

## PSYCHOLOGICAL TESTING FOR PERFORMANCE ENHANCEMENT IN SPORTS

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### Abstract

Each activity of human being and therefore sports too is a performance of the personality as a whole with it. Sports is not just a function of organs, moving of muscles but also the psychology control of the activity with the fulfillment of the complex demands of sports by individual he is developing his performance suppositions necessary for that, the same time he is perfecting himself with that. Thus, each sports activity has effects on the individual more or less. Sports Psychology definitely plays an important role in helping competitive athletes to achieve greater success in National and International competitions. In scientific approach and basis of sports psychology an athlete shall have better help to achieve their objective. Sport psychologists present at the Conference meeting were generally skeptical about using psychological tests to identify talented sports persons. Some questioned the assumptions underlying talent – particularly the notion of an innate gift possessed by some and not others. That view tends to understate the roles of the coach and psychologist in developing sports persons skills, and does not sit comfortably with the view that, like other skills, psychological or mental skills must be practised in order to be used effectively. Those using psychological tests to recruit and select new staff for organizations usually do not set out to identify just those who are innately gifted or talented.

**Key words:** Psychological testing, Sports persons, Performance enhancement and Scientific approach.

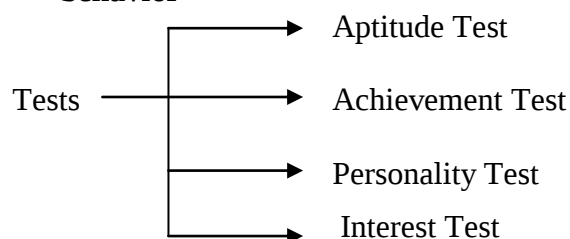
### 1. Introduction

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competitions. In scientific approach and basis of sports psychology an athlete shall have better help to achieve their objective.

Psychological testing is a systematic procedure for comparing the behaviour of two or more persons. It is the sample of individuals behaviour, performance or attitude. These tests are used for guidance and counseling of players for making their careers in sports.

### 2. Classification of tests on the basis of human behavior



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### 2.1. Aptitude Test

Such tests are widely used to measure the latent ability of a candidate to learn new skills. They enabled us to find out whether a candidate would be stable for that job. These tests detect in persons intellectual capacity. Some of them measure simply sensory activity. Psychomotor of skill tests are those tests which measure a person's ability to do a specific job. They are administered of determined mental ability and similar attributes involving muscular movement control and coordination.

### 2.2. Achievement Test

They measure the skill of knowledge which is acquired as a result of training programme and job experience they determined the admission feasibility of a candidate and measure what he is capable of doing. These are the test for measuring job knowledge which may be oral or written.

### 2.3. Personality test

These tests have wider use in sports field because coaches have to realize the importance of emotional characteristics. These tests are of three types:-

- a) Objective Tests: Which measures neurotic tendencies, self sufficiency, dominance and self confidence etc.
- b) Projective Test: In these tests a candidate is asked to project his own interpretation into certain standard situations.
- c) Situation Tests: Which measures player's reactions, when he is placed in a particular situation, his ability to undergo stress and demonstration of insecurity under pressure.

### 2.4. Interest Test

These tests aim to finding out the types of work in which a candidate is interested. They are useful for vocational guidance and are assessed in the form of answers to a well prepared questionnaire.

Though these tests are an extremely sophisticated technique for measuring behavioural characteristics that they have their own limitations, so test should be developed cautiously.

It is better to look upon tests as the good adjuncts of interview and such other device of selection.

To develop a testing program careful planning, analysis and technical knowledge is needed. Thus, sports psychology definitely play an increasingly important role in competition.

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