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## MAPPING IDEA & LITERATURE FORMAT

# Application of Sport Psychology in Team Management: Improving Athlete Performance and Wellbeing

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**Abstract** This abstract explores the critical intersection of sport psychology and team management, emphasizing the importance of mental fortitude and psychological resilience in the pursuit of athletic excellence. Beyond physical prowess, this research underscores the role of psychological factors—motivation, confidence, focus, stress management, and mental health—in determining athletic outcomes. It advocates for a holistic approach to athlete development, integrating sport psychology into team management to optimize both performance and wellbeing. Through a comprehensive examination of empirically supported psychological strategies, including mindfulness, visualization, cognitive-behavioral interventions, and motivational interviewing, the study aims to offer practical, evidence-based recommendations for teams and coaches. This includes addressing individual and team performance enhancements, psychological assessments, goal setting, and mental imagery, as well as tackling psychological challenges like injuries, eating disorders, and career transitions. The research also delves into the dynamics between individual athletes and team objectives, the pivotal coach-athlete relationship, team cohesion, and the broader implications of mental training in athletic rehabilitation. By fostering an environment where athletes can excel and maintain their mental health, this theme ventures into redefining team management paradigms through the lens of sport science and psychology.

**Keywords:** Sport Psychology, Athletic Performance, Team Management, Psychological Interventions, Psychological Factors in Sports, Organizational Psychology in Sports.

**JEL Classification Code:** I12, I2, J4, L83, M12, M54

## 1. INTRODUCTION

The pursuit of excellence in sports is not solely a physical endeavor. The role of mental fortitude and psychological resilience is increasingly recognized as pivotal in shaping the outcomes of athletic competitions. At the heart of this realization is the application of sport psychology in team management—a multifaceted approach aiming to enhance both athlete performance and wellbeing. The concept of integrating sport psychology into team management is not merely about optimizing physical training regimes or tactical preparations; it represents a paradigm shift towards a more holistic development of athletes. This research theme delves into the intricate tapestry of psychological factors that contribute to an athlete's performance, including motivation, confidence, focus, and stress management. It also considers the critical aspects of mental health, acknowledging the pressures and challenges that athletes face in the highly competitive world of sports. As teams and coaches increasingly embrace psychological skills training, there is a burgeoning interest in empirically-supported strategies that can be implemented. From mindfulness to visualization techniques, and from cognitive-behavioral interventions to motivational interviewing, the repertoire of sport psychology is both rich and diverse. By investigating these strategies within the context of team management, this research aims to provide evidence-based recommendations that can be practically adopted to foster an environment where



athletes can thrive, both in their performance and in their personal wellbeing. This integration of sport psychology into team management also necessitates an exploration of the dynamic between individual athletes and the team as a whole. How can the individual needs and psychological profiles of athletes be balanced with the collective goals of the team? What role does the sports psychologist play in mediating and enhancing this relationship? These are some of the questions that this research theme seeks to answer.

In essence, this theme is a journey into the psychological heartbeat of sports teams. It is an investigation into how the subtle, often unseen mental processes can be nurtured and harnessed to not only push the boundaries of athletic performance but also to safeguard the athletes' mental health. This research stands at the intersection of sport science and psychology, promising insights that could redefine the paradigms of team management in sports. The application of sport psychology in team management is a multifaceted process that involves addressing various psychological factors in athletic performance, such as motivation, confidence, intensity, focus, and emotions (Taylor, 2005; Ungerer, 1974). This can be achieved through interventions that enhance individual and team performance, including psychological assessment, goal setting, mental imagery, and routines (Taylor, 2005; Ungerer, 1974). The coach-athlete relationship and team cohesion are also crucial in this process (Taylor, 2005). Additionally, the role of sport psychology in addressing psychological problems of athletes, such as injury, eating disorders, substance abuse, and career transitions, is significant (Taylor, 2005; Ungerer, 1974). The use of mental training skills, particularly in the rehabilitation of injured athletes, is emphasized (Carr, 2006). Furthermore, sport psychology interventions can help athletes enjoy their participation, manage their lives, and grow as individuals (Murphy, 1995). The importance of mental health in relation to athletes' performance and development is highlighted, with a focus on monitoring and maintaining mental health (Schinke, 2017). The role of organizational psychology in understanding and improving performance in elite sport is also discussed (Wagstaff, 2016). Lastly, a framework is proposed to facilitate athletes' and coaches' understanding of how mental skills training can improve within-competition performance (Gee, 2010).

