INFLUENCE OF PSYCHOLOGIC ALEGOGENIC AIDS ON ATHLETES'S PERFORMANCE AMONG UNIVERSITY OF BENIN ATHLETES.

OMINU PEACE
EDU1408874

UNIVERSITY OF BENIN
BENIN CITY

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A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HUMAN KINETICS AND SPORTS SCIENCE, FACULTY OF EDUCATION, UNIVERSITY OF BENIN, BENIN CITY.

IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF BACHELOR OF EDUCATION (B.Sc.Ed) IN HUMAN KINETICS

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CERTIFICATION

We certify that this work was carried out by OMINU PEACE in the Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Benin City.

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DEDICATION

This study is dedicated to all athletes across the globe.

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The researcher wish to thank Almighty God who granted her the grace to go through this programme. May this name be praised.

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ABSTRACT

The purpose of this study was to find out influence of Psychological Ergogenic aids on the Sports Performance of University of Benin Athletes. The survey research design was adopted for this study. The population of the study comprised of the 504 registered athletes of the University of Benin.

The simple size of this was 130 athletes of the University of Benin. The simple random sampling techniques was used for the selection of the sample. The instrument that was used for this study was a self-constructed questionnaire. The questionnaire is made up of three parts, namely section A, B and C. The face and content validity of the instrument was validated by three experts, these included; the researcher's supervisor, one expert from the Department of Human Kinetics and Sports Science and one from the Department of Educational Evaluation and Counselling Psychology all from the University of Benin. Their criticisms, corrections, suggestions, modifications and recommendations served as the final draft of the instrument. The split-half method of reliability was used. The instrument was administered to 20 athletes of Igbinedion University Okada twice, who were not part of the study. This involves administering the instrument to the athletes, after an interval of two weeks, the instrument was re-administered to same sets of respondents. Data collected were analysed using Pearson Product Moment Correlation Coefficient statistics and a coefficient values of 0.82 was obtained an indication that the instrument was reliable for the study.

A letter of permission was obtained from the Department of Human Kinetics and Sports Science, University of Benin. This letter introduced the researcher to the Director of Sports of the University. The administration of the instrument lasted two weeks. However, after completion, the questionnaire forms were retrieved. Data collected were analysed using Pearson Product Moment Correlation Coefficient. Findings revealed that, there is a significant relationship between hypnosis and sports performance of athletes in University of Benin. It was concluded that, there is an existing relationship between cheering and sports performance of athletes of University of Benin. It was therefore recommended that, University of Benin management should employ the services of sports and exercise psychologist that will help to drive this vision of preparing the athletes on psychological management

CHAPTER ONE

INTRODUCTION

Background of the Study

Ergogenic aids are commonly used by some athletes of all levels of experience, prior during exercise without even knowing the effect. Ergogenic aids are anything that can improve performance in exercise or Sport. These aids act by preparing an individual for exercise, improving performance during competition or enhance the development of physiological adaptations as a result of training (Leclticltz & Kreider, 2001). The pressure and craze to succeed, and remain on top gear have made many athlete to use any substance or means to boost their sports performance no matter the cost. Such cost may among other things, include loss of life or permanent physical, mental and physiological impairments. Globally, sports has become very popular and big business, hence to succeed and remain relevant is highly valued and very competitive. It is on this search to remain, relevant and successful that many athletes, in addition to pursing rigorous training programmes, engage in alternative ways to improve their performances in sports. These alternative ways are termed ergogenic aids. Ergogenic aids are mechanical nutritional, pharmacological, Physiological and psychological tools that athletes use to increase energy, performance and recovery (Marcus, 2013). Thus, it has been observed that the use of ergogenic aid has become common in sports, even amongst preadolescent athletes. Substances used to improve physical performance are referred to as "ergogenics" a term derived from a greek phrase meaning work production. In relation to

athletes performance, the term refers to any means use to enhance energy production, control or efficiency. Athletes make use of these aids to improve their performance and increase their chances of winning in competition.

