72 - THE IMPORTANCE OF ATTENTION AND CONCENTRATION IN SPORTS SCOPE

CAROLINA JAQUES DE LIMA RODRIGUES;
FABIANA RIBEIRO MARTINS;
PATRICIA DE FREITAS GOMES;
WALISON MANGUEIRA LEMOS;
DANIELA MORAES SCOSS
Centro Universitário Ítalo Brasileiro- UNIÍTALO- São Paulo-SP-Brasil
carolina.jaques_lr@hotmail.com

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INTRODUCTION

This article conducts its thematic focusing on the importance of attention and concentration in sports. As such psychological approaches can interfere in a training program for a high-performance sports athlete, with a physical, tactical and technical work theoretically work the athlete to take your goals to hit competition.

The purpose of the production of the article, leading to the analysis of two fields work with their strategies that differ in their method of application, the psychological area and the area of fitness and athletic technique, but when worked together with the same end, succeed in its purpose.

The research methodology used was the literary review, through scholarly books, articles focusing both with researchers from the psychological field as training. Will be addressed articles and studies from 1987 and the most recent study presented is dated in 2015, ie covering the space / time of 28 years.

1.SPORTS PSYCHOLOGY

The sports psychology has the function of analyzing the bases and psychic effects of the sports acts, whereas on the one hand the analysis of basic psychological processes (emotion, motivation, cognition) and, on the other hand, the realization of practical diagnostic tasks and intervention (SAMULSKI, 2002).

According Rubio (2010) psychology applied to sport, aims among other things, manage the confrontation of the competitive stress, control attention and concentration, increase communication skills, leadership development, and team cohesion

Knew little about the psychology of aspects related to sport, Samulski (1992: 15) states that:

> the problem arises in the fact that sports psychologists and concerned with the practical part have different concepts and understanding of what is science and what is practical. In this case each party must learn from each other, ie people dealing with the practical part, for example, the training should be developed with the help of sports psychologists both in theory as a methodological, sports psychologists should learn and understand the reality and the problems of sports with the help of the people concerned with the practical part.

For effective work, both theoretical and practical approaches, should have the same importance and work together for a sporting performance athlete in a concrete and beneficial way for both professional, technical or psychologists.

Marques (2003) states that sports psychology is extremely important to explain misconceptions and correctly guide the people involved with sports activities, particularly those that influence young athletes.

1.1.Historical aspects

It is commonly thought that sports psychology emerged linked to elite sport, which is also known as performance sport. In fact, early studies in sports psychology begin in children and youth sport, in the middle or university education schools. In countries like the US, Russia and Germany in the late nineteenth century, and also in the former Soviet Union (BRANDÃO; MACHADO, 2009). By the '20s were the first laboratories and Sport psychology institutes (SAMULSKI, 1992).

Development of Sports Psychology in Latin America took place in the early 70s when in 1979 founded the '' South American Society of Sport Psychology, Physical Activity and Recreation (SAMULSKI, 1992).

1.2.Functions of the Sports Psychology

The definition of the high-performance sports psychology goals, "provide tools and eliminate obstacles to the athletes and coaches achieve their high level" (BRANDÃO; MACHADO, 2009, p. 2).

With the intent to develop a theory of action sports to clarify psychological phenomena in sport, increase diagnostic procedures for psychological characteristics of people, circumstances and sporting activities (SAMULSKI, 1992).

Issues related to psychological aspects have required study and performance of professionals, as the technical level of athletes and high performance teams is becoming more balanced, with particular emphasis on emotional preparation, regarded as the differential (RUBIO, 1999) .

Through psychological measures of guidance and monitoring interventions can be made. Weinberg and Gould (p. 248, 2001) call this preparation "Psychological Skills Training (THP)" explaining it as "the systematic and consistent practice of mental or psychological skills. [...] As the physical skills, psychological skills also need to be systematically trained. "

These skills are developed in the THP in three phases: education, acquisition and practice. Education phase, athletes are informed about what is the Sports Psychology, achievements that may occur through it and the rights and duties that have this training. This is where terraces are questions you have. The acquisition phase is the moment does occur training. They are used techniques and strategies that lead athletes to take the skills they sucked, whereas the practical stage, the athlete, in a supervised manner, assesses whether the skills that have been explored and exercised were hit, so, if not, they can be made (ROSSI; MAESTRI, 2004).

