

Sport Psychology: From José María Cagigal to the present

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PSICOLOGÍA DEL DEPORTE: DE JOSÉ MARÍA CAGIGAL A LA ACTUALIDAD

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ABSTRACT: This article reviews the evolution of the Sport Psychology, from its full inclusion in the disciplines of study of the sports phenomenon, to the variability of studies that are currently being developed in this field. The previous researches carried out, the international recognition, and the consolidation of Sport Psychology as scientific research field are reviewed. At the same time, the interdisciplinary nature is reflected through José María Cagigal, who during his career studied the connection of psycho-pedagogical knowledge as a phenomenon immersed and intrinsic to sports. That evolution has lasted to the present maintaining the classic variables of study in high performance sports, such as the motivation or the anxiety; but also introducing new fields of study such as health and / or the promotion of physical activity; all without forgetting the importance of establishing a good connection between research and application, and without losing the scientific rigor of validation and reliability both in the works carried out and in the instruments used in research.

According with the literature review, the sports psychology is considered a relatively young discipline (Cruz & Cantón, 1992; Dosit, 2003; Pérez & Estrada, 2015). Although all the authors agree on situate its antecedents in the nineteenth century on the basis of the two knowledge areas in which it is based; on the one hand the Scientific Psychology at the end of the 1880s, with the experimental procedures of Wundt, and on the other hand the Physical Education developed by Arnold in the decade of 1830. Both school of thought have gone hand-in-hand since then, and have formed the basis of sport psychology knowledge which has evolved to the present day, addressing the aspects involved in performance, physical activity and sport in general, from both disciplines.

As stated by Weinberg and Gould (1996), researches on athletes can be found on the works with cyclist of Triplett (1898) which allowed him to predict the moments of highest

performance; or Davies (1898) on the transfer of strength in weightlifting athletes (quoted by Pérez & Estrada, 2015). In the international panorama, in the first half of the twentieth century, there are two distinct lines of work, the Americana, headed by C. Griffith, and the Soviet with the works of A.Z. Puni and P. Rudick. (Pérez & Estrada, 2015). On the international scene, the first half of the twentieth century, there are two distinct lines of work, the Americana, led by C. Griffith, and the Soviet with the works of A.Z. Puni and P. Rudick. (Pérez & Estrada, 2015).

However, it was not until 1965 that Sport Psychology obtains international recognition as an independent discipline. The event that triggered this recognition was the celebration in Rome of the First World Congress of Psychology of the Sport. This event was followed by others facilitating the consolidation process: that same year the International Society of Sport Psychology (ISSP) was established, two years later, in 1967, the

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North American Society for the Psychology of Sport and Physical Activity (NASPSPA), and in 1968 The Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC). Since their founding to the present, all of them have contributed to the holding of periodic international scientific meetings. In 1970, the International Journal of Sport Psychology was founded and became the best reference for the dissemination of scientific works (Cruz & Cantón, 1992; Pérez & Estrada, 2015).

At the same time, in Spain Psychology becomes a university degree in 1968, and it fell within the faculties of Philosophy and Letters of Madrid and Barcelona, studying two common years of Philosophy and three of Psychology (Berdullas, Albarracín, & Martín, 2007). One year before, in 1967 the National Institute of Physical Education (INEF) was created in Madrid. But even at this incipient stage of Spain with regard to Sports Psychology, three Spaniards were actively involved in the organization of the First World Congress in Rome: J. M. Cagigal, J. Ferrer-Hombravella and J. Roig (Dasil, 2004).

From the beginnings of this incipient discipline, which joins together sport and psychology, we would like to emphasise the figure of José María Cagigal for his great intellectual production around education and psychology, in relation to physical activity and sport. In this sense we highlight *Hombres y deporte* (1957), National Prize for Sports Literature of the National Delegation of Physical Education and Sport (Cagigal & Bohórquez, 2006); *Psicopedagogía del deporte* (1962) and *El fenómeno psicológico en el deporte* (1963). But Cagigal not only stood out for his intellectual work, but for his political activity aimed at developing and improving the world of sport, which for him was closely related with education. In 1961, under the request of the National Delegate of Physical Education, he joined the team that developed the National Physical Education Law, and he was appointed as a National Subdelegate of Physical Education and Sports and entrusted with the setting up of the National Institute of Physical Education (INEF) (Cagigal & Bohórquez, 2006). Cagigal's conception of the importance of training in sports is clearly stated by Balagué (2006): "he saw INEF as a state-of-the-art educational institution because he knew about the intrinsic value of sport, which in general lack other subjects" (p. 307-308), as the role he considered that sports agents have, "it is difficult to find language or mathematics teachers who have the

impact on their students that many coaches and Physical Education teachers have" (Balagué, 2006, p.308).

This review of his intellectual and executive career emphasizes his participation as president in the Third World Congress of Sports Psychology, held in Madrid in 1973. Precisely, in memory of his great contribution to this discipline, this year is going to be a tribute to his figure on the occasion of the celebration, again in Spain, of the 14th World Congress of Sports Psychology. This tribute will host an exhibition on his work and life, as well as a 'Lecture' within the scientific program of the congress.

