



University of Pécs

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Sport psychology II.

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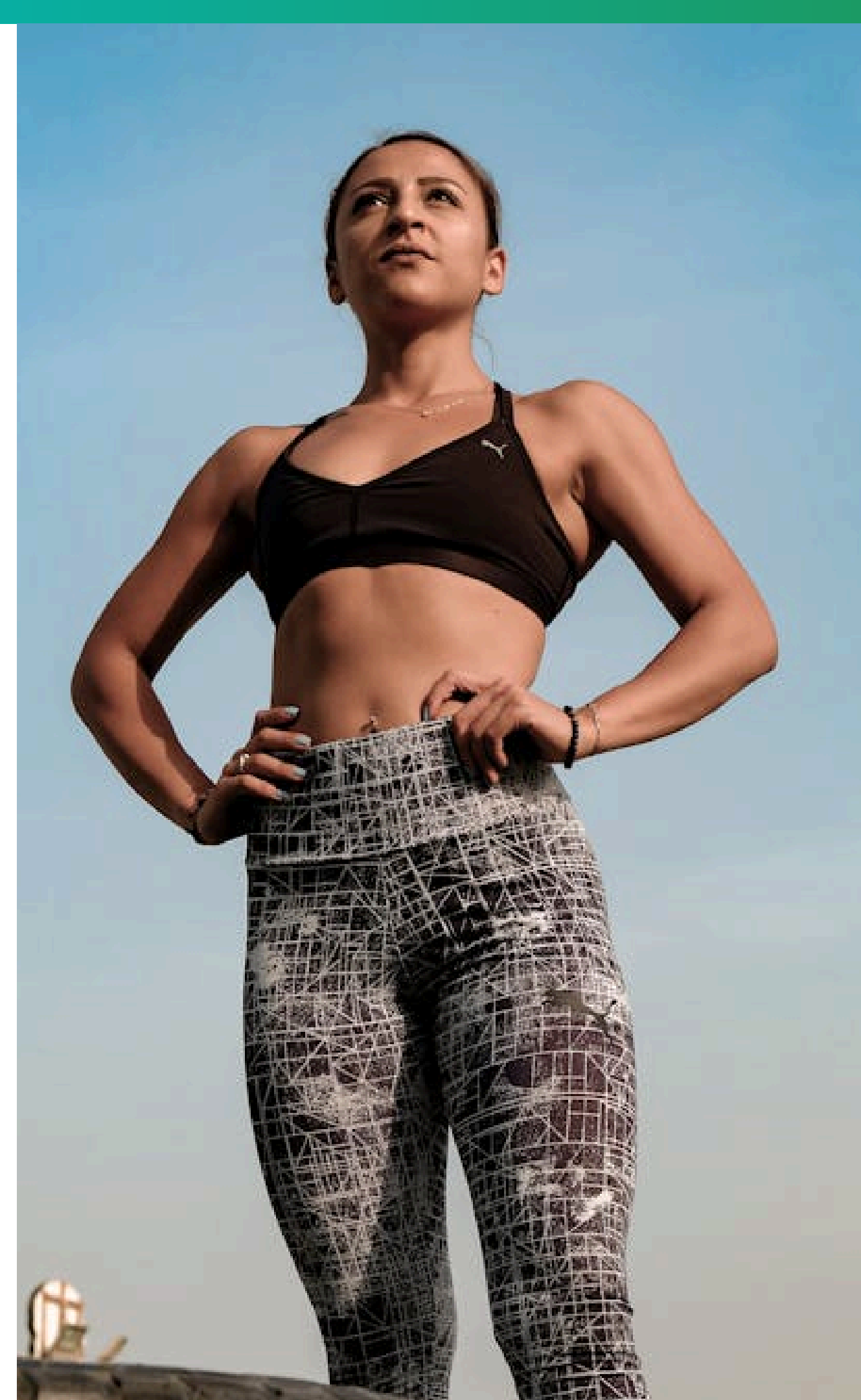


Mental training – Sport Psychology



Mental Training I.

- **aim: optimising performance, enhancing mental readiness – mental training**
- supporting e.g. stress management, maintaining focus and motivation
- mobilisation of internal and external resources



Mental Training II.

- **preparing, preventing, supporting, some form of intervention, not therapy!**
- background: repetition strengthens neural connections
- uses various techniques: relaxation, breathing techniques, journaling





Mental Training III.

focus of “mental training” may include:

- cognitive skills, e.g. attention and focus
- stress management/emotion regulation, emotion awareness
- motivation
- self-confidence
- communication
- learning and perfecting movements



Sport Psychology I.

