

Research Paper

Sports Psychology: Exploring the Origins, Development, and Increasing Demands in Sports and Exercise Sciences

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ABSTRACT

Today, psychology is widely recognised as a crucial element of gaining an advantage in sports. Sports psychology now offers a considerable competitive advantage. Furthermore, it offers insights into how to effectively function in aspects of our lives outside of athletics while nevertheless being vital for elite athletes to sustain high performance. The outcome Sport psychology aims to comprehend people's behaviour, mental processes, and welfare in sports environments while embracing psychological theory and practises. The responsibilities of sports psychologists and new advancements in psychology in the field of sports and exercise sciences remain the primary issues of current expert discussions, despite the reality that sports psychology has recently been the subject of productive study and practical application. The goals of the study were met by the researcher in the current article through examination of articles published in specialised scientific journals, as well as research into official documents and informational sources from professional associations of sports psychologists. Physical and psychological qualities are both important for sports performance. The essay offers a theoretical examination of the tactical and conceptual advancements made in the psychology of sports and exercise around the world in order to look into the recent and prospective trends in this field.

Keywords: Sports Psychology, High Performance, Psychological Skills, Growing Demands

“Sports are played by the body and won in the mind” -Aidan Moran (2012)

The topic of athletic achievement is controversial. While some people believe that success in athletics mostly rests on physical prowess, others think that there are other crucial elements. It is common knowledge that having certain physical skills is one

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need for success in sports (**Gucciardi,2016**). Psychological aptitudes and talents are another component that defines excellent performance in sports. The ability to think rationally is regarded as being crucial for goal-setting and achievement in sports. Furthermore, one of the key elements is psychological aptitude. This skill involves being able to analyse how competitors behave in sporting events. Athletes, for instance, must develop mental toughness to handle opponent pressure (**Singh, 2022**)

Therefore, in order to succeed in sports, Physical and psychological qualities are crucial. Athletes who succeed are not superhuman. They merely have and apply reliable skill sets that produce favourable outcomes. They have faith in their capacity for self-improvement. They make sensible goals, surround themselves with the appropriate people, and persevere in the face of adversity. (**Singh,2022; Clark, 2016**).

As a result, in order to be a great athlete, talent and psychological qualities are integral. Sports stars aren't superhuman. They merely have skill sets that are consistently used and provide favourable results. They have confidence in their capacity for further development. They choose the appropriate friends and allies, set reasonable goals, and persevere in the face of adversity. Although physical attributes like power and endurance are important in determining a sport's success, most players need to put in psychological work in order to excel above average athletes (**Nitsch,2016**).

Sport psychology is an interdisciplinary field of study that facilitates concepts from the psychology body of knowledge. "Sport psychology" focuses on comprehending a person's performance, thought processes, and overall wellbeing in a sporting environment while utilising psychological theory and techniques. Within psychology, the study of how psychology positively affects athletic performance, training, and physical exercise falls under the umbrella of sports psychology, a relatively recent discipline of psychology. Sports psychologists collaborate with coaches and professional athletes to boost motivation and performance. Other professionals use physical activity and sports to improve people's lives and well-being over the course of their entire lives (**Meijin,2019**).

History

This connection to the research world might be seen as one of the primary causes of the extremely early initiatives aimed at improving the effectiveness of athlete training. American social psychologist Norman Triplett's 1898 study at the University of Indiana is regarded as the beginning of modern sports psychology research (Nitsch, 1989). Cycling experts Norman Triplett discovered that group rides were more efficient than solo rides. He explained the social facilitation effect in a paper that he published in 1898. Numerous social psychology literary texts have since repeated Gordon Allport's (1954) original claim that Triplett's (1898) study was the pioneering social psychological experiment. They frequently add that it was the first investigation to demonstrate social facilitation (**Stroebe, 2012**).

The field of applied sports psychology emerged in the early 20th century. Scientists became interested in how athletes like Babe Ruth achieved such outstanding results. The psychological testing of Babe Ruth did not lead to the use of such tests as selection instruments in baseball's scouting system. But the tests at Columbia University that blended sport and psychology in 1921 were part of a long history of investigations of athletic skills that predated the rise of sport psychology in the 1960s, a psychological specialty that enjoys considerable success today (**Green & Benjamin, 2009; LeUnes, 2009**). Their studies

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rapidly expanded from physical skill to the ways cognitive skills like memory, perception, attention, and focus affected athletic performance (**Fullerton, 1921; Miller, 2009**).