2. ATTENTION AND CONCENTRATION

In sports, the concentration is the ability to focus on relevant environmental stimuli and to maintain that focus throughout the sporting event (WEINBERG and Gould, 2001), and it can be divided into three parts: concentration on relevant signals, focus maintenance attention all the time and situation awareness.

Garfield and Bennett (1984) investigated the ideal actuating elements and found eight physical and mental abilities that elite athletes combine at peak performance. Three of these eight are associated with high levels of concentration. Especially athletes are described as (a) abstracted being present and without thinking about the past or future, (b) being mentally relaxed and having a high degree of concentration and control, and (c) being in a state of exceptional awareness both their bodies as the external environment.

When the environment changes rapidly, hence the focus of attention needs to be changed as well. Thoughts about irrelevant aspects may increase the frequency of errors during the competition (WEINBERG and Gould, 2001).

2.1. Types

The athlete attention necessary qualities are classified in two dimensions: - internal or external, which describes whether the athlete is especially attentive to himself or to the environment; and - broad or narrow, describing the athlete is aware of many or few elements (PAULA JUNIOR, 2003, p. 51).

Volp (1987) further specifies more presenting and distinguishing these four ways of attention: large-outer, inner-wide, narrow-external and internal-close and every form presents problems if applied improperly. - Wide-external - general distraction, optical-acoustic interference and ability to concentrate on a specific phenomenon. - Wide-internal - tendency to analyze the phenomena in an exaggerated way, securing mental strategies, lack of flexibility in behavior. - Narrow-external - inability to perceive and analyze a complex situation, fixing in one phenomenon. - Narrow-internal - fixing internal processes, loss of contact with the environment, increased sensitivity in the presence of stress and pain.

Attention has a relationship with the internal activation level one inverted U-bend i.e., if the individual is running very low level of activation and very high, the concentration will not be in an appropriate level, it can be seen then that the concentration to be a good level, the individual must be with an intermediate level of activation (SAMULSKI, 1992).

Attention can be differentiated according to Konzag (1981 cited SAMULSKI, 1992), in concentrated attention, distributive attention and alternation of attention: Focused attention is focusing attention to a particular object or an action. Distributive Attention is considered the concentration distribution of various objects. About the attention of switching capacity comprises up swift and adequate guidance situations through a great adaptation of the direction, intensity and volume of attention due to environmental requirements.

3. FACTORS AFFECTING THE ATTENTION

According to Santos (2010), the selection processes of perception and attention depends on several factors, among them, the conscious ability to select the most essential information sources and the amount of stimuli.

Concentration is an important psychological aspect not only when or just before the competition, but also the training (for example, learning new tactics). Technicians also need to be concentrated in order to analyze the tactical conduct of his team and the opposing team. That is, they should direct attention to the current events of the game (SAMULSKI, 2002).

With regard to attention various determinants influencing. Cratty (1989) separates the following variables: (1) Visual Characteristics; The speed to respond to a new stimulus (one ball thrown), as well as the efficiency for moving the eyes of an object to another is influenced by individual differences (2) Activation level; The ability to control and modify the influence of activation level so long term care process, such as the short-term as well. (3) Characteristics of personality; Some research has shown that individuals who are " introverts and extroverts rotulados"como have different attentional trends over time. The best accompanying outgoing sessions of short duration, while the introverted achieve a greater efficiency in time-consuming tasks, since they are more careful and are most often paralyzed when they need to make decisions in attention tasks. (4) Differences in Sex; Trends to detect and respond to sudden suggestions feature a female attention style, which is also marked by a willingness to respond to emotional cues while reducing the tendency of the intensity extremely strong stimulus. The model of attention style has been characterized by minimal distractibility, a relative insensitivity to social stimuli, an activation level in a higher form, and a tendency to inhibit responses to inner feelings and thoughts.

