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performance of players **-esteem and**

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ABSTRACT:

The aim of this study was to investigate whether mental training using visualization and self-talk would have an effect on the performance of low-self-esteem players. Low-self-

outlook, accepting the strengths and weakness, ready to accept the criticism, open for the new thoughts . Above said qualities are quite opposite that situation comes under low self-esteem, this will not only influence the game of the player but also the performance in the tournaments and competitions. That is the reason better self-esteem of players play vital role in the competitions to win over others because it motivates the player to give their best. low self-esteem

believe yourself and your capability in succeeding the other players in the competition. If you have high self-esteem, the positive approach towards the competition, this will help you in competing anybody and every possibility with the skills and technique you have possessed with help of practice with your coach. In sports players need to know the skills to adjust with different environments, different people, cultures, languages and food habits (McArdle S, 2012).

Mental imagery and self-talk strategies are implemented by athletes in order to regulate arousal, reduce maladaptive behaviors, reconstruct negative thoughts, and to increase concentration and focus. DeFrancesco and Burke reported that imagery techniques were found to be the most common strategies employed by both female and male professional tennis players. Lejuene, Decker, and Sanchez studied the training styles of 40 novice table tennis players and found that oneself successfully completing a sports skill in the absence of the actual movement or activity

In addition, Mckenzie and Howe reported that engaging in a 15- week imagery training program improved accuracy scores among dart throwers when compared to participants not exposed to any imagery training. Peluso reported that participants who engaged in relevant imagery practice increased performance on both ~~1.5516~~ tracing and jack catching task when compared to participants in non-relevant, relaxation, and control conditions. It is widely accepted that that imagery is a powerful and important psychological tool in the enhancement of athletic performance (Skinner BF,1971).

NLP sports psychology helps to influence the human mind in such a way that it somehow starts to manage the internal states of the mind. The state of mind of the individual is an essential factor in bringing out his or her best performance. A lot of sports performers spend a lot of their time focusing on improving their fitness and technical ability and often the mental element is neglected, even at world class level. NLP for sports gives a coach the authority to stimulate certain states in the players mind. Invoking of states can help bring out the best in a player (Smith L, 2006). Coaches generally know their players very well and therefore have an idea about what is the best thing to bring out the peak performance in a player. Especially when the player is having the low self-esteem, abilities always plays very low and belief makes them feel they canipetitions.

Visualize you are giving the best performance then all your friends are congratulating you. Enjoy this wonderful situation.

Then slowly open your eyes...

If possible ask the client to write the experience. This was

CONCLUSION

Sports psychologists have long recognized the importance of positive self-talk in helping athletes achieve their potential (see table). Everyone who play competitive sport or who competes at a serious level faces adversity and obstacles to success: physical pain, poor conditions, strong opponents, negative thoughts, fatigue. According to Neuro-Linguistic Programming, this structure can