Coleman Griffith, a professor at the University of California who wrote books on sports psychology like "Psychology of Coaching" (1926) and "Psychology of Athletics," is actually thought to be the most recognisable person in American sports psychology (1928). Griffith was among the first American psychologist that stress the importance of better integrating psychological theories in the world of sport (**Gould & Pick, 1995**). Sports psychology was largely disregarded before the Greff psychology era, but it started to gain attention as a legitimate topic of scientific study in the 1930s. Modern sports society uses official documents and informational resources from organisations like the Association for Applied Sport Psychology (AASP), North American Society for the Psychology of Sport and Physical Activity (NASPSPA), and the 47th division of the American Psychological Association (APA) to perform the research purpose (**Shevchuk, 2022**).

Role of a sports psychologist in sport

Sports psychologists handle each athlete's health holistically. They take into account both a person's physical prowess and mental obstacles. They then look for strategies to enhance both athletic ability and mental toughness at the same time. By blending both psychology and physical performance, sports psychology benefits the entire individual. The stress on competitors' bodies and minds is extreme. They sense the strain that their teammates, coaches, and even themselves place on them. Competitors' focus may be diverted by this persistent stress. Additionally, if untreated, it may result in detrimental mental and physical health problems. Sport psychologists help athletes, whether they are professional or amateur, manage mental health issues that impair their athletic performance. Athletes may not perform at their peak levels if they experience difficulties with anxiety, depression, eating disorders, focus, anger management, motivation, or interacting with coaches or teammates. Athletes that work with sport psychologists can better their performance by addressing these problems (**Cooks-Campbell, 2022; Grey 2022**).

However, athletes don't only seek help from sports psychologists whenever they are having problems. In addition, sport psychologists can assist athletes: 1) Improve the performance-athletes can overcome challenges and reach their full potential by using a variety of mental tactics, including visualisation, self-talk, and relaxation techniques, 2) Adapt to the competition's pressures- athletes of all levels can benefit from sport psychologists' assistance in overcoming pressure from coaches, parents, or even just their own ambitions. recuperate from wounds, 3) Rehabilitation and comeback- athletes may require assistance after an injury to cope with pain, stick to their physical rehabilitation schedules, or get used to being sidelined, 4) Functioning of the body/ Continue fitness routine- even individuals who wish to work out frequently might not be able to achieve their aim. These individuals can improve their motivation and address any connected issues with the assistance of sport psychologists, and lastly 5) Sports are fun- young people's sports organisations may engage a sport psychologist to inculcate coaches how to assist kids love sports and how to foster a positive sense of self-worth in participation. (**APA, 2022**).

Main Major Areas of Sport Psychology (Presently)

The work of sports psychologists extends beyond what takes on around the game. They look at every element influencing an athlete's performance and wellbeing on game day. 35% of elite athletes struggle with eating disorders, burnout, depression, or anxiety (**Cooks-**

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Campbell, 2022). The following major skill-building sessions are frequently included in sports psychology programmes:

Goal setting- For athletes, setting and attaining goals—both individually and as part of team goals—remains a top priority. But choosing a goal and stating it out loud is insufficient. Ensure that the athlete internalises his or her aims. It's crucial for athletes to feel in charge of (self-determined) their objectives. One of the most crucial aspects of goal setting for athletes is ensuring that they accept and internalise goals. Athletes who create their own objectives are more likely to internalise them.

Mental Toughness-A group of psychological traits that are essential to achieving peak performance are referred to collectively as mental toughness. One of the most significant psychological traits linked to sports success, according to athletes, coaches, and sport psychologists, is mental toughness. Numerous research have been undertaken to look into the function of mental toughness in sporting achievement during the previous few decades. Research backs up the idea that athletes with high mental toughness levels compete at greater levels, accomplish more, and put on better performances. (Liew, 2019; Singh, 2022).

