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Sumit Rathee
 Student, Department of
 Physical Education, CRSU,
 Jind, Haryana, India

Praveen
 Lecturer, Department of
 Physical Education, SBV,
 Narela, New Delhi, India

Impact of mental disorders on sports performance

Sumit Rathee and Praveen

Abstract

The sound or impulse in a mental disorder may be called a rational argument. Mental disorders can be psychological or physical as well. Hearing the 'noise' is a physical mental disorder, but for the one who 'hears' it becomes a psychological mental disorder. When messages are coming to a person's brain and the brain is unable to interpret those messages efficiently or correctly, that disorder can be called a "mental disorder". Mental disorder is the pressure that can demoralize a person. The purpose of this study is to throw light on the effect of mental disorders on the sports performance of sportsperson. In this study, what are the possible causes of mental disorders and what can be the remedies to remove them have also been discussed.

Keywords: Mental disorders, mindfulness, schizophrenia, flow, bipolar disorder, inspiration mapping

Introduction

Constant turmoil in the mind that never stops is a mental disorder. It is the internal chatter or chatter that goes on continuously in the mind. It may also happen that you are not always unaware of this sound of the mind, because this habit is inherent in us, and is considered a natural and inseparable part of our life. This mental sound is the sound or noise that never stops, from the time of getting up in the morning till the time of sleeping at night, these mental sounds go on. Sometimes a person has to face a lot of trouble even in sleeping due to mental disorder. It is a mental disorder that constantly analyzes everything about a person's life, circumstances and the people with whom the person interacts. It is that noise in the human head like the continuous sound of the horn on the road. The human mind also goes on repeating the same thoughts continuously, as if something is stuck in itself. If the thoughts are positive then everything is fine. But if these are negative thoughts, they intensify stress, anxiety, anger or frustration. Right thinking of the individual is a useful activity required for solving problems, studying, comparing, analyzing, planning etc. But very often due to the increase of mental disorders the mind wanders here and there and with trivial matters and unimportant useless thinking again and again the person keeps on wasting his time and energy. Due to which the sports performance of the player is badly affected. The monkey mind is said by Buddhists because thoughts swing from one branch to another and refuse to give us a minute's rest. Momentary bad and good thoughts can have a good or bad effect on sports performance. Have you ever thought about why our thoughts are uncontrolled and how we can control our thoughts? How can we find peace in spite of inner mental conflict, that too for just a few seconds of peace? Positive thinking and the ability to take the right decision at the right time are what lies in making good decisions. Studies have shown that taking the right decision at the right time is a cognitive process that results in choosing the appropriate course of action among a few other possibilities. Positive thinking which is again necessary for problem solving, studying, analyzing, comparing, planning etc. But whenever the mind deviates from its will, it wastes its concentration, time and energy.

What is mental disorder? As mentioned above, it is the inherent sound of the mind. More than 90% of people are unaware of this mental disorder, as it has become a habit and is considered an inseparable part of daily life. Mental disorder or mental conflict is similar to an inner voice that often analyzes everything in our lives. Internal disorder is positive and negative. Various types of Mental Disorders:-

- Anxiety Disorders
- Depression
- Bipolar Disorder

Corresponding Author:
Sumit Rathee
 Student, Department of
 Physical Education, CRSU,
 Jind, Haryana, India

- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Eating Disorders
- Disruptive behavior and dissocial disorder
- Neurodevelopmental disorders.

Identifying Mental Disorders

Thoughts that repeat themselves in the mind that continually produce the same sound

- Bringing negative thoughts to mind more often than positive thoughts. Worrying about the future, which prevents us from enjoying the present. So we should live life in present.
- The internal conversations of the mind that disturb the peace of mind and unbalance the mind.
- Due to the lack of concentration of the mind, a person thinks something and does something, by doing this a person cannot enjoy that moment.
- Continually analyzing the situations, reactions and behavior of all the people i.e. excessive thinking leads to instability of mind or mental state. Thus all involuntary thinking and daydreaming are mental disorders of some sort or the other.



Effects of mental disorders on sports performance Sports psychology research is a serious area to be able to understand the mental states of players and their well-being. For many high school and college prospects, the pressure to perform consistently at an elite level can create stress and anxiety in these players, who for the most part are still in their teens mentally. Although trained people can explain the disparity between physical and mental development, many trainers will dismiss the importance of mental exercise. It must be acknowledged that psychology plays an important role in sports performance. Whether it's a team sport basketball, hockey, handball or football the pressure of a clutch position causes a player to make a bad decision and you have to ask yourself "what was that player thinking?" From any entertainment league to professional player often take decisions under pressure and they are wrong, if take right decision at right time mental disorder does not happen. There are a number of reasons why a concussion causes a number of issues for both coaches and players alike. The human brain is made up of billions of neurons, and neurons (like the rest of the human body) act like electricity to communicate with each other. As you can probably imagine, these millions of neurons sending signals together create an enormous amount of electrical activity in the human brain, and this can actually be detected using a medical device such as an electroencephalography (EEG), which is a test of the human brain. Measures the level of electricity in organs. Effects of mental disorders on sports performance Sports psychology research is a serious area to be able to understand the mental states of players and their well-being.

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Stop Mental Disorders

You will find that whenever a human thinks of stopping his thinking, it means that in this state the human is thinking. When we do this, after a few seconds we may forget that our intention was to observe our thoughts, and to continue the activity of our mind. Now we know how restless we are mentally and we also lack discipline. Sometimes on rare occasions, we experience short periods of inner peace that occur involuntarily, without mental sound. And that happens when our attention is fully absorbed in some interesting activity or when we see a beautiful and captivating picture. At such times we get a small glimpse of inner satisfaction. If mental noise is to be turned off voluntarily, we have to develop this ability gradually and practice concentration and meditation for long periods of time. As far as we talk about concentration, we meditate, but still we are not able to calm the mind. If our concentration power is weak then the mind is easily wandering from one thought to another, then how can we say that it is meditation? Meditation means sitting down and sitting quietly but mind is somewhere else which we let go anywhere, thinking and imagining any kind of things is not meditation, it is mental disorder which hinders sportsman's performance. That's why in order to increase sports performance, different types of irregular thoughts, inspirations have to be avoided in the mind. For which meditation is a perfect weapon. Whenever our power of concentration becomes strong we will be able to meditate without words, mental images or thoughts. Then our inner peace will gradually increase, so that first in our daily life, while working, reading, talking, the mental noise will decrease until it stops completely. This position makes us more alert, focused and powerful in thinking clearly. So that we will be able to think as per our wish.

Conclusion

Mental disorders are a major hindrance to sports performance of sportspersons. Athletes are unable to focus on their present when they think about their past and worry about their future. This problem can be overcome by

appropriate psychological training, concentration and attention and with the help of a sports psychologist or by the athlete himself.

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