WHY THE PSYCHOLOGIST IS NOT RELEVANT IN SPORTS?
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Many couches and sportsmen speak about the utility and the necessity of attracting the sports psychologists to render psychological assistance to the sportsmen. At the same time the sport practice shows that the psychologist is rarely used in the preparation of the sportsmen. Perhaps, there are serious reasons of why the psychologist is not sufficiently relevant in sports. One of the reasons of such situation is that a certain part of couches lacks professionalism and general culture. They just do not understand the importance of scientifically grounded psychological work because they think that it is done well by themselves; and they accuse the sportsmen in the failures during the competition because the latter had not managed to show their volitional qualities. But there is enough couches who would cooperate with the psychologist but on some reason such cooperation seldom sets in. The fact is that quite often the role of a sports psychologist is performed by people who hardly know the sports psychology and especially the competitive activity though they may have the speciality of a psychologist or a psychotherapist. It decreases the efficacy and the utility of such psychological work. When couches and sportsmen deal with such a psychologist it harms not only the specialist himself but above all it harms the sports psychology in the couches’ opinion. After such work hardly will the couches and the sportsmen want to deal with sports psychologists again. The next reason is that the couches are not always ready to work together with the psychologist. Such work requires the couch to know and understand the psychological patterns of the training and competitive activity, and they usually do not.

The third reason is that the effective psychological work can take place only if the couch is actively engaged in this work. It becomes particularly effective if it is included in the procedure of the training work. At the same time quite often the psychologist does not receive any support from direction of the couch. But there are also a few claims to the psychologists themselves. The couch wants to get specific results of the psychologist’s work and quite often the time is limited. At the same time the psychologist quite often proposes to the couch a long-standing process of the psychological work with the results that are obscure to the couch. The weak point of the sports psychology is the absence or lack of the technologies of solving the specific psychological tasks (forming the sports character, the psychological stability, the mental reliability). The above-mentioned facts explain why the psychologist is not sufficiently relevant in sports. The knowledge of these reasons may help the psychologist to take them into consideration in his/her work, which, undoubtedly, will increase the interest and the motivation of couches to the psychologist’s work.