However, compared to sex, these differences are reflected in the attention should be analyzed carefully in spite of the existence of such variation statement, as there is a tendency to reject stereotypes related to the kind of appropriate behavior to sex. (5) Time of Day; There is an interrelationship between attention and activation. From the point of view that any variable that potentiates the activation level should cause a change in quality of care, such as: fatigue, sleep patterns and time of day. Studies in order to collect individuals' accounts of the optimum levels of activation the course of an entire day, has presented some trends. It seems that the complex tasks that require judgment of choice, attention and performance are great around noon. In the case of athletes indicates that this peak reaches four hours after a long sleep so as to achieve an optimal level of attention four hours after they wake up. (6) Learning Level; When given task is automated to the point that its implementation requires little or no attention, and performance becomes continuous and unconscious, we say that learning has occurred.

Samulski and Noce (2001) state that the activation level is a crucial factor in the ability of attention, because it will intervene directly in the focus of sight, designating the capacity of perception, selection of relevant signals attention itself.

3.1 Problems

It is common to hear reports of athletes where there is a perception of performance being affected by what they call anxiety or excitement before and during the competition and to be able to control these situations develop the most varied strategies (RUBIO, 1999).

Weinberg and Gould (2001) before improving concentration, atletadeve be able to identify problem areas such as undeveloped attention skills. The variations of Nideffer (1981) the focus of attention as an internal or external and broad or narrow is very convenient in that sense. Some of the author cited attention problems, present relationship with internal factors distracting as thinking about past events, thinking of future events, tense under pressure, over-analyze the body mechanics of fatigue. Furthermore, they can also harm the athlete some external factors of distraction, which are visual distractions, hearing and provocative game.

Samulski (1992) argues that an athlete in a given situation, in which it has a low level of activation tends to perceive irrelevant stimuli of the situation (too broad focus). However, when an athlete is at a medium level of activation (great focus), it realizes all relevant stimuli of the situation. But when an athlete is a high level of activation or psychological stress he fixed only in some relevant stimuli. (too narrow focus).

The author further states that an excessive increase in activation usually involves a limitation of attention, mainly for internal processes (bodily sensations, disturbing thoughts), resulting in the difficulty of mastering the situation. (SAMULSKI, 1992)

3.2.Técnicas and Recommendations

According to Becker Jr. (1995), the goal and the goal of psychological training is a preparation program consists of different techniques that provide the athlete or exercise practitioner learning, maintenance and psychophysical improvement.

Based on studies of Becker Jr and Samulski (2002), were scored principles as own initiative, understanding, confidence, individuality, discipline, method, economy, integration, counseling and success, which are considered the basis for application of psychological training and help also to overcome other difficult situations when transferred correctly.

Scala (2000) states that to use the combined or isolated techniques, the first step is to understand their behavioral components and the steps required for efficient learning.

For a Eberspaecher (1990) concentration training guides focus on the decisive moments of sports action in the present situation and the task being performed, avoiding thoughts about future results and about negative future consequences and ends by recommending a concentration of conscious and relaxed.

Becker Jr, Samulki (2002) state that through concentration exercises develops a perception of the factors that could derail the attention and why they do it. The ability to concentrate can be constantly improved by a methodical technical and tactical training program.

So concentration is a psychological aspect which is directly related to the optimal performance of the athlete. Losing focus is like running for failure in the competition (SAMULSKI, 2002, p. 80).

CONCLUSION

It can be concluded that body and mind work together in unique alliance, every thought creating your action and reaction. In this context is all-important that young athletes receive directions and instructions decomo stay focused in the face of adversity.

As the body, the concentration must also be trained so that the expert can use a variety of methods such as focus only on the task being performed at the time, avoid suffering by anticipation and focus in a relaxed and active.

Thus it is possible to improve the way of how to focus and why to do it, showing the athlete the importance of the mind, for the good performance of the body. The athlete needs to work various psychophysical aspects involving individuality, understanding, trust, among others, and the lack of an overload or that may affect the athletic results.

No stay focused, the probability of failure is huge, finally the experts know that with training often taking the body to its limits, working so that the athlete stay focused, channeling emotions that can take you to defeat and failure.