Ergogenic is defined as “tending to increase, work” whole Aid is giving help or “assistance” or “be of service.” Robergs, (2010) define ergogenic aids as a physical, mechanical, nutritional, Physiological or Pharmacological substances or treatment that either directly improves physiological variable associated with exercise performance or removes subjective restraints which may limit physiological capacity and to hasten recovery. In the context of sport, an ergogenic can be broadly defined as a technique or substance used for the purpose of enhancing performance. Some ergogenic aids have harmful side effects and some have been banned in professional sports. Ergogenic substance are commonly used by athletes who seek to gain such a competitive edge (Levy, 2008)

Over the years ergogenic aids have been widely used especially by amateur and Professional athletes. Gaining a competitive advantage over one’s competitor is a known phenomenon in the sports world. Most athletes have been dropped out of important sporting competition due to ergogenic aids use in order to enhance their performance. It increase a person’s performance of high intensity exercises. Many athletes have opted to use ergogenic aids as to achieve an edge to their opportunity. They use them to increase their energy production in order to improve their performance and beat their competitors in the races. Mackenzie (2001) opined that ergogenic aids may;

- Directly influence the physiological capacity of a particular body system thereby improving performance.
- Remove Psychological constraints which impact performance
- Increase the speed of recovery from training and competition.

Agwubike (2005) defined ergogenic aids as anything that improves or its thought to improve physical performance. It involves food and non–food substance including various devices and procedures used by athletes in the bid to enhance performance. Usually, ergogenic aids are thought of only as drug which may be consumed in order to give athletes competitive advantage. In Order for something to have an ergogenic effect, it will be able to affect some aspects of exercise physiology that is increasing the athletes performance level (slander & Jenken, 2000).

Psychological ergogenic aids are used to help get the athletes or individual prepared mentally and to be focused. Agwubike (2005) define Psychogenic aids as various psychological measured applied by athletes to enhance performance in sports such as music and cheering support. With Psychological ergogenic aids, one focuses on the 4' cs which are concentration, confidence, control and commitment. These 4'cs are generally considered the main mental qualities important for successful performance in most sports. Concentration gives the ability to maintain focus, confidence gives believe in one's abilities, control provides the ability to maintain emotional control regardless of distraction while commitment gives the athlete the ability to continue working to agreed

goals. When an athlete puts all the 4' cs in mind they excel. Psychological ergogenic aids are activities and not supplements which are done to alert an athlete's mind. They include music, hypnosis, meditation, and relaxation. Most Psychological ergogenic aids are very effective and safe. Moreover, they are easily available and are a substitute to drug supplements.

The safest and effective ergogenic aids in sports are the psychological ergogenic aids. It is usually said that the mind controls the body and that winning starts from the mind. Therefore Psychological ergogenic aids are very important been the only ergogenic aid that tends to produce results by disciplining and controlling the mind to achieve goals and focus on objective of participation. Some of these aids are easy to learn, can be done anywhere and above all are used to help athletes to overcome their psychological limitations and reach the peak of their performance. Agwubuike, (2010) noted that the use of psychological ergogenic aids remains one of the beast ways to further motivate and enhance the performance of athletes whether before, during or after a competitive or non-competitive physical activity.

Psychological ergogenic aids includes, Music which propels an athlete through a work out and motivates them as the train and perform. Many athletes get distracted and even lose track but with good music in the background they are able to concentrate and win their races. Music enhances & increases the performance of athletes. Imagery is one of the greatest tools used in sport psychology to enhance performance. This is done by enhancing motor skills and muscle memory and it is also used for motivation. Imagery is

a powerful way to enhance a sport performance because it recuits various senses. Applied sport psychologist Terry orlick (2000) comments that mental imagery is a means for athletes to get the best out of themselves in both training and competition. Imagery involves positive visualization which includes athletes seeing their self – winning an event, mastering a challenge relieve feeling of stress performing a specific skill, Hypnosis is a trance–Like mental state in which people experience increased attention, concentration and suggestibility. Hypnosis is a very effective tool to distract the mind from negative thought before an event. The theory behind sports hypnosis is that relaxation is key to improved sporting performance and athletes May perform better if they are able to relax mentally and focus on the task at hand. Hypnosis may also help to control anxiety and manage stress in athletes. It is commonly accepted that cheering positively influences a team's performance. Cheering is an activity in which the participants cheer for their team as a form of encouragement. It can range from chanting slogans to intense physical activity. It can be perform to motivate sports teams, to entertain the audience, for competition. Yoga helprelax tensed muscles and calm the mind with breathing exercises (Holt, Pelhan& Holt 2008).

Statement of the Problem

Over the years it has been intently observed that athletes whether professional or amateur desire to win at all cost and as result subscribe to the use of illegal ergogenic aid to improve their performance. However, this means subscribed by most athletes makes them vulnerable to life risk consequences as well as competitive consequences; a better

alternative to the use of illegal ergogenic aids is the use of a safer ergogenic aid known as the psychological ergogenic aids which has been found effective in improving athletes performances in order to gain more competitive advantage. Is this the case of athletes in the university of Benin, this research study is poise to find out.

