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## **An Impact of Psychological Clamour on Sports Performance**

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### **Abstract**

A clamour in the audio rational logic is any undesired sound or impulse. Clamour can be physiological or psychological. When a clamour is 'heard' it is physiological, but when one 'listens' to it the clamour becomes psychological. Psychological clamour, an internal clamour is endorsed to those factors that manipulate the mind's aptitude to interpret messages efficiently or accurately. This psychological clamour can also be termed as "psychological clamour". Psychological clamour can have gentle to demoralizing pressure on one's personality. This study aims to pitch brightness on the impact of psychological clamour on a person in the circumstance of sports performance. Possible causes of psychological clamour and some treatment to trounce the same are also considered.

**Keywords:** Psychological Clamour, Inspiration Mapping, Flow, Mindfulness.

### **Introduction**

Psychological clamour is the constant chatter of the mind that never stops. It is the inner conversation or inner monologue that goes on constantly in the mind.

It is possible that you are not always unaware of this mental noise, because it has become a deeply embedded habit, and is considered as a natural and inseparable part of life.

This mental noise is like a background noise that never ceases, from the moment of waking up in the morning, to the moment of falling asleep at night. Often, it even prevents you from falling asleep. It is a sort of inner voice that constantly analyzes everything about your life, circumstances, and the people you meet. It is a voice in the head that just keeps talking and talking.

The mind also repeats the same thoughts over and over again, like in a loop, like a record that got stuck. If these are a positive thought that's fine. However, too often, these are negative thoughts that intensify stress, worry, anger or frustration.

Thinking is a useful activity required for solving problems, analyzing, comparing, studying, planning, etc, but too often, the mind roams where it wills, occupying the attention with trivial matters and unimportant, useless thinking that wastes your time and energy.

The Buddhists call this monkey mind as thoughts swing from branch to branch and refuse to give us a minute of peace. Thoughts appear for a split second, and then they're gone, only to be replaced by another thought which distracts us for a second or two, before it disappears only to be replaced by another thought.

Have you noticed how our thoughts are unruly, unpleasant and chaotic, but how can we control our thoughts? How can we gain a bit of peace and quiet from the respite of endless mental chatter, if only for a few seconds of peace?

### **Precision of Contemplation and Good Judgment Making Development**

There are different procedures that are implicated in good judgment making. Studies have exposed that judgment making is a cognitive procedure resulting in the choice of a appropriate course of action from among some another possibilities. It involves thought which again is necessary for solving trouble, analyzing, comparing, studying, planning, etc. However, on many occasions, the mind roams at will, filling up the much needed concentration with insignificant, unimportant matters and useless thoughts that drains one's time and energy.

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You may be thinking to yourself what is psychological clamour? Well, it is the background noise of the mind. It's the inner monologue (running commentary) that occurs within our minds. Many people are unaware of this mental noise, because it has become a deeply embedded habit and it's considered a natural and inseparable part of our daily life. Psychological clamour or chatter is similar to an inner voice that often scrutinizes and analyses everything in our lives. The inner voice is negative and at times we may feel as though we can't accomplish anything due to the incessant mental chatter. It's a voice that just keeps talking and talking and talking.

The mind tends to repeat the same thoughts over and over again, like a scratched cd – stuck in an infinite loop. Thinking is a very useful activity and it is essential for solving problems in daily life but too often the mind has a will of its own. It occupies our attention with trivial matters and useless things that wastes our time and energy.

Mental noise or chatter prevents us from living the now – the present moment. It distracts us as we seem to either live in the past or the future.

### Identifying Psychological Clamour

- Thoughts that repeat themselves like a tape that keeps playing the same tune.
- Reliving negative past situations or visualizing fears over and over again.
- Dwelling on the past or fearing the future. This prevents us from enjoying the present. The past is gone, and the future is the product of our present thinking and actions. The only time that exists is now, the present moment.
- Compulsive inner monologue that disturbs our peace and makes the mind busy.
- Never being here. Always thinking on something else, instead of what we are doing now. If we always think on something else we never enjoy the moment.
- Constant analysis of our and other people's situations, reactions and behaviour. Analyzing the past, the future, things we need or want to do, our day, yesterday and the distant past.
- Almost all involuntary thinking and daydreaming are some sort of psychological clamour. This is often a constant background noise, which often intrudes into foreground in the middle of everything we do.