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Endereço: Rua Marco de Canaveses, 19
Bairro: Jd. Mitsutani, Campo Limpo - Cep: 05791190

THE IMPORTANCE OF ATTENTION AND CONCENTRATION IN SPORTS SCOPE
ABSTRACT

This paper's objective is to conduct a reflection about the importance of sports psychology, thus presenting significant aspects that contribute to a better performance in sports, which is a literature review based on renowned authors who claim that psychologists and coaches who deal with the practical part, the physical development of their athletes, should learn and understand the theoretical and methodological field, so each party must learn from the other. Among these, various magazines and articles are enumerated available from Scielo, Master Editora, Revista Mineira de EFI, Biblioteca virtual Univap, among others. The aim of this study is to alert coaches and sports psychologists, it is essential to work together, as they have several concepts and understandings of what is practical and what is science, so sharing with the athlete basic knowledge and techniques for a better mental development, where it is involved many individuals with diverse backgrounds with a common interest: to know more about the athlete and the sport, aiming to help understanding, explaining and predicting events. Under this basis we can develop good cooperation that will help both the Sport Psychology as well as sports, teaching principles and psychological foundations of learning processes and teaching, developing psychological intervention measures for education, training and competition, or acting with psychological interventions in sports through counseling and monitoring measures. From the theme it is possible to understand how psychological factors influence physical performance and it is understood how the participation in these activities affects the emotional development, health and well being of individuals in these environments. Therefore, it is possible to conclude from the studies mentioned that for an athlete to be considered "complete" it is necessary that besides physical training, the psychological aspects are also worked. A training mind control with concentration exercises, where the athlete has the ability to shift the attention quickly to important factors and disregard irrelevant ones.

KEYWORDS: concentration; psychology; sport.

L'IMPORTANCE DE L'ATTENTION ET DE CONCENTRATION DANS SPORTS PORTÉE
RÉSUMÉ

Ce document vise à mener une réflexion sur l'importance de la psychologie du sport, présentant ainsi des aspects importants qui contribuent à une meilleure performance dans les sports, qui est une revue de la littérature sur la base des auteurs de renom qui prétendent que les psychologues et les entraîneurs qui se soucient la partie pratique, le développement physique de leurs athlètes doit apprendre et comprendre le domaine théorique et méthodologique, de sorte que chaque partie doit apprendre de l'autre. Parmi ceux-ci sont énumérés divers magazines et les textes disponibles de ces Scielo, Maître Editeur, Mining Journal de l'EFI, Bibliothèque virtuelle UNIVAP, entre autres. Le but de cette étude était d'alerter les entraîneurs et les psychologues du sport, il est essentiel de travailler ensemble, car ils ont des concepts différents et des compréhensions de ce qui est pratique et ce qui est la science, afin de partager avec l'athlète des connaissances de base et les techniques pour un meilleur développement mental, où il implique de nombreuses personnes de divers horizons ayant un intérêt commun: pour en savoir plus à propos de l'athlète et le sport, qui vise à aider à comprendre, expliquer et prédire les événements. En vertu de cette base, nous pouvons développer une bonne coopération aidera à la fois de la psychologie du sport, ainsi que les sports, les principes pédagogiques et psychologiques de fondations processus d'apprentissage et de l'enseignement, l'élaboration de mesures d'intervention psychologique pour l'éducation, la formation et la concurrence, ou agissant avec des interventions psychologiques dans le sport grâce à des mesures de conseil et de surveillance. De le thème Vous pouvez comprendre comment les facteurs psychologiques influencent la performance physique et est entendu que la participation à ces activités affectent le développement affectif, la santé et le bien-être des individus dans ces environnements. Par conséquent, on peut conclure de ces études ont indiqué que pour un athlète d'être considéré comme «complet», il est nécessaire que, en plus de l'entraînement physique, travaille également les aspects psychologiques. Un contrôle de l'esprit de la formation, avec des exercices de concentration, où l'athlète a la possibilité de déplacer votre attention rapidement pour ne pas tenir compte des facteurs importants et hors de propos.

MOTS-CLÉS: concentration; la psychologie; sport.