- sport psychology: potentially longer, more complex process
- not based on quick techniques – exploratory in nature; deeper understanding, self-awareness
- carried out by a sport psychologist
- focus: less on producing quick results → **inner stability and psychological well-being are primary** → performance is a “consequence”

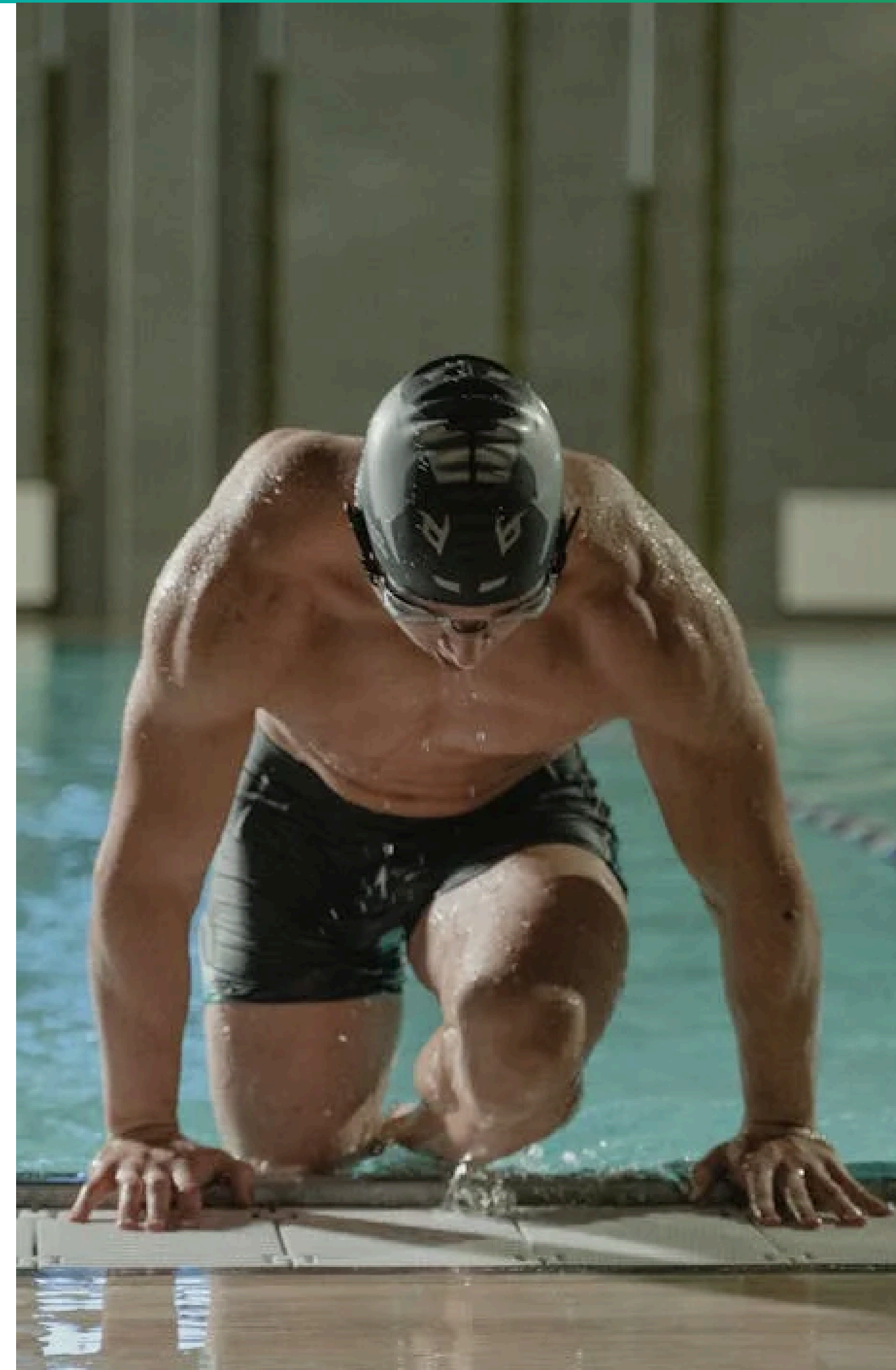
Sport Psychology II.

- 1) Assessment 2) Consultations or referral to a clinical psychologist/psychiatrist 3) Closure
- common issues: concentration difficulty, intrusive thoughts, coordination problems, etc.

