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The impact of using sports psychology applications and achieving sustainable development in physical education

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Abstract

This research aims to achieve the detection of the psychological, social and environmental effects of applications of sports psychology on sustainable development in physical education, and to provide practical recommendations for applying applications of sports psychology in achieving sustainable development in physical education, as this study relies on the descriptive approach, which aims to describe the desired phenomenon. Studying it, the researcher concluded that there is a correlation between applications of sports psychology and sustainable development in physical education. Increasing the use of applications of sports psychology in physical education leads to an increase in achieving sustainable development in physical education, and she recommended that applications of sports psychology should be integrated into physical education programs. Teachers must be trained to use sports psychology applications in teaching.



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