Visualization-Positive mental imagery has always been a crucial component of players' pre-game preparation. In fact, a lot of top players say that envisioning success is the key to success. Many of the same brain regions, as well as the muscles involved in the successful action, are activated during visualisation. Additionally, it improves cognitive control and mindfulness, two crucial elements of mental fitness. Mental rehearsal (or visualisation) is effective because the subconscious processes the experience as real (by stimulating those neurons involved for deliberate practice), makes the person calmer and more accustomed to stressful conditions, and can speed up the process of learning in athletes and not just them. A specific benefit may only be attained by engaging in daily mental training for an hour in 6–10 sequences. Athletes create their internal success roadmaps by using practise and guided imagery approaches. (Predoiu, 2016;2018; 2020).

Anxiousness and Pressure-Professional sports are among the most stressful occupations there is. Athletes experience significant physical strain, internal and external pressure, family time and job loss anxiety. It's difficult for any athlete to learn how to handle such pressure while still performing. In the end, this stress may contribute to both anxiousness and depression.

Rehabilitation-Dealing with injuries is difficult enough when your career as a whole is not dependent on your physical health. Athletes have to deal with the worry that getting hurt could force them to give up on their careers. Sport psychologists assist athletes in developing learnt drive and optimism as they recuperate. This helps with recovery and makes it less likely that they will get hurt again by attempting to return to the field (Santi & Pietrantonio, 2013).

Paying close attention and concentration-The ability to tune out timers, team members, the audience, and one's inner critic is essential for athletes. When practising or competing in the Superbowl, they cannot afford to be distracted. The match, the game, or even the injury could be lost due to inattention.

Teamwork and motivation-Participating on a team is a common aspect of many competitive sports. Therefore, sports psychologists assist players in dispute resolution, the development of interpersonal relationships, and an increase in energy and motivation. The creation of these connections is a crucial component of mental fitness.

Real-Life Case Studies

Tiger Woods is one the majority of elite athletes and sportspeople are aware of how important their mind is to performing at their very best.

1. **Pushing from within:** Tiger Woods acknowledged the value of his inner fortitude and capacity to push himself as far as possible as early as 2008 (**Moran, 2012**)
“It’s not about what other people think and what other people say. It’s about what you want to accomplish and do you want to go out there and be prepared to beat everyone you play or face?”
Professional golfers wholeheartedly agree. Despite Tiger Woods's obvious natural talent, his resilient attitude means that you should never write him off when he is trailing. He always has a strategy in place and is well-prepared (**Bastable, 2020**).
2. **Vision and the right mindset will overcome:** When Greg Whyte, a sports scientist and motivational speaker, first met Eddie Izzard, he didn't even know the British comic owned a pair of running shoes. Whyte only six weeks to get her ready for the enormous task of running 43 successive marathons, though. The core features that contributed to success were Izzard's epic level of dedication, vision, belief, training that was guided by research, and psychological support (**Whyte, 2015**).
3. **Reframing arousal:** When an international sprinter complained to sports psychologist John Kremer that his races were being affected by pre-race nervousness, he took the time to understand what he was going through and how it felt. Kremer assisted the athlete in changing the way he thought about his racing heart from stress impairing his performance to being primed and prepared for competition. (**Kremer, Moran, & Kearney, 2019**).
4. **Visualizing success:** In preparation for the American Olympic trials in 2000, diver Laura Wilkinson shattered three bones in her foot. She developed a regimen involving picturing a sequence of difficult dives executed flawlessly each time while working with a sports psychologist. She not only qualified for the Olympics, but she also won gold despite having little practical training and a foot that had not yet entirely recovered. (**Afremow, 2014**).

Key Tool/Techniques using in Modern Sport Psychology

Traditional methods:

- **Checklist**-A list of things that need to be noticed, noted, corrected, or otherwise taken into consideration in some way is psychologically related to finishing tasks because they divide up big jobs and give us more frequent reasons to feel successful, checklists increase our productivity. Use a checklist or (check list) as a memory aid. It aids in ensuring accuracy and thoroughness when performing a task. A simple illustration is a "to do list." A timetable, which lists things to be completed according to the time of day or other considerations, would be a more sophisticated checklist. utilised to account for anticipated human memory and attentional limitations in order to decrease failure (**Salvador, 2016**).
- **Questionnaires**-A questionnaire is an independent way to learn about people's knowledge, opinions, attitudes, and behaviour. Anyone may write down a list of questions and photocopy it, but obtaining valuable and generalizable data from

questionnaires requires careful preparation and creative design. In clinical trials or epidemiological studies, questionnaires may serve as the sole research tool (as in a cross-sectional survey) (**Boynnton, 2004**).

