

Role of Psychological factors in Cricket Player's performance

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Abstract

Cricket is a popular game worldwide, and selecting in National Team with consistent performance is achieved by their skill and Techniques only. Still, Psychological aspects also play an essential role in a Cricketer's Life and Sports performance. Physical Fitness is not the only sole factor that is significant for cricketers. Apart from that, Psychological Factors played also an essential role in their performance, such as motivation, willingness, competitiveness, Aggression, intelligence, etc. Since the Last 2/3 decade, the introduction of the Indian Premier League has brought some positive changes in Indian Cricket. Indian Premier League worked as a driving force which motivated play positively. This paper aims to establish the link between Psychological Aspects with Player performance with the help of pre and Post IPL scenarios.

Key Words: Indian Premier League, Imperial Cricket Conference, Irani Cup, Deodhar Trophy, Vijay Hazare Trophy, Willingness, Self Confidence, Motivation. Introduction

The game of cricket has a long history starting in the late sixteenth century. Having begun in southeast England, it turned into the country's public game in the eighteenth century and has grown internationally in the nineteenth and twentieth century. International matches have been played since 1844, and Test cricket started, reflectively perceived, in 1877. Cricket is the world's second most mainstream observer sport after soccer. After establishing the Imperial Cricket Conference, there were only 3 nations part of it, and many countries joined after World War II, and subsequently, this game will be popular. It is a team game where both teams have eleven players. All sports lovers very well know the procedure of the game.

It was recognized as a game of skill and talent in the early days. Players who have good skills and the ability to perform well are selected after a very complex procedure of various competitions. This is a very long process, and many players are not getting enough scope to present their talent and ability in this long, complex process. In

India, a player's journey starts with an Inter-University level national-level tournament such as Ranji Trophy, Irani Cup, Deodhar Trophy, or Vijay Hazare Trophy. Afterwards, they have some chances to be selected to play National Level Matches.

But in recent days, this complex journey will become more accessible with some organizational changes. Now a day's, IPL emerged as a solid platform where players get a chance to play with National and International Level Players. In this process, their morale boosts, and their talent helped them select the national team. (Austin, 2008). In this process, players are motivated because they got one international platform for proofing them.

Key Points:

(i) Psychological Factors such as Motivation, Willingness, Self Confidence are very important in Cricket.

(ii) Not only skills, but cricketers also need a positive attitude to improve their game.

Literature Review

Figure No.1 was prepared through the VOS Viewer tool, and for organising it, the researcher used Elsevier open access journal database. This figure presented several research papers and worked already done by many scholars. Significant works are related to the issues of sports, Physical Activity, Quality of Life, Anxiety, depression, Covid-19, Mental Health, and many more Psychological Factors related works are also visible in many places, but when it's about performance-related work, it is significantly less compared to other. Therefore, the researcher tries to address this issue and emphasis the present link between psychological factors' impact and the sports performance of a player.

Psychological Factors' Importance

Psychological factors are essential in Sports because psychologically strong players can play better performance. It involves studying how psychological factors affect performance and how participation in sports and exercise affect psychological and physical characteristics. In addition to the instruction and training of psychological skills to improve performance, psychology is the science of sports that seeks to understand the psychological and mental factors that affect performance in sports, physical activity, and exercise and apply them to improve the performance of individual and team.

Sports psychology is an essential aspect of all games; it is mainly divided into two types, one which deals with skills and the other one deals with their performance in-game. Both are interconnected because if one person is mentally strong and has a positive attitude, they can perform well compared to the other (Graham, 1992). In psychological factors, motivation, aggressiveness, willpower, and competitiveness are the most important which push players towards good

performance.

Players for good games generally inspire mental skills. (Ahadi, 2011) In recent games, where the team is in a critical situation, players are trying to win the game, which is possible only by their mental attitude. For example, in India vs Sri Lanka, Hobart-2012 match, when India lost an early wicket, Virat Kohli hit 133* just at 86 balls and ousted the Sri Lankan team from the game. (Sports Adda, 2020) This is not only one example. There are too many examples of players playing too well than their ability and expectation, which only happens with a positive mindset.

Discussion:

In this paper, I am trying to mention how psychological aspects are essential in cricket. There is too much literature that stresses the importance of psychological factors in sports. In this article, I am intended to establish the relationship between psychological aspects and cricket performance with some recent examples.