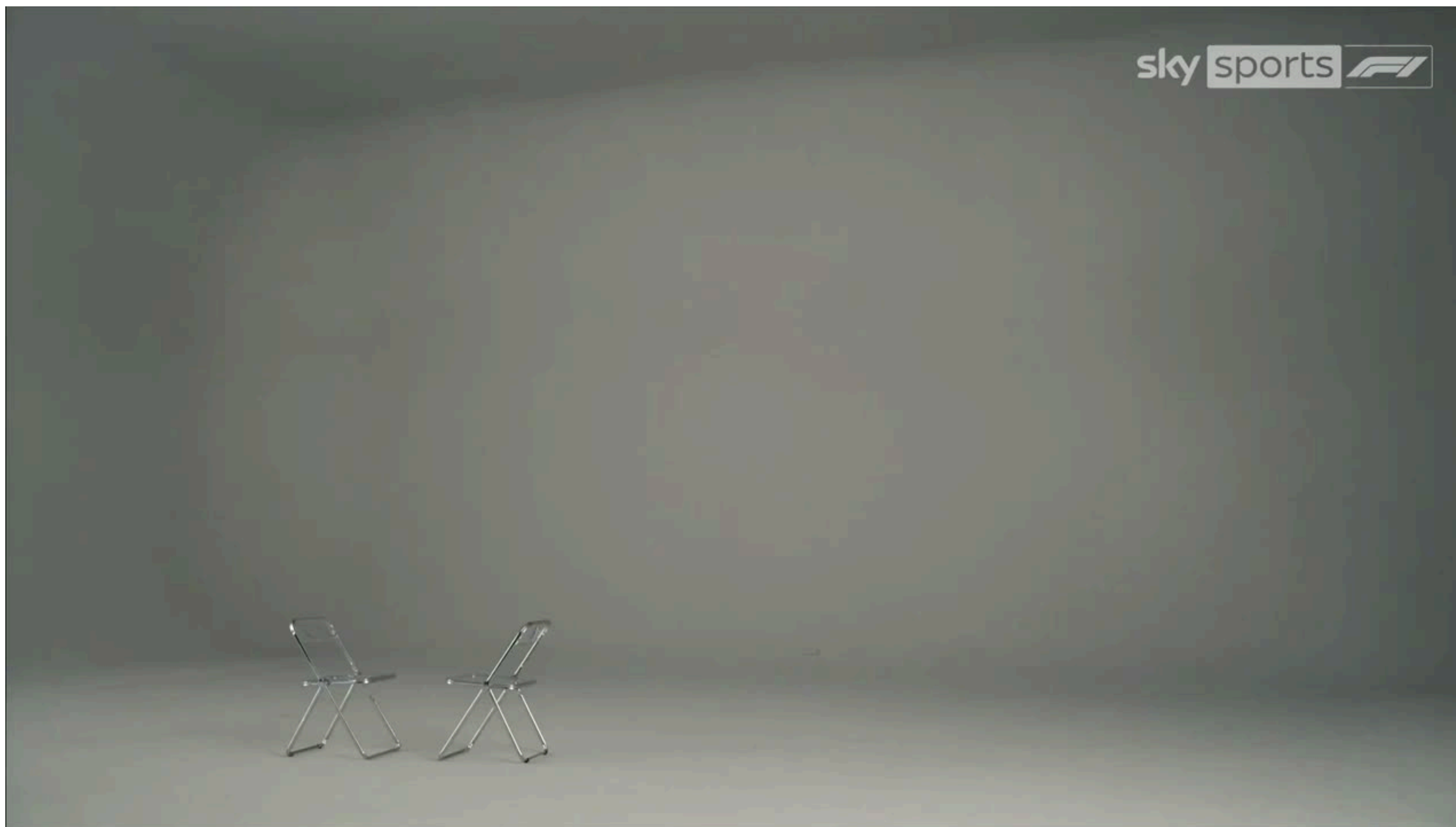
Question: excessive stress – how does a mental trainer vs. a sport psychologist approach it?

mental trainer: develops skills (e.g., pre-competition relaxation, stress-reduction techniques)

sport psychologist: develops skills and explores deeper causes, meanings, and uses self-awareness-based work



Vizualizáció:



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**Motivation–Attention–
Confidence–Arousal and Anxiety**

Motivation

- initiating and sustaining behaviour towards a direction
- influences persistence, attention, activation → performance
- hierarchical structure
- extrinsic: driven by external sources (reward, control, expectations from others)
- intrinsic: internal source, activity itself is rewarding
- Self-Determination Theory (Deci & Ryan): autonomy, competence, relatedness
- motivation lies on a continuum – internalisation of external motivation