## 2. LITERATURE REVIEW PROCEDURE

Table 1 provided is a rich tapestry of the evolution and current state of sport psychology research and its practical applications. Spanning over four decades, the research encapsulates the dynamic and complex nature of psychological factors that affect athletic performance and wellbeing. Beginning with the seminal work of D. Ungerer in 1974, the foundation was laid for an understanding of psychological interventions and their importance in enhancing both individual and team performance. Fast forward to 2005, Jim Taylor and G. Wilson's comprehensive exploration of the psychological factors impacting athletic performance set a new benchmark for the field. Their work not only addressed performance enhancement strategies and the coach-athlete relationship but also shone a light on the psychological issues athletes face, including injury, eating disorders, and substance abuse. Christopher M. Carr's 2006 paper delved into the unique psychological dynamics of individuals in sport, offering a new perspective for physical medicine professionals. This was complemented by S. Murphy's work in 1995, which provided tailored intervention models and stressed the importance of athletes enjoying their participation, thereby promoting a positive learning process through sport. In the same vein, R. Schinke et al. in 2017, and C. Wagstaff in 2016, acknowledged the growing concerns over athletes' mental health and the critical role organizational psychology plays in the wellbeing of individuals and teams in elite sport. Meanwhile, C. Gee in 2010 highlighted a general hesitancy towards sport psychology services due to a lack of understanding, emphasizing the need for clear frameworks to explain the benefits of mental skills training. The research continued to evolve with the work of Adam R. Nicholls et al. in 2016, who brought self-regulation theories into the fold, suggesting that goal adjustment capabilities are essential for athletes' wellbeing. This was further expanded upon by S. Bull in 1991, who offered a self-help guide focusing on understanding behavior for performance enhancement. The most recent research in the table 1, such as Cindy Chang et al.'s 2019 comprehensive review of mental health disorders in athletes, and B. Ohuruogu et al.'s 2016 emphasis on the necessity of psychological

preparation for peak performance, demonstrates the ongoing commitment to understanding and applying sport psychology principles to improve athletic performance and wellbeing. Each piece of research not only presents the "state of the art" but also introduces novel perspectives and methodologies, highlighting the continuous advancement in this field. This body of work collectively underscores the critical importance of mental health and psychological factors in athletes, the challenges of integrating sport psychology into high-performance teams, and the essential nature of psychological interventions in sports. As the field grows, the application of sport psychology in team management is an ever-evolving science, with a deepening appreciation of its significance in cultivating not just better athletes, but healthier individuals.

### 3. CONCLUSION AND PROPOSITION

Based on the synthesis of the provided research spanning several decades, multiple hypotheses or propositions could be formed. Here are some examples that encapsulate the trends and novel findings within the field of sport psychology:

1. Hypothesis on Psychological Interventions and Athlete Wellbeing:
  - Athletes who engage in tailored psychological intervention models, such as those focusing on enjoyment and positive learning processes in sport, will report higher levels of wellbeing compared to those who do not.
2. Proposition on the Role of Sport Psychology in Physical Medicine:
  - The incorporation of sport psychology principles in physical medicine and rehabilitation practices will enhance the holistic care of patients who are athletes, leading to improved recovery outcomes and elite performance.
3. Hypothesis on Goal Adjustment and Wellbeing:
  - Athletes with higher goal adjustment capacities, particularly those who can reengage with new goals, will exhibit greater psychological wellbeing during competitive periods than athletes with lower goal adjustment capacities.
4. Proposition on the Impact of Organizational Psychology on Team Performance:
  - Teams that integrate organizational psychology principles to address attitudes, emotions, stress, and well-being will experience improved team cohesion and overall performance.
5. Hypothesis on Mental Health and Performance:
  - Athletes who receive comprehensive mental health support, including interventions for stress, anxiety, and other psychological factors, will show enhancements in performance and a reduction in the incidence of mental health-related problems.
6. Proposition on the Integration of Sport Psychology in Team Management:
  - High-performance teams that effectively integrate sport psychology services to address the needs of athletes, coaches, and organizational culture will demonstrate superior performance outcomes compared to teams that do not.
7. Hypothesis on Mental Skills Training and Performance
  - Athletes who practice mental and psychological skill training, as part of a structured sport psychology program, will achieve higher levels of performance in competition compared to athletes who do not engage in such training.