Research Questions

The following research questions were raised for this study. They include;

1. What are the influence of psychological ergogenic aids in sport performance among athletes of university of Benin?
2. To what extent does cheering influence university of Benin athletes performance?
3. To what extent does music-singing influence university of Benin athletes sports performance?
4. To what extent does hypnosis influence university of Benin athletes sports performance?

Hypotheses

The following hypotheses were formulated and tested as 0.01 level of significance

1. There is no significant relationship between psychological ergogenic aids and sports performance of athletes of University of Benin.
2. There is no significant relationship between cheering and sports performance of athletes of University of Benin.
3. There is no significant relationship between music-singing and sports performance of athletes in University of Benin.

4. There is no significant relationship between hypnosis and sports performance of athletes of University of Benin.

Purpose of the Study

The purpose of this study is to find out the influence of psychological ergogenic aids on athletes' performance among University of Benin athletes. Other specific purposes are to determine:

- Influence of psychological ergogenic aids in sports performance
- Extent of singing as psychological ergogenic aids in sport performance
- Extent of cheering as psychological ergogenic aids in sport performance
- Extent of dancing as psychological ergogenic aids in sport performance

Delimitation and Scope of Study

This study will delimited to the athletes of University of Benin and will focus on the use of psychological ergogenic aids such as cheering, dancing, singing, hypnosis and imagery.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

The review of related literature will be discussed under the following sub-headings:

- Ergogenic Aids in Sports
- Types of Ergogenic Aids
- The Concept of Psychological Ergogenic Aids
- Psychological Ergogenic Aids and Sports Performance
- Factors Influencing Psychological Ergogenic Aids
- Influence of Music, Cheering, Hypnosis Affecting Athletes Performance
- Summary of the Review of Related Literature

Ergogenic aids in Sports

The word 'ergogenics' is derived form the Greek word "ergog" (work) and "genic" (productivity) (Lawrence,1995) thus, ergogenic aids are factors that can increase or improve work effect which may occur as a result of increase strength. Increased as a result of increase strength, increase speed, and increased endurance, Ergogenic aid can also be defined as a Physical, Mechanical, Nutritional, Psychological or Pharmacological substance or treatment that rather directly improves physiological variable associated with exercise performance or removes subjective restraints which may limit physiological capacity (Robergs. 2010). Agwubike (2005), view an ergogenic aid as anything that

improves or is thought to improve physical performance. This ergogenic aids are factors that can increase or improve work production.

Ergogenic aids can improve physical functions as well as mental functions by removing psychological constrains that may impact physical performance. Some ergogenic aids have harmful side effects and some have been banned in professional sports. Ergogenic aids are substance, devices, practices or treatments that improve athletic performance or physical performance. Ergogenic aids can come in many forms ranging from very simplistic techniques or processes to drugs supplementation.

The use of ergogenic aids in the 21st century era has currently evolved into a social dilemma; this phenomenon has made the saying: "hard work is the secret to success", a statement of antiquity. This subject has raised so much dust in the sports sector and has also led to unfairness in competitions thereby eliminating the value of fairness; which is one of the core values of sports as stipulated in the National Sports Development Policy (2009)

Over the years, the idea of sinning at all cost as well as the anxiousness of athletes to savour all the benefits that awaits the "Best performer" in form of recognition, cash, scholarships and other career prospect has been mapped out as the major promoters of the increasing use of ergogenic aids among 21st century athletes. Athletes no longer train to build up certain physical fitness components rather; they depend so confidently on ergogenic aids in order to gain competitive edge over others. This has resulted into laziness, cheating and dishonesty amongst athletes Hence, athletes are encouraged to

build up natural capacity rather than depend on ergogenic aids for help. Also, ergogenic aids should not be considered as a substitute for a healthy, balanced diet regular training and adequate rest.

Usually ergogenic aids are thought of only as drugs which may be consumed in order ot give athletes completive advantage. This is a narrow concept of it. Ergogenic aids can be specifically tailored to enhance performance in a particular sport (Roberss, 2010). In the context of sports, an ergogenic aid can be broadly defined as a technique or substance used for the purpose of enhancing performance Futhermore ergogenic aids can also be defined as physical, mechanical, substances or treatments that either directly improves physiological variables associated with exercise performance or removes subjective restraints which may limit physiological capacity (Rogers 2010).

