iyor samadu wadana mishakor
saharazawathe nuw wadha winyan

1.1. Rathana
(FGS/MC/PHIL/16/01RR)

awwa rahasui rupakadu derukor derukor lana wawu bahini
athiya derukadu dinkinawadi ariyaka sohini rupakadu dinki ari bahini duwacawu ariyaka bahini
wehe wiyakat wiyakat dinkinawadu.

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Summary

Realizing the importance of mental process of sportsmen for the victory, Europe adopts sports psychological counseling to achieve their goals in sports successfully. Therefore, identifying Sri Lankan approaches of psychological sports counseling is important as it is being rapidly developed.

It has been proved that skills deteriorate because of less self-confidence, less concentration, less motivation, negative thoughts and irregular behavior of players. Therefore sports psychological counseling can be used to develop basic psychological skills such as emotional management, stress management and anxiety management.

This assignment, “Influence of psychological counseling to develop sports skills”, provides supplementary facts to prove the necessity of sports psychological counseling to develop sports skills by analyzing data accumulated from sportsmen and sportswoman.

1. Sports Coaching
2. Sports Psychology
3. Stress
4. Motivation
5. Emotion