development)
- **expectations, pressure**– need to perform in multiple areas in their life (school, sport, social life)
- **vulnerability**
- **REST and recovery!**
- increased responsibility of parents, coaches, staff!
- healthy sport environment
- psychological screening



# Applied methods

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







# Thank you for your attention!



PÉCSI TUDOMÁNYEGYETEM  
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Pécs, 2025.March

# Literature

- Bányai É.–Varga K. 2013. Affektív pszichológia. Medicina Könyvkiadó Zrt.
- Csukonyi Cs. (2018). Bevezetés a sportpszichológiába. Megjelent: Münnich Ákos. Fejezetek a Sportpszichodiagnosztika és Tanácsadás témaköreiből. (2018) pp. 1-42. [https://psycho.unideb.hu/sportpszichodiagnosztika/fejezetek/cscs\\_bevezetesasport/\\_book/index.html](https://psycho.unideb.hu/sportpszichodiagnosztika/fejezetek/cscs_bevezetesasport/_book/index.html)
- Hoppe, F. 1930. Erfolg and Misserfolg. Psychologische Forschung 14: 1–62.
- Lewin, K. 1926. Vorsatz, wille und bedürfnis. Psychologische Forschung 7(1): 330–385.
- Nagykáldi Csaba (2002). A sportpszichológia alkalmazási területei hazánkban és külföldön. In Lénárt Ágota (szerk.) Téthelyzetben. Sportpszichológiáról edzőknek és versenyzőknek. Országos Sportegészségügyi Intézet, Budapest. 11-20.
- Shaw, D. F., Gorely, T., Corban, R. M. (2005). Sport and Exercise Psychology. BIOS Scientific Publishers, New York.
- Szekanecz V. A. (2023). A teljesítménymotiváció vizsgálata sportágspecifikus feladatok tükrében. Juvenilia X. Debreceni bölcsész diákkörösök antológiája. 184-201.
- Tóth L. (2010). Lélektani és sportlélektani ismeretek. Jegyzet az OKJ-s sportszakemberképzés számára. Budapest.