Ergogenic aids can be defined as physical, mechanical, nutritional, psychological or pharmacological substance that either directly improve performance or remove subjective restrains which may limit psychological capacity (Robergs, 2010). Fox (1993) and Agwubike (2005), view an ergogenic aid as anything that improves or is thought to improve physical performance. William (1992) defined ergogenic aids as anything or means of enhancing energy production and utilization.

In order for something to have an ergogenic effect, it must be able to affect some aspects of exercise physiology, preferably an aspect of exercise physiology that is limiting the athlete in question this was opined by Slater and Jentin.

Types of Ergogenic Aids

Ergogenic aids according to Agwubike (2005) and Adodo (2019) can be classified into five categories:

a) Mechanical aids, such as light weight racing shoes.

b) Physiological aids such as blood doping (administration of packed blood cells)

c) Psychological aids such as hypnosis

d) Pharmacological aids such as androgenic steroid supplement and

e) Nutritional aids, such as creative supplementation.

According to Mc Clung and Collins, (2007), categories of ergogenic aids for human athletes are physiological, equipment, pharmacological and psychogenic aids (such as hypnosis or mental imagery). Agwubike(2005) classified ergogenic aids as nutritional, pharmacological, physiological, psychological, and mechanical and trado-ergogenics.

The Concept of Psychological Ergogenic Aids

Psychological aids are used to help get the athlete or individual prepared mentally and to be focused. These are not supplements to be taken but rather activities that are done to get your mind in the proper state.

The word psychological has its origin in the Greek word Psychelogos. The word Psychelogos comprises of two Greek words Psyche (mind) and Logos (study) (Lawrence, 1995).As Aforementioned, ergogenic aids are substances, strategies and treatment that are intended to improve performance in sports (fox, 1993 and Agwubike, 2005). It is on

the basis of conceptualizing ergogenic aids as such as that Agwubike (2005), defined psychological ergogenic aids as various psychogenic measures applied by athletes to enhance performance in sports such as music, imaginary, cheering from supporters, relaxation hypnosis (a state of being conscious but, can be influenced to perform certain actions or say certain things) and suggestions from particularly significant persons. Psychological ergogenic aids often affects the mental or psychological function of the individual involved. A plethora of psychological techniques are often used to help athletes to overcome the limitation of their body to excel. Athletes desire to enhance performance capacity, effectiveness and efficiency and to win in all competitions. It is on this search for victory that athletes in addition to pursuing rigorous training programmes engage in alternative ways to improve performance. Since athletes enjoy and suffer from physiological, psychological and social influences that impact on their preparation and performance, they on one part, become associated and heightened with stress, emotions, anxiety, frustration, feeling of failure and other psychological characteristics. It is believed that in order for something to have an ergogenic effect, it must be able to affect some aspect of exercise physiology that is limiting the athlete in question (Slater and Jenkins 2000).

Agwubike (2005), articulates that anticipation to participate or actually participate in sports involves physiological adjustment that allow some psychological overt and coverts actions and reactionsin the athletes. In effect, any psychological action or reactions of an athlete has some physiological underpinnings (Ardle, 1991). Some forms

of these psychogenic aids are regularly incorporated into the training of an athletes. Such method may be as harmless as cheering to motivate the athlete and boost his self-esteem. For many athletes psychological ergogenic aids are easy to learn and can be done anywhere. According to Mc Clung and Collins (2007), psychological ergogenic aids include but are not limited to the following:

a) Cheering

A psychogenic techniques as old as the hills, cheering on an athlete or a team make them feel appreciated and supported, and encourage them to try harder and please their supporters (Mc Clung and Collins, 2007).

b) Hypnosis

Hypnosis is also known as mental or autogenic training; hypnosis as a long history of use can help reinforce self-believed and positive thinking, focus the athlete on success. And overcome mental blocks. It is very effective tool to distract the mind from negative thoughts before an event (Mc Clung and Collins, 2007).

c) Imagery

The use of imagery as a training technique includes seeing yourself winning an event, to imagine yourself mastering challenging situation and coming up from behind to win a race for example "Cognitive specific" imagery involves seeing yourself perform specific skills such as tennis serve to protect. To help you learn it (Mc Clung and Collinns, 2007).