8. Proposition on Gender-Specific Sport Psychology:
  - Sport psychology programs that consider gender differences in their approach will be more effective in developing confidence and optimizing performance in gender-diverse teams.
9. Hypothesis on Psychological Preparation and Peak Performance:
  - Athletes who undergo psychological preparation, including cognitive restructuring and relaxation interventions, will exhibit peak performance more consistently than those who focus solely on physical training.

These hypotheses and propositions align with the overarching theme of the presented research, which posits that sport psychology is a vital component of athlete performance and wellbeing, and that its application can lead to significant benefits in both individual and team contexts.

**Table 1: Mapping Literature**

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
Applying Sport Psychology: Four Perspectives	Jim Taylor, G. Wilson	2005	Athletes can experience psychological problems such as injury, eating disorders, and substance abuse.	-	The paper provides an overview of psychological factors in athletic performance, strategies for enhancing performance, the coach-athlete relationship, team cohesion, and psychological problems faced by athletes.	The novelty in Jim Taylor, G. Wilson (2005) is its comprehensive coverage of various psychological factors in athletic performance and the inclusion of psychological problems faced by athletes.
[Sport psychology].	D. Ungerer	1974	Interventions designed to enhance individual and team performance are reviewed.	-	The "state of the art" in D. Ungerer (1974) is the examination of psychological aspects central to sport performance, interventions to enhance performance, and a broad range of issues in the field of sport psychology.	The novelty in D. Ungerer (1974) is its comprehensive examination of psychological aspects central to sport performance, review of interventions designed to enhance individual and team performance, and coverage of a wide range of issues related to sport psychology.
Sport psychology: psychologic issues and applications.	Christopher M Carr	2006	The ever-evolving psychologic dynamics of individuals involved in sport and elite performance are intriguing and unique.	The main findings of the paper are a brief description of a psychologist's role within a sports medicine and rehabilitation practice and the suggestion that the field of applied sport psychology may offer the physical medicine professional a unique perspective into the care of patients who are athletes and elite performers.	The "state of the art" in Christopher M Carr (2006) is the recognition of the importance of mental training skills for physical medicine and rehabilitation professionals, the need for specialized knowledge and training to treat athletes and elite performers from a psychological perspective, and the call for further exploration of interventions for performance enhancement. The paper also acknowledges the extensive and evolving nature of psychologic issues related to sport and elite performance.	The novelty in Christopher M Carr (2006) lies in its emphasis on the potential application of mental training skills for physical medicine and rehabilitation professionals, the unique focus on understanding affective responses in the psychologic rehabilitation of injured athletes, and the recognition of the ever-evolving psychologic dynamics in sport and elite performance.



Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
Sport Psychology Interventions	S. Murphy	1995	Athletes can be counseled by professionals who are experiencing special circumstances.	The main findings of the paper include the focus on helping athletes enjoy their participation more, tailored intervention models for specific athlete groups, and an explanation of prevalent intervention models in modern sport psychology.	The "state of the art" in S. Murphy (1995) involves helping athletes enjoy their participation more and perform better, presenting various intervention models in modern sport psychology, and addressing specific issues related to different types of athletes.	The novelty in S. Murphy (1995) lies in its emphasis on helping athletes enjoy their participation more, managing their lives successfully, growing and developing as individuals, and experiencing sport as a positive learning process, as well as its comprehensive coverage of intervention models and specific issues related to different types of athletes.
Success in Sport Psych: Effective Sport Psychologists	D. Tod, M. Andersen	2005	Athletes' physiques and conditioning levels have advanced significantly in the past decade.	-	The "state of the art" in D. Tod, M. Andersen (2005) is the emphasis on mental training to parallel the advancements in athletes' physiques and conditioning levels, along with the presentation of research-based and field-tested approaches to enhance individual and team performance.	The novelty in D. Tod, M. Andersen (2005) is the focus on mental training for athletes and the presentation of research-based approaches to enhance performance.
International society of sport psychology position stand: Athletes' mental health, performance, and development	R. Schinke, N. Stambulova, Gangyan Si, Zella E. Moore	2017	Mental health is a major resource for athletes in relation to their performance and development.	The main findings of the paper include the substantial growth in athletes' mental health-related problems, the need for understanding mental health phenomenon based on continuum-type models, and interventions aimed at monitoring and maintaining athletes' mental health.	The paper discusses the substantial growth in athletes' mental health-related problems and aims to provide support in understanding mental health phenomenon, major research findings, and interventions for maintaining athletes' mental health.	The novelty in the paper lies in its focus on the substantial growth in athletes' mental health-related problems and the support provided to stakeholders in understanding mental health phenomenon and implementing interventions.