- **Interviews**-When examining complicated phenomena connected to embodiment, narrative interviews are regarded as the gold standard in methodology (Dowling & Garrett, 2016). But interview data "consists of verbatim quotations and sufficient context to be interpretable," typically (Patton, 2002, 4). As a result, a narrative interview's potential to contribute to science heavily depends on the interviewee's language abilities, or more specifically, on his or her capacity to express experiences, sentiments, or bodily sensations (**Thiel, 2019**).
- **Case Study as Observation**-An innovative way of performance analysis in sports, observational methodology has just ushered in a new era of fruitful and beneficial study. Observational research allows for the investigation of spontaneous behaviour in a natural setting and is a rigorous and adaptable scientific method. The procedures of observing, gathering, evaluating, and interpreting data have been facilitated by technological advancements and improvements in research methods (Barreira, 2020).
- **Focus Group Discussion**- Focus groups are gatherings of people who will interact with one another to learn about a particular study topic. They are facilitated by a moderator or interviewer. In the conversations, this interaction occurs on a personal. However, even choosing the specifics of focus group interviews, such as when, where, and how they will be conducted, is contingent on a number of factors. To put it another way, there are certain differences between all the techniques used to collect data and interviews. To put it another way, all the procedures for gathering the data are different in some ways from the conversation (**McLafferty, 2004; Sevilims, 2022**).
- **Self-Talk**- Self-talk is the way to get the attention or remarks that athletes make to themselves before or while they are doing a skill (Begley, 2012). By using these methods, you can enhance your focus and slow down your brain, allowing it to allocate more "power" to the current work at hand. Self-talk aims to swap out negative thoughts for more uplifting ones. For instance, a basketball player should never tell himself, as they are about to attempt a free throw, "I'm not going to make this shot." If they do, they should think about how positive self-talk can benefit them. Another illustration is the 5k runner who is passed by another runner; instead of getting disheartened, they could tell themselves in their head, "I can catch them. I've accomplished this before (**Taylor, 2012**).

Contemporary/ Ultramodern Methods

- **VTS System**-The Vienna Test System (VTS) gives you access to a psychometrically sound and reliable tool for sports talent discovery, selection, and training planning. The VTS can be applied flexibly in a variety of sports since it includes a broad range of cognitive dimensions and personality qualities that are relevant to sports (**Ong, 2015**).
- **Neuro-tracker**-One of the most well-liked perceptual-cognitive training programmes in athletics is "Neurotracker." The tool uses a 3D multiple object-tracking (MOT) task to test cognitive capacities and is also utilised in rehabilitation and ageing studies. Coaches may decide to employ the Neurotracker for athlete training because the manufacturer does make a lot of promises about how well the tasks work to enhance and increase cognitive abilities. The Neurotracker advertises

that it improves processing speed, short-term memory, working memory, inhibition, and sustained, selective, and split attention (**Vater, 2021**).

- **Eye-tracer-** Eye-tracking technology, which is developing, is used in interactive and diagnostic apps to measure eye movements and examine how people absorb visual data. Eye-tracking methodologies and approaches can help several scientific study fields such as neuroscience, experimental psychology, computer science, and human factors to covertly investigate the quantitative evidence underpinning visual processes. Different gaze- and eye-tracking systems using high-speed cameras are being developed to meet the experimental requirements for the variety of application fields (for example, eye-tracking glasses, head-mounted or desk-mounted systems), which are also compatible with other analysis tools like magnetic resonance imaging (**Mele,2012**).
- **Biofeedback-** A new technique called biofeedback can be used to measure and improve physical and mental aspects of human performance, such as reaction time and focus. In order to help stressed athletes gain control over their psychophysiological processes and perform at their best, biofeedback training may be used. One of the many self-regulation methods that mental performance consultants might use in their work with athletes is biofeedback. Real-time psychophysiological evaluations are produced via biofeedback to improve awareness of thoughts and emotions. According to quantitative study, biofeedback might help an athlete better regulate their own behaviour by giving them control over psychophysiological reactions that might otherwise be harmful to performance (**Ferguson, 2020**).
- **Neurofeedback-** Biofeedback has since grown in significance as a research area. The most popular biofeedback approach is neurofeedback training (NFT), which involves the perception and learning of one's own brain signals. Additionally, NFT is one of the main technologies of brain-computer intelligent fusion and not only the precursor to and a significant component of the brain-computer interface (BCI) technology and a significant aspect of neural engineering (Jeunet et al., 2018; Baqapuri et al., 2021).The use of neurofeedback training, a non-invasive, secure, and efficient method of controlling the brain's nervous system, was initially restricted to the treatment and prevention of clinical nerve disorders or mental illnesses before gradually being extended to help healthy people perform better in public (**Gong,2021**).
- **Relaxation Techniques-** Future sports companies should concentrate on creating relaxation techniques because they assist players in a variety of ways and improve performance.
- **Progressive Muscle Relaxation Technique (PMRT)** is one of the most well-liked relaxation techniques. Athletes that employ this technique contract a set of muscles to the maximum extent possible and hold them there for a brief period of time (Ampofo-Boateng, 2009). The muscles are then gradually loosened till they reach their initial states.
- **Mindfulness**, another relaxation technique claimed to assist athletes deal with anxiety is breathing control, which involves concept of deep breathing also known as Anxiety Breathing Techniques. Effective relaxation techniques involve deep breathing. You Can Practice Anywhere, there are three breathing techniques that can help you feel less anxious: the measured breath, the bumble bee breath, and belly breathing. The best way to relax is by deep breathing. The Measured Breath, The