d) Music

Athletes enjoy listening to music when they are training so as to aid relaxation and to help them get into work out rhythm. Soothing music can calm pre-game jitters while energetic music can pump you up before an event. Fast-piece music may also encourage them to speed up the pace of exercise (Mc Clung and Collins, 2007).

e) The four C's

Psychological techniques are often used to help athletes counter the stress of competition, to help them to relax, focus, maintain, control and optimize performance. Many techniques allow the athlete the relax and focus his/her attention in a positive manner on the task of preparing for and participate in completion (Mc Clung and Collins, 2007).

f) Relaxation

Techniques for the physical relaxation are useful to promote recovery after training or competition, remove stress related muscular tension, and establish a more receptive and positive thinking. These techniques include breathing exercises, muscle manipulation and visualization (Mc Clung and Collins, 2007).

g) Tai Chi

Tai chi works every muscle, joint and organ of the body, using smooth balanced movements and increase the body's power and efficiency, as well as aiding relaxation (Holt, Pelham and Holt, 2008).

h) Yoga

This can help relax tensed muscles and calm the mind with breathing exercises (Holt, Pelham & Holt, 2008).

i) Placebo effect

Wolf (1959), define placebo effect as any effect attributable to a pill, portion, or procedure, but not to its pharmacologic or specific properties. This is also known as expectancy effect. Several researches has shown them when placebo's where administered to athletes they performed better. (Abrams, Lusher, medina and Voight, 2001; lirsh and weixel, 1988; Gordon, and fields, 1978; leveyandearleyuine, 2003; maganaris, Collins and sharp, 2000).

Psychological Ergogenic Aids and Sport Performance.

In order to enhance sports performance, minimize or avert some adverse state of conditions advising from engaging in sports, some athletes resort to the use of application of ergogenic aids (Agwubike and Nwajie 2004). The use of Psychological aids by athletes to enhance performance during training or sports competitions there by becomes relevant as perhaps a psychological booster.

Sports performance in recent times have evolved a lot of scientific approaches to find solution to the problems associated with the preparation and perfection of athletes before, during and after training and competitions. This is with a view to enhance athlete's performance capacity, effectiveness and efficiency. It is on this search for victory that athletes, in addition to pursuing rigorous training programs, engage in alternative ways to improve their performance. Since athletes enjoy or suffer from physiological, psychological and social influences that impact on their preparation and performance, they are on one part become associated with heightened stress, emotions,

anxiety, fear, frustration, feeling of failure and other psychological characteristics. Hence Psychological ergogenic aids has helped athletes in sports through the following ways;

i. To improve performance: improvement of performance in sports has been the major function of Psychological ergogenic aids. This also is the major expectation athletes have in mind when applying or using any form of ergogenic aids.

ii. To achieve Superiority over other colleagues: This is also an important reason to consider when dealing with Psychological ergogenic aid or the other so as to gain competitive edge over their colleagues. This is against the values of sports as sports preaches quality and social Justice. Hence, athletes must develop physical ability rather than cheat by using ergogenic aids.

iii. The urge to win at all cost: Because athletes seek to win at their performance. This notion is usually triggered by the desire to savour the benefits that the "Best Performer" always have a prize which is usually in form of cash, scholarship and other career prospects.

iv. Development of some Physiological Variables: Athletes often apply several ergogenic aids so as to develop some physiological variables that are needed for the attainment of peak performance.

Factors Influencing Psychological Ergogenic Aids

Factors that influence physical activity and sports performance may be biologically determined, or may belong to the physical or social environment in which we

live in, determinants of physical activity can either act as facilitators (those that promote physical activity) or barriers (those that act as an obstacle or impediment to physical activity participation) (Sallis and Owen, 1997). Several categories of determinants of physical activity and sports performance exist: they are complex and multifactorial. The theoretical variables considered to be determinants of physical activity could be classified. (Sallis, Prochaska and Taylor, 2000; Burkworth and Dishman, 2002; Caspersen, Nixon and Durant, 1998; Sallis and Owen, 1999; Trost, 2000) as either; Demographic and biological factors, psychological, cognitive and emotional factors, behavioral attributes and skills, social and cultural factors, physical environmental factors and physical activity characteristics.