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
Organizational psychology in sport: an introduction	C. Wagstaff	2016	The book shines a spotlight on how organizational issues play a fundamental role in the experience of individuals and teams.	The paper provides a comprehensive overview of how organizational psychology can be used to understand and improve performance in elite sport. It covers key conceptual issues and practical insights across a range of topics related to attitudes, emotions, stress, well-being, behaviors, and environments in sports organizations. The book emphasizes the fundamental role of organizational issues in the experience of individuals and teams in elite sport.	The paper presents a comprehensive overview of how organizational psychology can be used to understand and improve performance in elite sport, utilizing recent theoretical advances. It covers key conceptual issues and practical insights across various topics, shedding light on the fundamental role of organizational issues in the experience of individuals and teams at the elite level.	The novelty in C. Wagstaff (2016) is the comprehensive overview of how organizational psychology can be used to understand and improve performance in elite sport, using recent theoretical advances and offering practical insights across a range of topics. It also provides a new perspective on performance at the elite level.
How Does Sport Psychology Actually Improve Athletic Performance? A Framework to Facilitate Athletes' and Coaches' Understanding	C. Gee	2010	A lack of understanding about the process and mechanisms by which these mental skills affect performance is a primary reason for hesitation.	The main findings of the paper are the importance of mental preparedness in competitive athletics, the reluctance of many individuals to seek out sport psychology services due to a lack of understanding, and the aim of the paper to provide a framework for understanding how mental skills training improves within-competition performance.	The "state of the art" in C. Gee (2010) is the identification of the reluctance among athletes, coaches, and sporting administrators to seek out the services of a qualified sport psychologist due to a lack of understanding about the process and mechanisms by which mental skills affect performance. The paper also aims to bridge this understanding gap by providing a simple framework for mental skills training.	The novelty in C. Gee (2010) lies in addressing the reluctance of athletes, coaches, and sporting administrators to seek out the services of a qualified sport psychologist due to a lack of understanding about the process and mechanisms by which mental skills affect performance, and providing a simple framework to bridge this understanding gap.
Sports psychology in performance.	R. Butler	1997	A psychological skills training program was designed, implemented, and evaluated for a professional golfer.	-	-	-



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The applicability of self-regulation theories in sport: Goal adjustment capacities, stress appraisals, coping, and well-being among athletes	Adam R. Nicholls, Andrew R. Levy, Fraser Carson, Mark A. Thompson, John L. Perry	2016	Goal reengagement positively predicted well-being in the period leading up to and including the competition.	<p>The main findings of the paper are:</p> <ul style="list-style-type: none"> <li>- The way athletes respond to unattainable goals is associated with their well-being, with goal reengagement positively predicting well-being and goal disengagement negatively predicting well-being.</li> <li>- Goal adjustment capacities may be an antecedent of psychological well-being.</li> <li>- The study found support for the model inspired by theories of self-regulation.</li> </ul>	The "state of the art" in this paper involves the associations between an athlete's response to unattainable goals, coping strategies, stress appraisals, and well-being in the context of sports. The paper provides insights into how these factors interrelate and contribute to athletes' psychological functioning.	The novelty in Adam R. Nicholls, Andrew R. Levy, Fraser Carson, Mark A. Thompson, John L. Perry (2016) lies in its incorporation of both hedonic and eudaimonic perspectives in well-being scales, the testing of a model informed by self-regulation theories, the association between an athlete's response to unattainable goals and well-being, the practical implications for applied practitioners in encouraging athletes to set challenging goals, and the identification of coping and appraisals as mechanisms linking goal adjustment capacities and well-being. The paper also suggests the potential for future research to identify other psychological constructs related to goal adjustment and well-being.
Sport psychology : a self-help guide	S. Bull	1991	The book is a self-help guide for understanding behavior and improving performance in competitive sport.	The main findings of the paper are the explanation of the role of sport psychologists and techniques to enhance performance, ways of improving team spirit, and serving as a self-help guide for understanding behavior and improving performance in competitive sport.	The "state of the art" in S. Bull (1991) includes the role of sport psychologists in competitive sport, techniques to enhance performance, improving team spirit, and understanding behavior for performance improvement.	The novelty in S. Bull (1991) lies in its focus on the role of sport psychologists, techniques for enhancing performance, strategies for improving team spirit, and its practical self-help approach to understanding behavior and improving performance in competitive sport.