In the recent decade, the Indian Cricket Board has been organizing the Indian Premier League, which provides a platform for developing a national tournament where State & National level players get a chance to play. In due course of the period, they got psychological support because they got here motivation to develop themselves, they can fulfill their dream to play with the national team, which can be fulfilled by their excellent performance and with playing with great players they get self-confidence and influence from positive attitude of their teammates. (The Hindu, 2020) Psychological Factors such as Motivation, Willingness, and self-confidence are vital aspects, but the new institutionalization structure provides them with a platform. Therefore, India can produce many good players.

Table No.1: Recently Debut Player (who pick from IPL)

Sl.No.	Name	Debut
1	Mohammed Siraj	2019
2	Vijay Shankar	2019
3	Shubman Gill	2019
4	Shivam Dube	2019
5	Navdeep Saini	2019
6	T. Natarajan	2020
7	Krunal Pandya	2021
8	Prasidh Krishna	2021
9	Harshal Patel	2021
10	Ruturaj Gaikwad	2021
11	Devdutt Padikkal	2021
12	Surya Kumar Yadav	2021

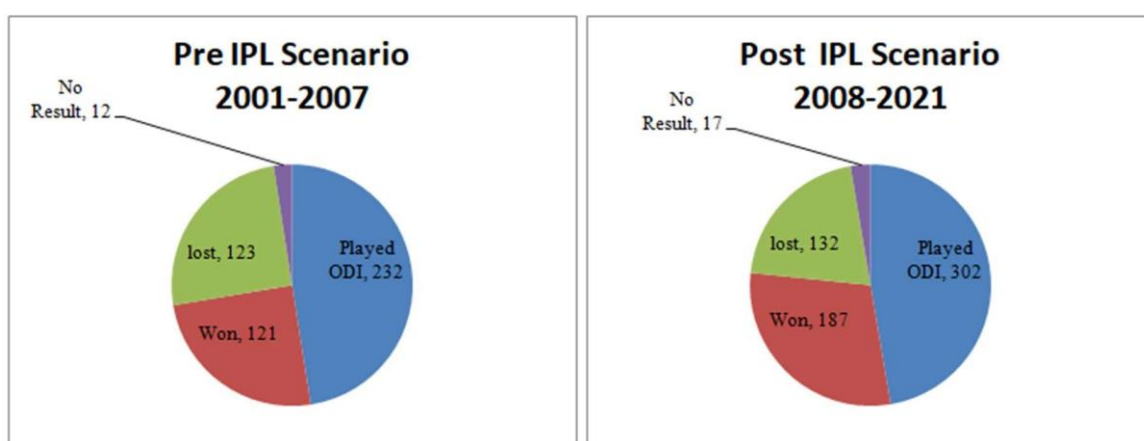
Source: Internet

This table presents a few names who debuted in the Indian National team from the IPL game; in this process, players are motivated because they also can be selected for the Indian National Team. It

inspires all players to perform well. In an interview with the coach of Punjab Kings, Jonty Rhodes stated that IPL provides emotional support to players. (The Hindu, 2020).

Impact of IPL on Indian Team

Figure No.2: Indian Team ODI Match Statistics (2001-2021)



Source: Howstat.com

This table presented a view that before the IPL, Indian National Teams' winning percentage was around 51% of their total matches when the post IPL scenario was improved from earlier. It was likely to 2/3rd

or around 62% winning percentage, which is pretty good. This performance not only the Indian team achieved by their skills but also their Good Coaching, Mentor, Improved psychological aspects, aggressiveness among

players and winning attitude helped them reach this stage.

Cricketers and coaches can use sports psychology to work on psychological abilities to regulate negative emotions and improve performance. These abilities enable players to concentrate on their game in a good way & players who focus on/her game properly can perform well for their team (Solomon & Kausar, 2017). The IPL motivated players at a different level, which is why the winning percentage is different in the post- IPL and pre- IPL scenarios.

Conclusion

This paper argued that psychological

aspects are important factors, as I discussed above. In recent days players motivated to perform well are the main reason to develop themselves. All players have good skills and techniques, but earlier lack of placement and motivating factors are responsible for not producing a good number of players. But in recent days, players are highly inspired by various tournaments, which will improve competitiveness and positive attitude among them. The Government and Cricket Board need to take the necessary steps to strengthen psychological factors among cricket players for their better future and performance.

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