Demographic and biological factors

According to Trost, 2002 these factors may be age, gender, ethnicity income, social-economic status, marital status, and body mass index are among the many determinants of physical activity and performance. Associations with demographic and biological factors are well documented. Indeed age and gender remain the most consistent demographic correlates of physical activity performance in adults (Trost, 2002). Several studies reveal that men in general tend to be more active and perform better than women (Trost, 2002; Schierder, 2002; Grafton and Taylor, 200; Mutner, 2005; Sojostom, 2006; Santos, 2008), Nevertheless, in media (2000) the relationship regarding sports in Japan was very weak. Almeida (1999), also observed gender difference concerning the type of activity in a sample of 15 European countries. According to

Almeida (2000), as age increased, the number of participants decreased for most activities, with the exception of walking. In addition, Sallis (2000), Found that performance in physical activity decline started earlier in females, mostly vigorous activities.

Some studies have shown that married people are active than single people (Lee and Bharagara, 2004) while others reported none (Brothel, 2000; Brownson, 2000). King (19998) found that the transition from a single to a married state has a positive influence on sports performance, while a transition from a married to a single state did not change sports performance.

Social status, income, occupation and education were usually found to be positively related to physical or skill performance (Trost, 2002), Almeida (2005), found that there were more participants in most activities with the increase of education and sheerder (2006), conclude that a lower social class background serves as a barrier to performance in sports and that the type of leisure time activity practiced varies in function to the subjects social class. Overweight also emerged as a consistent negative influence on physical activity performance. (Martinez and Gonxalez, 1999 Chen and Mao, 2006; Oppert, 2006).

Psychological, Cognitive and Emotional Factor

Intrapersonal correlates of physical activity that tap into psychological, cognitive and emotional drives have been included in many studies on the determinants of sports performance. These correlates include achievement, orientation, self-esteem, perceived

physical appearance/body image, self-efficacy attitudes, perceived competence, initiation motivation, perceived benefits, enjoyment of exercise, stress, depression, general barriers, knowledge of the benefits of exercise/health state of change (Trost, 2002), most of models such as the health belief model (Becker and Maiman, 1975), theory of reasoned action and planned behavior (Fishbein and Ajzen, 1975) and Trans-theoretical mode. (Prochaska, Redding and Euers, 1997).

According to results provided by De Bourdeauhij (2005), self-efficacy (a person's confidence in his/her ability to win on a regular basis) and perceived benefits (psychological, health, appearance, social, competition and pleasure) and barriers (lack of time, lack of interest, external health problems and psychological problems emerged as correlated of sports performance among Belgian and Portuguese adults.

Behavioral Attributes and Skills

There is now fairly general agreement that participations and performance in sports, physical activity or leisure activity during childhood and youth is a good predicator of adult performance and involvement in sports (Scheeder, 2006). Lifestyles characterized by certain types of consumption as drinking, smoking and excessive TV viewing may adversely affect physical activity levels as well (Sale, Gruppy and El sayed, 2000). According to varies (2008), behaviors as non-smoking and physical activity are associated with each other and being a smoker always inversely related to physical activity performance in Germany.

Social and Cultural Factors

According to many studies, there is a positive association between physical activity performance and social support from family, friends, peers and program staff in supervised setting (Trost, 2002). Cultural factors are significance and often overlooked component of the environment equation and development of expertise (Journal of sports science and medicine, 2003). And importance that a country society places on a particular sport can have a dramatic influence on any success achieved. For instance, in Canada, where there is long and storied history of ice hockey, the game has become an integral part of component of the national identity (Russel, 2001). Ice hockey his featured on the national television network each Saturday evening and this has been for more han 50years. A large number of national heroes both and present are ice-hockey players. In fact, Canada has 3.5 times more children playing ice hockey than Russia, Sweden, Finland, the Czech Republic and Slovakia combined (Robinson, 1998). For example, the dominance of American basketball by black athletes, and the recent pre-eminence of Kenyans in middle and long distance races has sparked the belief in a genetic advantage, which often ignore the various cultural and psychological factors at work (Hamilton, 2000). Brooth (2000), found that Australian adults who had friends that participated regularly in physical activity where more active.