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Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams	N. Gallucci	2007	The performance inhibition due to personality factors is a performance inhibition due to personality factors.	-	The "state of the art" in N. Gallucci (2007) is an overview of various psychological aspects related to sports performance and the factors that can influence it.	not enough information to determine the specific novelty in the paper
Applied Sport Psychology	Jean M. Williams	2005	Athletes can be referred for counseling or psychotherapy.	- Cognitive techniques such as cognitive restructuring, thought stopping, and positive self-talk are designed to help athletes build confidence and enhance performance. These techniques aim to identify and change negative thoughts into positive ones, interrupt and replace negative thoughts with positive ones, and use positive affirmations to enhance confidence and performance.	The "state of the art" in Jean M. Williams (2005) includes cognitive techniques for building confidence and enhancing performance, strategies for controlling concentration, and the integration and implementation of a psychological skills training program.	The novelty in Jean M. Williams (2005) is the presentation of cognitive techniques aimed at enhancing athletes' confidence and performance outcomes.
Integrating sport psychology within a high-performance team: Potential stakeholders, micropolitics, and culture	Trey McCalla, S. Fitzpatrick	2016	Sport psychology professionals who desire to work within these groups need to be prepared for the demands of a team-based performance enhancement setting.	The main findings of the paper include the increasing prevalence of high-performance teams in elite sport, the need for sport psychology professionals to be prepared for the demands of a team-based performance enhancement setting, and the discussion of important factors to consider when integrating sport psychology within a high-performance team.	The "state of the art" in Trey McCalla, S. Fitzpatrick (2016) is the increasing prevalence of high-performance teams in elite sport and the important factors to consider when integrating sport psychology within these teams. It also discusses potential stakeholders, micropolitics, culture, and implications for the ease of integration.	The novelty in Trey McCalla, S. Fitzpatrick (2016) lies in its focus on the integration of sport psychology within high-performance teams, addressing the important factors, stakeholders, micropolitics, and culture in this setting. This reflects an understanding of the evolving landscape of elite sport and the increasing prominence of interdisciplinary collaboration in performance enhancement.

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Sport psychology : theory, applications and issues	T. Morris, J. Summers	1995	The growth of qualitative research in sport psychology is a topic of interest.	-	-	-
Applied sport psychology in professional sports: The team psychologist.	F. Gardner	2001	Psychologists have become increasingly involved with professional sport organizations.	The main findings of the paper include the increasing involvement of psychologists in professional sport organizations, providing a wide range of psychological services to athletes, coaches, and management personnel. The paper also discusses the roles and functions of psychologists within professional sport organizations, ethical issues relevant to this context, and suggests future directions for the field.	The "state of the art" in F. Gardner (2001) is the increasing involvement of psychologists in professional sport organizations, providing a wide range of psychological services to athletes.	The novelty in F. Gardner (2001) is the increasing involvement of psychologists in professional sport organizations and the provision of a wide range of psychological services to athletes, as well as the consideration of highly paid athletes as substantial assets to be carefully selected, developed, and protected in the context of professional sports.
Mental health issues and psychological factors in athletes: detection, management, effect on performance and prevention: American Medical Society for Sports Medicine Position Statement—Executive Summary	Cindy Chang, M. Putukian, Giselle A Aerni, A. Diamond, Gene Hong, Yvette M Ingram, C. Reardon, Andrew T. Wolanin	2019	The athletic culture and environmental factors that commonly impact mental health include sexuality and gender issues, hazing, bullying, sexual misconduct and transition from sport.	The paper provides a comprehensive review of specific mental health disorders in athletes, including eating disorders/disordered eating, depression and suicide, anxiety and stress, overtraining, sleep disorders, and attention-deficit/hyperactivity disorder, with a focus on detection, management, the effect on performance, and prevention. It also discusses how members of the sports medicine team work together in providing comprehensive psychological care to athletes, addressing psychological factors in athletes including personality issues and the psychological response to	The "state of the art" in Cindy Chang et al. (2019) involves an evidence-based best practices document for the detection, treatment, and prevention of mental health issues in competitive athletes. It discusses comprehensive psychological care for athletes, psychological factors in athletes, the impact of athletic culture and environmental factors on mental health, and specific mental health disorders in athletes.	The novelty in Cindy Chang, M. Putukian, Giselle A Aerni, A. Diamond, Gene Hong, Yvette M Ingram, C. Reardon, Andrew T. Wolanin (2019) is the comprehensive review of specific mental health disorders in athletes, focusing on detection, management, effect on performance, and prevention.

