

Factor Affecting Goal Setting for Enhancement of Sports Performance**Dr. Sughand Band**Director Of Physical Seducation
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Modern sports' training gives greater emphasis on preparing the athletes psychologically than physiologically though both play significant role. Physical educators & coaches believe that without psychological preparation there is little chance of successes to the higher level of competitions. The primary objective of the paper is to highlight the importance of goal setting in enhancement of the peak performance of the athletes. It is important to set our goal before start our preparation. Sports teams have sought out many ways to improve performance. Goal setting is one way for groups or individuals to attempt to improve their success. Goal setting can be a way of improving motivation and helping athletes to enhance performance. Reaching an appropriately set goal can represent a small victory and show athletes that they are on their way to continued success. The effectiveness of goal setting is evident, Why, then, would a coach or athlete go without their performance enhancing activity? Some coaches and athletes lack knowledge of goal setting, especially of how to set goals systematically. Another barrier to effective goal setting can be the failure to appropriately review progress toward goals and revise goals, if necessary, based upon that progress. Finally it can be concluded that Goal setting is a very psychological element of sport and games. Specially those athletes involved in high level of competition.

Concept of Goal setting

A player is psychologically fit for the game if he possesses the required perceptions, emotional stability, motivation, intelligence & educability to accomplish the task. By creating tension, elevated heart rate blood pressure & anxiety can become barrier to performance. No player is without anxiety but some are better able to adapt to the stress of anxiety in their lives & these players are more psychologically fit for arduous work.

Today sport is considered as the most important factor for around development. Sports are also linked with the image of country and national pride. Everybody accepts the importance of sports as a base for health of body and mind. It is very important to exercise the mind and body together.

Setting goals is a important aspect to your success as athletes in the sport performance. It's well recognized that you stay committed to evaluating and changing your goals when it will be needed. You should create and monitor goals for practice and competitions or games.

To Amateur athletes' goals may simply be to have fun, make friends or learn to run faster. As you get older, your goals can be more specific and more focused on improving your performance.

It's important to remember that goals should not become expectations that weigh you down. In other words, it's one thing to have a goal and work toward it and evaluate it often. In this case, you keep in mind that goals can and should change. It's another thing—and not as healthy—to place high expectations on you, such as "I HAVE to make 10 shots today."

You need to set challenging and appropriate goals, but without the heavy burden of strict expectations. Why are expectations so harmful to goal-setting? First, you set yourself up for a win/lose situation. You either achieve your expectations or you fail to achieve your expectations. Second, if you don't achieve these expectations, it's easy to question your ability.

The coach has a very important role in goal setting, both for teams and individuals. Thus coaches must first educate themselves about goal setting, obtaining the most current information. Coaches will be called on to help athletes set their short- and long-term goals. They need to ensure that all goals are

both realistic and relevant to the athlete. Once goals are in place, coaches will need to take time to measure and evaluate progress toward goals, making sure athletes are on track to meet them. If the goal setting process is to work successfully, coaches must assume an important role in both education and implementation.

Factors Affecting Goal setting

The goals must be more than just a wish or dream, they must be realistic. Specific factors must be considered in setting goals.

1) Performance : The basic factors used in setting performance goals are the individual's long term goal, the individual's current level, and the number of seasons available to achieve the long term goal. These are used to set a reasonable seasons or short-term goal as the intermediary step to achieving a long term goal.

2) Commitment of the individual: A less obvious but crucial factor in planning goal is the Commitment of the individual. This relates to the amount of time and the degree of effort that the individual is willing to dedicate to achieving his goals.

3) Opportunity. It is also important to consider the effective opportunity that the individual has to achieve his goals. The types of opportunities that should be considered are (a) practice time and facilities available, (b) the limits of coaches, (c) competition available, (d) funds and climatic conditions.

4) Potential: The last factor the individual 'Potential' is the most difficult to assess. Coaches sometimes think that they know their athletes' potential, however, the certainty of this subjective evaluation is at best suspect. One clue to an athlete's potential may come from a review of the individual's rate of improvement, allowing for opportunity and effort. This necessitates that progress, opportunity, and effort be regularly recorded and evaluated.

If the short term goal appears to be unreasonable when the coach and athlete are planning the season plan, it is important to consider the feasibility of the long term goal.

Problems With Goal-Setting

There are at least three problems that make effective goal-setting difficult for athletes.

1) Goal-Setting Is Considered Boring. The best defense against this problem is to emphasize how effective goal-setting is. The vast majority of research done on goal-setting in sport and business settings shows that it has a dramatic effect on performance. Research done specifically on goal-setting and athletic performance also shows a significant effect. In fact, I would go as far as to say that creating an effective goal-setting plan may give you the biggest performance bang for your buck of any mental skills technique. In addition, most elite athletes see goal-setting as an important part of their performance-enhancement plan.

2) Goal-Setting Takes Too Much Time. Setting goals does take some time, at least in the beginning. Once you've put in the initial investment, however, goal-setting pays off and actually saves you time because it helps you stay focused and motivated. It's often tough to find enough time to train. If you have set effective goals, your time will be spent more efficiently because you will spend your training time involved in the kinds of activities that will be most helpful to you to attain your goals. The time it takes to set effective goals is more than made up for by the efficiency they will bring to your training program.

3) Athletes Frequently Set the Wrong Kinds of Goals. One of the most common mistakes in goal-setting is creating too many goals about how you perform compared to others. Attaining goals like winning a competition or beating a rival depend, not only on your performance, but also on the performance of others. Goals that depend on how you compare to others are called outcome goals. Outcome goals can be motivating, but relying solely on them can make it difficult for you to get motivated in the short-term, especially if your outcome goal is so far in the future that it doesn't create the sense of urgency that can help you get up early on a cold winter morning to train. Relying solely on outcome goals, (for example, finishing first in an important competition), can also leave you frustrated if another competitor happens to have the competition of their life in the same competition you wanted to win.

Conclusion-

Finally it can be concluded that Goal setting is a very psychological element of sport and games. Specially those athletes involved in high level of competition, National, international, Asian Olympic etc .It can be concluded that in sports, as well as in life, it is very important to set goals for yourself. They provide direction so that you can achieve the things that will bring you happiness and success. When setting goals the succession of events goes like this: set a goal, have a detailed plan, commit to that plan, and then take action. Sound easy? It can be if you take goal setting seriously and approach it systematically

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