

# Sports psychology

[Psychology](#)



**ASSIGN  
BUSTER**

Bigger Issues When Conducting Research In Sports Psychology al affiliation:  
Sports psychology can be traced back in the late nineteenth century. Sport psychology research involves the psychologists working with sports people such as athletes and interacting with them. Research on sports psychology focuses on various issues. For instance one is the relationship and family issues of those engaged in sports as suggested by Kamen (2001). Here the research focuses on how the sports people relate with their fiancées and other people close in their life. Another bigger issue is their goal setting, here the research entails learning how the sports people are focused in life and what they are set to achieve in life and how this relates with the kind of sports they are engaged in.

Stress management is another are of focus in sports psychology research. Here the research has to establish how the sports player handles their stress so it does not affect their sporting activity. Career planning is another bigger issue where by the sports psychologist researcher focuses on the career interest of sports person and how it is likely to affect their sports. Another issues concerns the players ability to handle pressure either from fellow players, family, leaders or from any other authority and how they it can be handled more effectively. The last but not the least issue in sports psychology is the issue of motivation according to Coakley and Dunning, E. (2000. Motivation is vital in all kinds of sports as it keeps the player going despite the challenges. The research focuses on how the players get motivated and what can motivate them more

References:

Coakley, J. &Dunning, E. (2000). Handbook of sports studies. California: SAGE.

<https://assignbuster.com/sports-psychology-essay-samples/>

Kamen, G. (2001). Foundations of exercise science. Philadelphia: Lippincott Williams & Wilkins.