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
				injury and illness. Furthermore, it examines the athletic culture and environmental factors that commonly impact mental health, including sexuality and gender issues, hazing, bullying, sexual misconduct, and transition from sport.		
Psychological Preparation for Peak Performance in Sports Competition	B. Ohuruogu, Ugwuanyi I. Jonathan, U. Ikechukwu	2016	Athletes should practice mental and psychological skill training.	The main findings of the paper are the importance of the proper mindset for athletes during competitions, the role of sport psychologists in providing therapy to athletes affected by various factors, and the recommendation for athletes to practice mental and psychological skill training for peak performance.	The "state of the art" in the paper involves emphasizing the integration of mental and physical aspects of performance, the importance of sport psychologists, mental and psychological skill training for athletes, and faster rehabilitation of injured athletes to achieve peak performance.	The novelty in the paper lies in its emphasis on the integration of mental and physical aspects of performance, the role of a sport psychologist in addressing psychological factors affecting athletes, and the recommendation for mental and psychological skill training for athletes.
Group Dynamics in Sports: An Overview and Recommendations on Diagnostic and Intervention	J. Kleinert, Jeannine Ohlert, B. Carron, M. Eys, D. Feltz, C. Harwood, Lothar Linz, R. Seiler, Marion Sulprizio	2012	Working with teams and training groups is a common and major challenge for applied sport psychologists.	The main findings of the paper include the rationale for team-focused interventions, concepts of team cohesion, team efficacy, team potency, and leadership style, as well as the contributions of sport psychologists to enhancing group functioning and determinants of how sport psychologists decide procedure and build trust in working with teams.	The "state of the art" in J. Kleinert, Jeannine Ohlert, B. Carron, M. Eys, D. Feltz, C. Harwood, Lothar Linz, R. Seiler, Marion Sulprizio (2012) includes the rationale for team-focused interventions, concepts of team cohesion, team efficacy, team potency, leadership style, contributions of sport psychologists to enhancing group functioning, methods for enhancing interpersonal skills, team climate, coach-athlete relationships, determinants of how sport psychologists decide procedure and build trust in	The novelty in this paper lies in its comprehensive discussion of the rationales, methods, and procedures of team-focused approaches in the practice of sport psychology, including the concepts of team cohesion, team efficacy, team potency, and leadership style. It also provides insights into the contributions of sport psychologists to enhancing group functioning and articulates determinants of how sport psychologists decide procedure and build trust in working with teams. The paper

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
					working with teams, and a recommendation for intensified effort to examine team-focused approaches in the practice of sport psychology.	concludes with a recommendation for an intensified effort to examine the topic further.
Sport psychology : concepts and applications	R. Cox	1990	Cognitive and behavioral interventions in sport are discussed.	-	The "state of the art" in R. Cox (1990) encompasses a wide range of topics in sport psychology, including motivation, arousal, attention, coping strategies, social psychology of sport and exercise, and psychobiology of sport and exercise. It provides an overview of various psychological aspects related to sports, including motivation, self-confidence, arousal, attention, coping strategies, relaxation strategies, imagery, aggression, violence, team cohesion, exercise psychology, overtraining, burnout, athletic injuries, and drug abuse.	-
Sport and exercise psychology: A critical introduction	A. Moran	2004	Athletes who cope with injury from theory to practice.	-	The paper provides an overview of the state of the art in sport and exercise psychology, covering various aspects such as discipline and profession, key constructs of athletic performance, team cohesion, and the relationship between health, exercise, and injury.	-