Physical and Environment Factors

According to Trost (2002), these factors may be as a result of actual access to facilities, perceived access to facilities, adequate lightening climate/season, cost of programs, disruptions in routine, home equipment sports equipment/practice equipment,

playing surface temperature. According to the synthetic Turf council in 2009 more than 1000 fields were being installed each year (Kennedy, 2009). According researches, the playing surface has been found to affect the performance of athletes in a given activity. In a study done by Anderson, Ekblom and Krustrup (2007) male and female soccer players were surveyed about their opinions of the field surface after playing a match. The survey revealed that a male soccer player found artificial Turf to be more physically demanding and decreased the effectiveness of skills such as controlling passing and shooting the ball. Several other researches have also shown that temperature affect the performance of athletes in activity. When a player exercised in an environment that a core temperature greater than his or her accepted body temperature, the players body innately anticipated an undesirable rise in core temperature. In this way, the effect of hot temperature cause an athlete to show a decrease in performance 2.3% in order to account for a possibly dangerous rise in temperature (Dugas, 2010). Performance reduction was confirmed in another study in which soccer players covered 15% less distance when the combination of air, temperature and water vapour pressure created a perceived environment of 49% (Ozgunen, 2010). Just as the hot environment can negatively affect performance, exerting in the cold environment has been found to affect perform as well. One major concern of exercising in the cold is the effect cold has on the pulmonary system. Exercising in cold leads to higher exertion and a decreased performance (Limberg, Malm, hammastrom, Oksa and Tonkong, 2012), other factors that may reduce in cold weather are: muscular

power, force production, muscle shortening velocity and an increase in fatigue rate (Wilmore, 2008)

Physical Activity Characteristics

According to Trost, (2002) these physical activity characteristics are in terms of the intensity and perceived effort of the athlete in training and in game situation. Ericson and colleagues have indicated that the theory of training for better performance also applies to expertise in sports (Ericson, 1993; Ericson 1996). Research examining the application of the theory of deliberate practice to the domain of sports have investigated figure starting (Starkes, 1996); karate, Hidge and Deaking, 1998), wrestling (hodges bad starkes, 1996), soccer (Helsen, 1998), middle distance running (Young and Salmela, 2002). Typically the findings was that the relationship between hours spent in sports, specific practice and level of athletic proficiency where directly proportional. Expert athletes accumulated more of hours of training than non-experts (Helsen, 1998; Starkes, 1996; Hodges and Deakin, 1998).

Other factors that may affect performance are coaching and instruction; one important factor that may result in better performance is the access of the athlete to a coach or instruction. Ruth- Leas and Chi (1993), articulate that in addition to a coach ability to maximize practice time, the expert coach also possess domain specific

knowledge that is essential to fostering improvement particularly as the athletes' advances in skill level.

Influence of Music, Cheering and Hypnosis Affecting Athlete's Performance

The use of Psychological Ergogenic aids most especially music, cheering and hypnosis has been found most used and helpful to athletes because it is of great importance for good sport performance.

The Influence of Music as a Psychological Ergogenic Aid

It is clear that music affects emotions in one way or another and that emotions are involved while exercising. The main findings that Dr. Karageorghis 2008 and his colleagues have made in several studies are that music is not only a pleasant companion while exercising but that it can also have significant effects on the enjoyment given by exercise and also on the result.

Music is a huge factor for individuals when preparing for a workout routine or performance. Music can propel an athlete through a workout and be the motivation he needs to help get the best out of the performance he or she desire to have. It is easy to be distracted, lose motivation, be alone in a workout and have soreness from a workout prior to that day. All of these distractions can through athletes mind off track and cause him to lose the desire to work out. But when he become so engrossed in a song he can forget all that. The athlete so in the moment and focused that you don't even notice the distractions that once took place. You can keep up a pace with the music and you stay motivated. Certain types of music can affect different people and how they perform! The good thing

about using music to help inhance and increase your performance is the legality of it. Also, there are no worries in making sure you take the correct dosage either. It is an easy way to gain the motivation to help your endurance levels.

Music has been widely studied as a means of emotional communication .Karageorghis and Terry have proposed that an improved mood is one of the psychophysical effects of exercising to motivational music, and it is most likely that music enhances the intrinsic motivation to exercise as it promotes the enjoyment of the activity. While exercising, anything that drives one's mind away from the sensations of fatigue is helpful and music has proven to be a very effective tool for that. Psychologists call this technique dissociation. It is a defense mechanism where certain, mostly negative, thoughts or mental processes are divided in different parts of mind in order to avoid emotional stress. Music dissociates one's mind from negative feelings by promoting a positive mood state, especially strengthening such feelings as vigor and happiness and reducing the feelings of tension, depression and anger. When an athlete is preparing for a competition the use of music as an ergogenic aid helps serves as motivation for that athlete and this tends to help he/she perform at the peak. Listening to music while exercising has been found in multiple studies to create an increased sense of motivation, distracting the mind while increasing heart rate. Faster tempo music has been found by researchers to motivate exercisers to work harder when performing at a moderate pace, but peak performance has been found to be unaffected by listening to music.