This review of the sport psychology inception, which reflects the importance and contribution of this area of study to the sport in all its expressions, provides a context for the papers that will be presented within this special supplement on the occasion of the 14th ISSP World Congress. This supplement presents a set of scientific papers covering several research areas which surely enhance and reinforce the interdisciplinary of the sport psychology. Among the selected works, the readers will find experimental, empirical and professional papers that meet the standards of quality and scientific rigor of RPD (Journal of Sport Psychology). The knowledge contained in this supplement shows how far the sport psychology has come since its beginnings in the last century.

The point of view of the stakeholders involved in the sports phenomenon is a topic of continuous interest in the Psychology of Sport. In this regard, the perception of parents and athletes on the parental role involvement in football have been assessed in response to the growing concern about the parent's excessive involvement in their children football experience. On this same research line, the health risk perception among adolescents has been studied together with the level of physical activity in order to evaluate its relationship. Finally, the perception of quality and loyalty among the fitness centers members has served as a vehicle to segment customers of low-cost fitness centers.

In connection with motivation, this special supplement contains six papers on this topic. Starting with the motivations that lead to the practice of physical activity and sport, one paper examines the impact of sport motivation on the Importance and Utility of Physical Education Perception. With a sport-oriented approach, the motivation of Pole Sport practitioners, a recent sport which has increased exponentially in recent years, has been studied. In this line of motivation, another paper aims to understand the variables that predict the intention of being

physically active in secondary school students and the role of decisional balance and different types of motivation in predicting exercise enjoyment is the focus of another of the presented works. From the approach of motivational climate and self-determined motivation one of the researches aimed to test on youth football players through two models. Finally, the application of the transtheoretical model to identify predictors of physical activity transition in university students completes this set of studies which will surely help to understand the phenomenon of sports abandonment and the motivations for engagement in physical activity.

The promotion of physical activity and sport among the population has been proven an efficient way for addressing non-communicable diseases (NCD). Apart from physical benefits, practising sport also carries psychological and social benefits to its practitioners. Therefore, it comes relevant to carry out studies that bring evidence base to promote physical activity and sport among the population. In this sense, the purpose of one of the selected papers was the review of recent interventions aimed at promoting physical activity using self-determination theory (SDT) framework. A second one studied the relevance of primary relationships in the configuration of physical activity which could respond to socializations needs. A third one examined the enhancement of quality of life of breast cancer survivors by practising dragon boat. And the fourth and last analysed the attitudes towards fair play, playing foul/hard, and the acceptability of teams' antisocial behaviour.

High sport performance is one of the topics that more has been written about in sport psychology and it can also be found in this special supplement. In connection with the period of the athletes sport career, one of the papers examines the pre-competitive anxiety in youth paddle tennis players, a second one sought to compare the anxiety, motivation and imagery scores of professional football players, a third one to discuss the overall

situation of self-concept of adolescents athletes in short track speed skating team, and a fourth one performed a network analysis as an alternative of factorial approach to the big three of copying in adolescents synchronized swimming athletes. A longitudinal case study carried out with the purpose of exploring the transition to University of female elite athletes during their dual career, one of the important stages at the athletes' dual career. Another critical stage is the retirement from high performance competition, and in this regard, one of the works presents an explorative study on football former players by using a phenomenical-interpretative approach. As can be seen, these papers selection covers the athletes during the sport career as well as during its transition and retirement.

Questionnaire is one of the most common technique used in psychology research to acquire data from the subjects. Therefore its validity and reliability represents a critical aspect to guarantee the veracity and representatively of a study results. The first paper on this topic is about the translation into Spanish of the Weight Pressures in Sport scale for female athletes (WPS-F) together with the study of its psychometric properties. The second one, sought to investigate the content validity of the movement items of the Vividness of Movement Imagery Questionnaire-2 (VMIQ-2).

Last but not least, this special supplement contains two perspective pieces. On the one hand the relationship between the research activity carried out by academics and the professional activity carried out by sport psychologists has been assessed in order to explain the actual impact of sport psychology in the sport world. On the other hand one of the papers set out the guidelines for the preparation of applied case studies in sport and exercise psychology.

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RESUMEN: En este artículo se revisa la evolución de la psicología Del deporte, desde su inclusión de pleno derecho en las disciplinas de estudio del fenómeno deportivo, hasta la variabilidad de estudios que en este campo se desarrollan actualmente. Se recogen los antecedentes en investigación y el momento de reconocimiento internacional y, casi podríamos decir, de consolidación como campo de investigación científica. A su vez se recoge su carácter interdisciplinar, aunado en aquel momento en la figura de José María Cagigal,

que estudio a través de toda su carrera la conexión del conocimiento psicopedagógico como algo inmerso e intrínseco al deporte. Esa evolución ha llegado hasta nuestros días manteniendo las variables clásicas de estudio en deporte de alto rendimiento, como la motivación o la ansiedad; pero introduciendo también nuevos ámbitos de estudio como la salud y/o la promoción de la actividad física; todo ello sin olvidar la importancia de establecer una buena conexión entre investigación y aplicación, y sin perder el rigor científico de validación y fiabilidad tanto en los trabajos realizados, como en los instrumentos utilizados para la investigación.

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