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
Psychological Factors Affecting Sports Performance	Ashwani Bali	2015	Athletes have frequently been quoted to state how the mental aspect is the most important part of one's performance.	<p>The main findings of the paper are:</p> <ul style="list-style-type: none"> <li>- Mental readiness is a significant statistical link with Olympics ranking.</li> <li>- Athletes emphasize the importance of the mental aspect in performance.</li> <li>- More than 70 percent of questions in sport psychology conferences pertain to anxiety and aggression as performance-related emotions.</li> </ul>	<p>The state of the art in Ashwani Bali (2015) emphasizes the significance of psychology preparation in athletic performance, particularly highlighting the importance of mental readiness in athletes' rankings at the Olympics. It also underscores the high importance of the psychological aspect in sports performance, as indicated by a quote from a professional golfer. Furthermore, the current focus in sport psychology seems to be on anxiety and aggression as performance-related emotions, as evidenced by the high percentage of questions raised at international conferences and seminars on this topic.</p>	<p>The novelty in Ashwani Bali (2015) lies in its emphasis on the neglected component of psychology preparation in athletic performance, particularly focusing on mental readiness and its impact on athletes' performance. It also highlights specific psychological factors such as anxiety and aggression as significant aspects of athletic performance. The paper's awareness of the broader consequences for the physical and mental health of athletes due to psychological factors adds to its novelty.</p>
The Psychology of Team Sports	R. Lidor, K. Henschen	2003	The optimal use of sport psychology for developing confidence in the U.S. women's Olympic gold medal ice hockey team.	The paper introduces the topic of gender differences in sport psychology and highlights the potential implications for sport psychology professionals working with male and female athletes.	The "state of the art" in R. Lidor, K. Henschen (2003) includes discussions on gender differences when working with men's and women's teams, as well as the optimal use of sport psychology for developing confidence in the U.S. Women's Olympic Gold Medal Ice Hockey Team.	The novelty in R. Lidor, K. Henschen (2003) is the emphasis on understanding gender differences in team sports and the variability within each gender, and the importance of coaches and sport psychology professionals being aware of these differences to effectively work with male and female athletes.
Professional practice in sport psychology : a review	S. Hanton, S. Mellalieu	2012	Athletes in career transitions are a practice issue in athlete burnout.	-	-	The novelty in S. Hanton, S. Mellalieu (2012) is the introduction and exploration of

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
						reflective practice as a key concept in applied sport psychology, emphasizing its role in improving the quality of practice and facilitating personal and professional transformation.
Providing Sport Psychology Consulting Services to Professional Athletes	R. Rotella	1990	A philosophy for sport psychology consulting emphasizes a belief in helping people's dreams come true, believing in possibilities, trusting in ability and talent, and the awesome power of the mind if the mind is properly directed.	The main findings of the paper are centered around the philosophy for sport psychology consulting, emphasizing the belief in helping people's dreams come true, resisting socialization to perform at one's best, and introducing strategies to achieve these ideals.	The "state of the art" in R. Rotella (1990) is a philosophy for sport psychology consulting that emphasizes helping individuals achieve their dreams, believing in possibilities, trusting in ability and talent, and the power of the mind when properly directed. It also highlights the importance of learning how to resist socialization in order to perform at one's best. The paper briefly introduces strategies for resisting socialization and delivering the mentioned ideals.	The novelty in R. Rotella (1990) lies in its emphasis on helping people's dreams come true, trusting in ability and talent, and the power of the mind if properly directed, as well as its focus on learning how to resist socialization in order to do one's best. It also introduces strategies for resisting socialization and delivering such ideals.
Psychological Interventions with Athletes in Competitive Situations: A Review	M. Greenspan, D. Feltz	1989	Educational relaxation-based interventions and remedial cognitive restructuring interventions with individual athletes are in general effective.	The main findings of the paper are an analysis and synthesis of research on the efficacy of psychological interventions with athletes in competitive situations, and the conclusion that educational relaxation-based interventions and remedial cognitive restructuring interventions with individual athletes are generally effective.	The "state of the art" in M. Greenspan, D. Feltz (1989) is an analysis and synthesis of research on the efficacy of psychological interventions with athletes in competitive situations, concluding that educational relaxation-based interventions and remedial cognitive restructuring interventions with individual athletes are generally effective.	The novelty in M. Greenspan, D. Feltz (1989) lies in the analysis and synthesis of research to establish the efficacy of different psychological interventions with athletes in competitive situations, providing a working body of accurate knowledge and suggestions for future intervention research in sport psychology.