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Bumble Bee Breath, and Belly Breathing are three breathing strategies for lowering anxiety levels.

- **Imagery**, by triggering the muscles, sometimes referred to as mental rehearsal, mental visualisation, or mental practise, aids athletes in lowering anxiety and enhancing performance (Bull, 2000; Cox, 2011). In its most basic form, imagery consists of an athlete visualising a scene or location that they perceive as tranquil, restful, lovely, and bringing them joy. According to (Feltz & Lirgg. 2007), visualisation is the most popular method used by athletes to increase performance in a competitive setting (**Parnabas, 2014**).

Future Trends in Sport Psychology

Sport and exercise psychology is by definition a branch of psychology that defines, explains, and forecasts human behaviour. However, precise forecasts of human nature are more of an exception than a rule, thus it is understandable why sport and exercise psychologists struggle to accurately anticipate who will be a star or win a gold medal in 10 years. In a similar spirit, it is somewhat simpler to assess scientific endeavours in retrospect or through an examination of the current situation than it is to forecast what a discipline will look like, say, in 2050. An official soccer match between machines and humans will end in a robot victory. This opinion piece on sport and exercise psychology begins with a summary of the situation in our field today, followed by a forecast of sport and exercise psychology activities and potential successes in 2050. This opinion piece serves as a forum for discussion of our mission and goal-setting for the foreseeable future (**Raab, M. 2017**).

Changes in Basic Values- In respect of the first point, value changes, that the traditional values performance, competition, record, duty, training and asceticism dominating competitive sport will be more and more replaced by values like fun, adventure, self-experience, self-determination, self-realization and solidarity (**Digel, 1986; Kurz 1986; Williams,1986;**).

The promotion of sports psychology as a specialty on a greater scale at the public, professional, and interprofessional levels will come first. On social media, athletes may now discuss their lifestyle, goals, and emotions. With time and exposure, the public will become more aware of the need for a professional team that includes a skilled sports psychologist, whether it be for mental training, skill development, or a career/education/life balance for mental wellness. Coaches and physical trainers will be aware that sports psychologists are most suited to handle these responsibilities, which will hasten the growth of knowledge in that field. Consequently, graduate programmes in sports psychology should become more popular and possibly more accessible. (**Pier-Eric Chamberland, Canadian Sport Psychologist**)

Changes in Sport's Functions- Sport has evolved into something more than a pastime or a way to maintain work-related fitness. Due to the rise in the number of people participating in sport, whether actively or passively, sport has emerged as a significant market for commercials for goods and services as well as a key area of interest in the expanding health sector. Apps like mindfulness, smart watches with meditation music, heart rate etc. are helping to monitor health aspects of individuals. Online sport Psychologist session and counselling will be more in trend with commercial influence over choosing best psychologist with rating and need of sports psychologist will be more in commercial and industrial industry outside the field (**Evans, 2015**).