### Impact of Psychological Clamour on Sports Performance

Sport Psychology is a field of research taken so seriously that most elite level sport teams have an entire staff dedicated to the mental wellbeing of their players. The pressure to constantly perform at an elite level for many High School and College prospects can cause stress and anxiety amongst these players who for the most part are mentally still teenagers, though their physical presence would make most think otherwise.

Though the disparity between physical and mental development may be evident to those trained on the subject, many coaches will dismiss importance of mental exercise. There is no question that psychology plays a crucial role in sports performance. How many basketball or football games have you seen where the pressure of a clutch situation causes a player to make a poor decision and make you say to yourself "What on earth was that guy thinking?" Players from recreation leagues to the professionals will often make choices under pressure that they wouldn't normally make under relaxed circumstances. Arguably one of the most critical catalysts for creating this mental anxiety amongst players is the influence of crowd noise. There are a number of reasons why dealing with a noisy crowd has proven to be a difficult task in which a number of issues arise for both coaches and players alike.

Your brain is made up of billions of brain cells called neurons, and your neurons (just like the rest of your body) use electricity to communicate with each other. As you can probably imagine, these millions of neurons sending signals all at once produces an enormous amount of electrical activity in your brain, and this can actually be detected using medical equipment like an electroencephalography (EEG), which measuring electricity levels over areas of your scalp.

When you graph the electrical activity of your brain using EEG, you generate what is called a brainwave pattern, which is called a "wave" pattern because of its cyclic, wave-like nature. And the brainwave patterns are generally categorized like this:

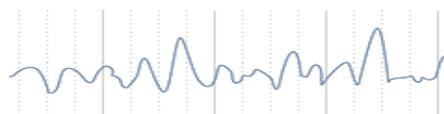
### Four Categories of Brain Wave Patterns



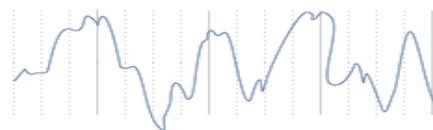
**Beta (14-30 Hz)**  
Concentration, arousal, alertness, cognition  
Higher levels associated with anxiety, disease, feelings of sporation, fight or flight



**Alpha (8-13.9 Hz)**  
Relaxation, superlearning, relaxed focus, light trance, increased serotonin production  
Pre-sleep, pre-waking drowsiness, mediation, beginning of access to unconscious mind



**Theta (4-7.9 Hz)**  
Dreaming sleep (REM sleep)  
Increased production of catecholamines (vital for learning and memory), increased creativity  
Integrative, emotional experiences, potential change in behavior, increased retention of learned material  
Hypnagogic imagery, trance, deep mediation, access to unconscious mind



**Delta (.1-3.9 Hz)**  
Dreamless sleep  
Human growth hormone released  
Deep, trance-like, non-physical state, loss of body awareness  
Access to unconscious and "collective unconscious" mind, greatest "push" to brain when induced with Holosync®

Most of us live the majority of our lives in a state of primarily beta brain waves aroused, alert, concentrated, but also somewhat stressed.

When we lower the brain wave frequency to alpha, we can put ourselves in an ideal condition to learn new information, perform more elaborate tasks, learn languages, analyze complex situations and even be in what sports psychologists call "The Zone", which is a state of improved focus and performance in athletic competitions or exercise. Part of this is because being the slightly decreased electrical activity in the brain can lead to significant increases in feel-good brain chemicals like endorphins, nor epinephrine and dopamine.