Attention/Concentration

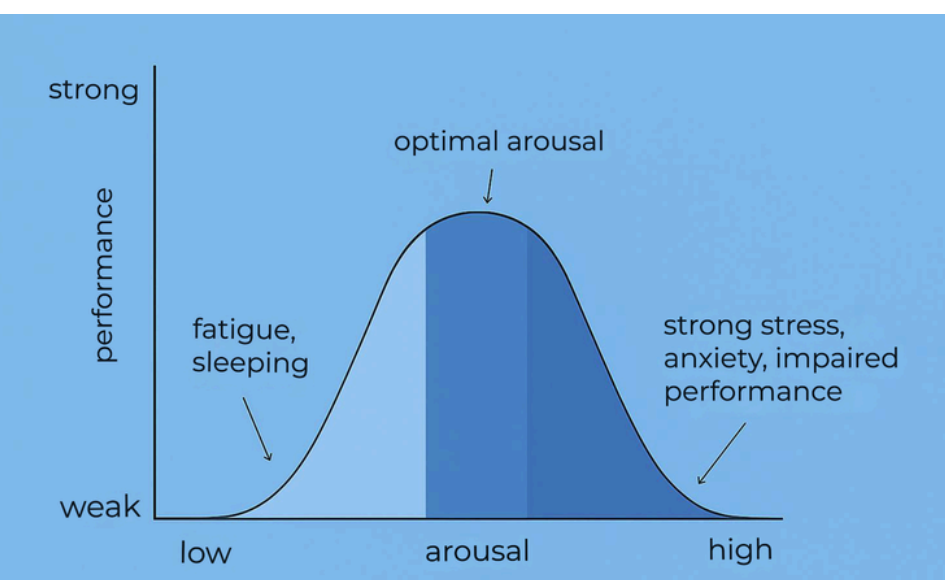
- directing, maintaining and shifting attention
- selecting relevant cues , filtering out distractions
- attention testing methods (e.g. Piéron attention test)
- attentional width: broad / narrow ; direction: internal/ external

Arousal and Anxiety

- physiological activation level (arousal) ≠ anxiety
- “optimal zone” varies individually
- anxiety: negative emotional state triggered by perceived threat
- cognitive (thoughts) and somatic (physical) symptoms
- state vs trait anxiety

Confidence

- belief in oneself and one’s abilities
 - relationship to mistakes and setbacks
 - previous experiences
 - underlying beliefs
- influence on mental state, motivation, performance



Achievement Motivation

- **natural desire to perform tasks better; energising force**
- **level of aspiration: expectation towards ourselves regarding future tasks**
- affects performance capacity and everyday life (Lewin, 1926)
- performance below level of aspiration → perceived as failure; above → success
- motivation increases after success, decreases after failure (Bányai-Varga 2013)
- performance tendency: success-oriented vs. failure-avoiding behaviour (influenced by past experiences) (Hoppe, 1930)

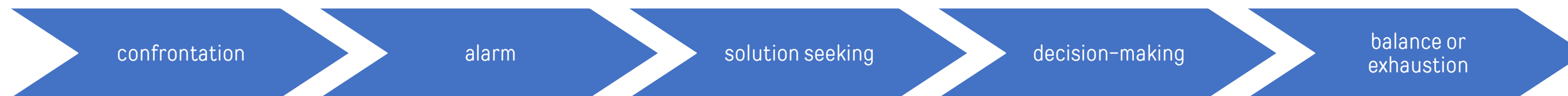


Psychology of Injury



Psychology of Injury I.

- **injury**= accidental/situational crisis (5 stages)- depends: severity of injury, consequences, timing, personality, environment



- **mental aspects** e.g.: stress, anxiety, attention, focus, mood, emotion regulation
- **attributes of injured athlete:** restricted attention (focused on the problem); reduced mental capacity (difficulties with evaluating situations); reduced emotional control & self-regulation (extremes, aggression); change in social relationships (self-centredness, increased need for support); regression (denial, externalising responsibility)
- **psychological consequences:** excessive stress, anxiety, anger, issues related to compliance, depression, concentration problems, exercise addiction

Psychology of Injury II.

- **processing the injury/ rehabilitation/ return to sport**
- for e.g. relaxation, goal-setting (during rehabilitation)
- **early return to sport:** fear → reinjury (often same body part), low confidence, reduced performance and motivation, mood problems/depression
- **goals:** reducing anxiety, stress management, strengthening coping, increasing self-efficacy and confidence, enhancing perceived social support





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**Thank you for your
attention!**

Literature

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