LA IMPORTANCIA DE LA ATENCIÓN Y CONCENTRACIÓN EN DEPORTES ALCANCE
RESUMEN

Este trabajo tiene como objetivo llevar a cabo una reflexión sobre la importancia de la psicología del deporte, presentando así los aspectos importantes que contribuyen a un mejor rendimiento en el deporte, que es una revisión de la literatura sobre la base de reconocidos autores que afirman que los psicólogos y entrenadores que se preocupan la parte práctica, el desarrollo físico de sus atletas deben aprender y entender el campo teórico y metodológico, por lo que cada partido debe aprender del otro. Entre ellas se encuentran enumerados varias revistas y textos disponible de éstos Scielo, Maestro Editorial, Minería Diario de EFI, Biblioteca Virtual Univap, entre otros. El objetivo de este estudio fue alertar a los entrenadores y psicólogos deportivos, es esencial para trabajar juntos, ya que tienen diferentes conceptos e interpretaciones de lo que es práctico y lo que es la ciencia, lo que podrá compartir con los conocimientos básicos atleta y técnicas para un mejor desarrollo mental, donde se involucra a muchas personas de diversos orígenes con un interés común: a saber más sobre el atleta y el deporte, con el objetivo de ayudar a comprender, explicar y predecir los acontecimientos. Bajo esta base podemos desarrollar una buena cooperación ayudará tanto a la Psicología del Deporte, así como a los deportes, los principios de enseñanza y fundamentos psicológicos de los procesos de aprendizaje y enseñanza, el desarrollo de medidas de intervención psicológica para la educación, la formación y la competencia, o actuando con intervenciones psicológicas en el deporte a través de medidas de orientación y supervisión. Desde el tema Usted puede entender cómo los factores psicológicos influyen en el rendimiento físico y que se entiende como la participación en estas actividades afecta el desarrollo emocional, la salud y el bienestar de las personas en estos entornos. Por lo tanto, se puede concluir a partir de los estudios mencionaron que para un atleta para ser considerado "completo", es necesario que, además de entrenamiento físico, también se está trabajando en los aspectos psicológicos. Un control de la mente de entrenamiento, con ejercicios de concentración, donde el atleta tiene la capacidad de cambiar su atención de forma rápida a los factores importantes y el desprecio irrelevante.

PALABRAS CLAVE: concentración; psicología; deporte.

A IMPORTÂNCIA DA ATENÇÃO E CONCENTRAÇÃO NO ÂMBITO ESPORTIVO
RESUMO

Este trabalho tem como objetivo realizar uma reflexão sobre a importância da psicologia do esporte, dessa forma apresentando aspectos significativos que contribuem para um melhor rendimento na prática esportiva, sendo este uma revisão literária baseando-se em autores renomados que afirmam que psicólogos e treinadores que cuidam da parte prática, do desenvolvimento físico de seus atletas devem aprender e compreender o campo teórico e metodológico, portanto cada parte

deve aprender com a outra. Dentre estas são enumeradas várias revistas e artigos estes disponibilizados pela Scielo, Master Editora, Revista Mineira de EFI, Biblioteca virtual Univap, dentre outras. Visa-se com este estudo alertar treinadores e psicólogos esportivos, que é primordial trabalharem juntos, já que possuem diversos conceitos e entendimentos do que é prática e o que é ciência, assim dividindo com o atleta conhecimentos e técnicas básicas para um melhor desenvolvimento psíquico, onde se envolve muitos indivíduos com antecedentes diversos, com um interesse comum: conhecer mais sobre o atleta e o esporte, tendo como objetivo ajudar a entender, explicar e prever ocorrências. Sob esta base pode-se desenvolver uma boa cooperação que ajudará tanto à Psicologia do Esporte como também à prática esportiva, ensinando princípios e fundamentos psicológicos dos processos de aprendizagem e do ensino, desenvolvendo medidas de intervenção psicológica para o ensino, treinamento e competição, ou atuando com intervenções psicológicas na prática esportiva através de medidas de aconselhamento e acompanhamento. A partir do tema é possível entender como fatores psicológicos influenciam o desempenho físico e compreende-se como a participação nessas atividades afeta o desenvolvimento emocional, a saúde e o bem estar dos indivíduos nesses ambientes. Portanto, pode-se concluir, com os estudos mencionados que para um atleta ser considerado "completo", é necessário que além do treinamento físico, seja trabalhado também os aspectos psicológicos. Um treinamento de controle mental, com exercícios de concentração, onde o atleta tem a capacidade de deslocar sua atenção de forma rápida, para fatores importantes e desprezar os irrelevantes.

PALAVRAS-CHAVE: concentração; psicologia; esporte.