So, for example, when you meditate, you are focusing on something, whether it's a candle flame or your breath going in or out, or a mantra or a prayer. When you focus like that, the electrical patterns in your brain slow down and relax, and the amplitude of your brain-waves generally stabilizes in the alpha wave range.

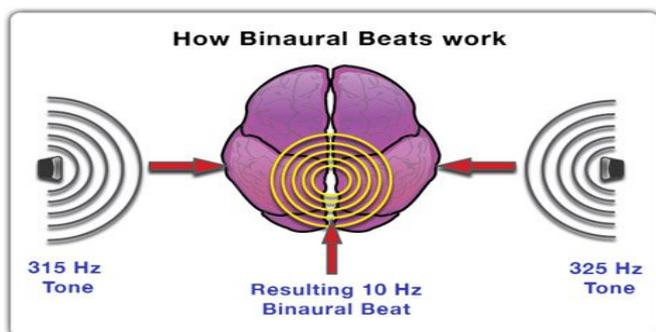
But it turns out that you don't need to be a trained monk or meditate for weeks on end to be able to achieve this state of alpha brain wave relaxation.

### Brainwave Entrainment

Brainwave entrainment is any method that causes your brainwave frequencies to fall into step with a specific frequency. It's based on the concept that the human brain has a tendency to change its dominant EEG frequency towards the frequency of a dominant external stimulus (such as music, or sound).

The type of sound frequencies that are typically used in brainwave entrainment are called "binaural" beats. The way that these work is that two tones close in frequency generate a beat frequency at the difference of the frequencies.

I know this sounds complicated, but it's pretty simple to understand when you think about it. For example, a 495 Hz audio tone and 505 Hz audio tone (whether overlaid in music or in a sound frequency) will produce a 10 Hz beat, roughly in the middle of the alpha brain wave range, like this:



OK, so now we get to the cool, practical application of using sound and music to enhance your brain and change your brain wave frequencies.

### Stop Psychological Clamour

You will find you are thinking on stopping your thinking, which means that you are still thinking. After a few seconds you will probably forget that your objective was to watch your thoughts, and your mind will continue its incessant mental activity. These shows how restless the mind is, and how it lacks discipline

Sometimes, on rare occasions, you might experience a brief period of inner peace, without mental noise. This happens involuntarily, when your attention is completely absorbed in

some interesting activity or when watching a beautiful and inspiring landscape or picture. At these times you get a short glimpse of inner peace.

Shutting down the mental noise voluntarily, when you wish to do so, is not achieved by reading books. This ability develops gradually, and over a long period of training the mind through concentration exercises and meditation.

Speaking of concentration, people often say that they meditate, but yet, cannot calm down their mind. If the concentration power is weak, and the mind easily wanders from one thought to another, how can one meditate? Sitting down to meditate, but letting the mind run where it wills, thinking and visualizing all kinds of things, is not meditation. This is why it is so important to develop at least some degree of concentration ability, before starting to meditate.

After your power of concentration gets stronger, you will be able to meditate without words, mental images or thoughts. Then, the inner peace would gradually increase and deepen, first, while meditating, and then in your daily life, while working, reading, talking, etc.

In time, there would be less and less mental noise, until it stops.

This condition will not make you unable to think. On the contrary, when you need to think, you will be able think very clearly. Your mind will become more alert, focused and powerful. You will be able to switch your thinking on and off at will.

Most people, when thinking about a certain matter, seem unable to let go after reaching a conclusion or finding a solution. The mind seems to go on thinking on the same subject over and over again. It is like a broken record that keeps repeating the same tune. This is why it is important to learn to stop your thinking, when there is no need to think.

Shutting down the mental noise means inner peace. These results in saving a lot of mental energy and time wasted on thinking on matters that do not add anything to your life.

### Conclusion

Psychological clamour is a infrequently unspoken obstacle to accomplishment in sports and other fields. Haunting thoughts of the past and agonize about the future leaves the athlete incapable to focus on the present. By suitable psychological training either by self or with the help of a sports psychologist, the athlete can try to conquer this problem.

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