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To Study the Influence of Cognitive and Psychophysiological Factors among Shooters

Reetesh Riku

Director & Psychologist, Conscious Mind Solutions Pvt. Ltd., India

Abstract

Shooting is a psychologically challenging sport based on the act of discharging the projectile from a ranged weapon. Mental ability and physiological technique are the primary foundations for successful sports performance. It determines the success and the failure of the shooter.

Objective:

The purpose of the research was to study cognitive and psychophysical factors and its influence on the performance of the shooters. Study further expands to the various cognitive and psychophysiological factors that play a vital role in the performance enhancement of shooters. One of the main aims is to study the important factors that are eliminating Indian shooters from international platforms.

Method:

Sample size was selected using a purposive sampling method and consisted of 18 participants. The age range of the participants was 20 to 40 years across various socioeconomic States. The data was collected from Gun for Glory Shooting Academy, India. Mean and standard deviation was used to analyse the collected data.

Result:

The various physiological and psychological parameters were taken (Concentration, stress tolerance, visual perception, sustained attention, hand steadiness, pulse rate, respiration rate, muscle activity, brain activity, body temperature, skin conductance, etc.). Based on statistical analysis, it was found that these parameters affect the performance of the shooter.

Conclusion:

It was found that not adequate focus and training in the physiological and psychological can decrease their chances to climb the ladder of success. Thus, it is the emerging need and necessity for all the players in different sports to work on various psychophysiological determinants.

Keywords: Parameters, Performance, Shooters