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
Team Psychology in Sports: Theory and Practice	S. Cotterill	2012	A positive team environment can improve athlete performance and wellbeing.	The main findings of the paper include the importance of effective team planning, creating a positive team environment, role clarity and acceptance, effective communication, motivation, emotion management, momentum, leadership, and mental/emotional recovery strategies in influencing team cohesion and performance.	-	-
Coach–athlete attachment and the quality of the coach–athlete relationship: implications for athlete’s well-being	L. Davis, S. Jowett	2014	A knowledge of conflict management could allow athletes to enhance their sporting relationships.	Athletes’ attachment styles are associated with coach-athlete relationship quality, and interpersonal conflict plays a key role in athletes’ well-being. Understanding conflict management could enhance the quality of sporting relationships.	The "state of the art" in L. Davis, S. Jowett (2014) is the examination of the link between athletes’ attachment styles with the coach and the coach-athlete relationship quality, including the role of interpersonal conflict and its impact on athletes’ well-being. The paper also highlights the practical implications of understanding conflict management for enhancing the quality of sporting relationships.	The novelty in L. Davis, S. Jowett (2014) lies in its examination of the association between athletes’ attachment styles with the coach, coach-athlete relationship quality, and athletes’ well-being, particularly emphasizing the role of interpersonal conflict and the practical implications of conflict management in enhancing sporting relationships.
Piloting A Family-Supported Approach to Concurrently Optimize Mental Health and Sport Performance in Athletes	B. Donohue, G. Chow, M. Pitts, T. Loughran, Kimberly N. Schubert, Yulia Gavrilova, D. Allen	2015	A performance program specific to mental health optimization in athletes is needed.	The study emphasizes the need to adapt evidence-based behavioral interventions to optimize mental health in athletes. It also reviews the innovative features of The Optimum Performance Program in Sports (TOPPS) and reports the results of the initial piloting of TOPPS in a series of case trials. The authors underscore their methods of addressing obstacles	The "state of the art" in this paper involves the initial development of The Optimum Performance Program in Sports (TOPPS) and the need to adapt evidence-based behavioral interventions to optimize mental health in athletes. The paper also addresses the absence of performance programming specific to mental health	The novelty in this paper lies in the development of The Optimum Performance Program in Sports (TOPPS) and the innovative features it offers to optimize mental health in athletes. The paper also addresses the need to adapt evidence-based behavioral interventions and the obstacles influencing the absence of



Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
				that have influenced the absence of performance programming specific to mental health optimization in athletes.	optimization in athletes and offers recommendations based on the results.	performance programming specific to mental health optimization in athletes.
Helping Coaches Meet Their Own Needs: Challenges for the Sport Psychology Consultant	B. Giges, A. Petitpas, Ralph A. Vernacchia	2004	Sport psychology services directly to coaches are needed.	The paper highlights the need to provide sport psychology services directly to coaches, as they face similar stressors as athletes but have been offered little help with their own needs. It emphasizes the importance of increasing coaches' self-awareness and helping them cope with psychological barriers that interfere with their performance.	The "state of the art" in this paper is the lack of support for coaches in dealing with stressors and psychological barriers, and the need to provide sport psychology services directly to coaches to help them cope with these issues.	The novelty in B. Giges, A. Petitpas, Ralph A. Vernacchia (2004) is the focus on addressing the psychological needs of coaches in the field of sport psychology, which has traditionally been more focused on athletes. This includes examining coaches' issues and providing direct sport psychology services to them.
The Psychology of Athletic Endeavor.	M. Beauchamp, A. Kingstone, N. Ntoumanis	2022	The diverse ways in which psychological processes contribute to athletic strivings are reviewed.	- Youth involvement in sports and sport-based programs has a wide range of positive effects on task persistence, socioemotional well-being, physical fitness, leadership competencies, and academic achievement. Interventions designed to enhance positive youth development in sport have small to medium-sized effects on outcomes such as improved competence, confidence, and life skills. Youth involvement in team-based sports also predicts lower stress and better coping levels in early adulthood.	-	-
Handbook of Sport Psychology	R. Singer, H. Hausenblas, C. Janelle	2020	Goal setting is a psychological technique for individual performance in sport and exercise.	The paper provides insights into expert performance in sport and dance, considerations for motor skill performance and	The "state of the art" in R. Singer, H. Hausenblas, C. Janelle (2020) encompasses various topics in sport	The novelty in R. Singer, H. Hausenblas, C. Janelle (2020) is the exploration of future directions in sport psychology.

Title	Authors	Year	Abstract summary	Main findings	State of the art	Novelty
				psychological responses, self-efficacy beliefs of athletes, teams, and coaches, imagery in sport and exercise, and the use of theories of motivated behavior to understand physical activity. It also delves into the psychology of sport injury rehabilitation.	psychology, including expert performance, self-efficacy beliefs, imagery in sport and exercise, and future directions in the field.	



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