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Organizational structure changes and sports activity manifestations- Sports activity are based as the entry of new groups with different interests and abilities, such as women, seniors, people from different social classes, people with disabilities, and various patient groups. The definition of sport has expanded to encompass competitive sport, mass sport, leisure sport, and rehabilitative sport, as well as sport for young children and the elderly, organised sport in clubs and fitness centres, and private sports activities. It also now encompasses Olympic Games and Iron Man competitions, high jumping, juggling, and dancing, free climbing, and some types of meditation.

Sport sociology and sports psychology in particular are significantly impacted by the pluralistic tendency in the sports world. In this way, sports have evolved into a factory for lifestyle. Therefore, rather than focusing on specific features, motivations, or desires, we should pay greater attention to the "world of soccer players," "world of joggers," "world of surf-riders," and "world of Kung Fu" in our future investigations (**Nitsch, 1989**).

In reality, research on older/the ageing population will take centre stage as opposed to young, athletic ones. One of the main career paths for graduates in our discipline will be maintaining the health and fitness of the ageing population.

Standardization of study- By carefully defining the products, processes, and timetables, standardisation means limiting undesirable variability. In the future, this will result in a decrease in an individual's degree of freedom on the one hand and an increase in the predictability of actions and their outcomes on the other. Examples of standardisation include the notions of stereotypical sports training, ignoring unique characteristics, and, most importantly, an expanding external strict discipline of our daily behaviour.

The maxim "publish or perish" states that standardised mass output is given priority while advancing one's professional career in science. Time often governs the content in a very crucial way, which is referred to as a particular element. As an illustration, predetermined deadlines like congress dates are increasingly determining when we deliver our findings rather than concluding our investigations and thoughts. As a result, we frequently disclose outdated information or only early findings, which adds to the deluge of papers but does not result in meaningful scientific advancement.

Specialization- The division of work has an impact on specialisation. The division of jobs, requirements, and responsibilities reduces us to specialists who are flawless in details but disoriented, incompetent, and irresponsible in terms of the big picture. and in sports this holds true as well as for our regular interpersonal interactions. Sport Psychologist Instead of connecting with individual people are communicating with elements of people, such as students, arm forces officers, athletes, and therefore they are treating all as a whole. Medical professionals treat stomachs, adrenal glands, hearts, or broken bones rather than ill person.

Mechanization- Mechanization means the progressive transfer of human functions to machines. Both activities and progress in science and sport depend on progress in technology.

Our future will be run by AI robots and Sport Psychologist from a more general point of view, we are living in artificial environments and are performing artificial activities. We are running on artificial grounds, skiing on artificial snow, applauding to artificial results in

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sports and consuming artificial experiences provided by the simulated world of computer games. Reduction of the physical demands of work and everyday life, and increase of free time. Above all, we experience a revolutionary shift from exploiting and mastering nature towards creating nature in the sense of a "synthetic world". Sports activities are often understood as ritualizations and symbolizations of activities coming from everyday life or from traditional movement culture. Nowadays, many movement patterns in sport are basically new ones, partly synthesized by the assistance of computer simulation. One of the main conclusions we have to draw for sport psychology is that we should explicitly deal with the technological and synthetic aspects of the word of sport (Shevchuk, O. 2020).

Whereas our ability to self - regulate and be attentive without the use of technology or feedback will be just as basic and significant as ever, this may be true of our taught ability to self-regulate with biofeedback and neurofeedback. With an ever-evolving drive for self-actualization and the fact that the majority of other wants will be met, Maslow's hierarchy of needs will undoubtedly remain relevant.

CONCLUSION

Sport and exercise psychology is still a relatively new profession that is not widely recognised worldwide. As a result, governments, funding organisations, international associations, and journal publishers in emerging regions are still not doing the best job of addressing this issue. If the sport's competitions and system remain the same in the future, this might still be the case. However, as suggested by my future trends, sport and exercise psychology researchers may be much more involved in international initiatives, such as coach ethics education and psychological aspects of performance enhancing drugs, that would enable fair, clear competitive pressure in which psychological practise becomes a critical component.

I believe that these global health issues have received considerably greater attention; in the near future, sport and exercise psychologists' unique contributions and effects will be openly acknowledged. In order to construct the structures and procedures outlined above, a shift towards a stronger embrace of the many interests and areas of expertise held by sport psychologists as well as other stakeholders appears justified. In the coming decades, education, accreditation, and certification will be required to determine the competencies a sport psychologist holds that set them apart from the other specialists on a team of sports experts.

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