

# Role of “NLP” and “self-talk” to improve the self-esteem and performance of players

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## ABSTRACT:

*The aim of this study was to investigate whether mental training using visualization and self-talk would have an effect on the performance of low-self-esteem players. Low-self-esteem players experience stress when they face opponents with higher self-esteem in any game (Beck AT, 1979). This can create anxiety due to unconscious comparisons in ability, technique, and self. This anxiety can disturb players' concentration and lead to negative thoughts such as "They are superior to me," "They have good training and good food," "They have good infrastructure and can do better than me," and "I can't perform or compete with them (Belmiche L, 2004). "I'm going to be a loser." These thoughts can have a strong impact on the physiology of the body, influencing motor activity and biomechanical activity (Barler A C, 2006). The player begins to respond to these negative thoughts and prepares to lose the game. In addition to the talent, practice, skill, and determination of a player, our study suggests that counseling can help players enhance their performance in competitions by changing their self-esteem from low to high (Cutron D M, 2007). This can be done by providing psych education about self-esteem and about themselves, and by making them practice NLP exercises and positive self-talk to overcome negative thoughts. The study included three case studies of different players from different games (Dana A, 2011). The players were helped with counseling sessions and trained with alternative positive self-talk and NLP exercises. Feedback was taken from the players before and after the counseling sessions. The results showed that their self-esteem improved, and in turn, their performance in their respective games improved for all of the players (cricketer, tennis player, and shuttle player) (DeFrancesco C, 1997).*

*When self-esteem starts to improve, players start to look at themselves with more confidence and belief in their talent and skill in the game, rather than on external comforts (Dember W, 1974). Naturally, negative thought patterns are changed to positive thoughts with the help of NLP and positive self-talk. This study concludes that counseling has a positive effect on players by using NLP and auto-suggestion (i.e., self-talk) to improve self-esteem and performance (Hatzigeorgiadis A, 2011). This method is more helpful for the majority of rural players and players from poor backgrounds by improving their self-confidence to win the game.*

**KEYWORDS:** Counseling, Self Esteem, NLP, Self-talk.

## INTRODUCTION

In India the self-esteem of middle class and lower middle class children are drastically low due to their socio, economic culture and parents grooming during the childhood (Johnson J, J M, 2004). Majority of players who come from this back ground whenever they expose to the high economical group players they immediately show the nervousness and withdrawal from the group. This is due to low self-esteem and this drastically influence the performance of the player during the competitions (Fuentes-García JP, 2002).

Self-esteem of anybody defines the way see them and how one can understands their ability and skills. The reasons for having low self-esteem are many, it may contribute the way they look, lack of skills, physical and emotionally low also make people feel bad about self.

In psychology the term self-esteem is used to describe a person's view of self worth or personal value. In other words how much one can accept or like self. Self-esteem is often understood as a personality trait it supposed to be stable and enduring. Self-esteem is having belief about self, about physical appearance, beliefs, emotions and behaviours (Kolovelonis A, 2011). But the self-esteem may be influenced by various factors. It may be due to genetic factors, parents, stories what we have listened, friends and our own experiences may decrease or increase our self-esteem. Some of signs of helpful self-esteem, confidence, ability to say no, positive thinking, positive

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# Selfesteem Peak Performance

**RS Peters**



**Selfesteem Peak Performance:**

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