A 2004 study by a research team from Australia, Israel and the United States found that runners performing at a pace where they were at 90% of their peak oxygen uptake enjoyed listening to music. The music had no effect however on their heart rate or running pace, regardless of the music's tempo.

Generally, studies suggest that athletes use music in purposeful ways to facilitate training and performance. In one study, seventy elite Swedish athletes completed a questionnaire relating the empirical motives for listening to music. The results showed that most of them often listened to music during pre-event, pre-training sessions, and warm-ups. The athletes gave as reasons for listening to music that they felt that it increased activation, positive affect, motivation, performance levels, and flow. There are also types workout music using brainwave entrainment that claims to boost performance. However, dissociation by music seems to work only with low and moderate exercise, not with highly intense exercise as then the feelings of fatigue and certain physiological aspects such as respiration rate and blood lactate accumulation overpower the good feelings delivered by music. However, even though music does not work as effectively in highly intense exercise, it does make the act of exercise more tolerable by improving the athlete's mood. (Karageorghis and Priest, 2008.)

The Influence of Hynosis as Psychological Ergogenic Aid

Hypnosis is a suggested technique that has been used to help a person change thoughts, perceptions, sensations or behaviors. The use of hypnosis for enhancing sports performance has enjoyed a steady increase over the past three decades. As athletes have

recognized the importance of mental training techniques in their quest for excellence, effective interventions such as hypnosis have become increasingly into use. Although hypnosis has that value if used properly in sport performances, it also has the potential for harm if applied inappropriately is sporting situations.Empowering sports performance through hypnosis

Hypnosis has been used by sports performers in a number of different ways : (a) to receive more benefits from relaxations, (b) for controlling anxiety, (c) pain management, (d), for enhancing imaginary, (e), to improve concentration, (f), for raising a performance block, (g), injury rehabilitation, and (h) for ego strengthening.

Hypnosis and Relaxations

Many, if not most, hypnotists use fairly deep relaxation as an induction technique for entering a hypnotic trance. Naturally then, subjects surmise that hypnosis and relaxation are the same phenomenon, but this is inaccurate. Actually, the quelling of the active mind (relaxation) is a skill in itself and is a beneficial side-effect that hypnosis seems to enhance. There are various forms of “active hypnosis” as well as passive hypnotic trances. It is even possible for an athlete to actively move in a hypnotic state while performing. Also, there are various induction techniques that use active hypnosis as the most effective way to get the athlete to experience this state. An athlete could enter a trance and then actually perform or move to the rhythm of his or her event while

in a trance state. This is a very powerful and effective way to mentally as well as physically practice a sport.

Controlling Anxiety and Arousal

Two of the most powerful factors that limits sport performances are the emotions of anxiety and arousal. As anxiety increases, the ability to focus effectively is greatly diminished. On the other hand, as arousal increases, the ability to focus narrows. These situations are crucial because most athletes experience anxiety and also need to reach an individual level of arousal to perform well. Hypnosis is beneficial in sport performance because it can contribute to creating the state of relaxation then mitigates anxiety. Also, hypnosis can be used as a technique to reach an optimal level of arousal prior and during competition. In other words, hypnosis can effectively train a performer to be intense but I'm not tense. These emotional balance is crucial for obtaining great performances in sports situations. Suggestions can be made in the trance state for powerful emotional transitions. Suggestions made in a trance state are not questioned by the athlete and often last for long periods of time if the sport hypnotist uses posthypnotic suggestions.

Pain Management

The human mind has the unique ability to either recognize and feel pain or ignore it. While in a hypnotic trance, it is indeed possible to reach an altered state where pain is not felt at a conscious level. Since pain in sporting situations is a common occurrence because of expensing physical exertion, athletes readily seek ways to eliminate or reduce the feeling of pain. Hypnosis trains the mind to ignore the feeling of pain. Hypnosis is so

powerful that under this technique some athletes have been able to withstand surgery without anesthesia and remain fully conscious during the entire operation. The whole concept of "glove anesthesia" is a demonstration of pain management in a hypnotic state. The sports hypnotist must be very careful to always leave some pain awareness in the athletes so as not to induce complete anesthesia, which would be very dangerous and would increase the possibility of overreaching injury.

Enhancing Imagery

For sports performance, this skill of imagery normally has to perspective: (1) seen (visualization) or (2) feeling (kinesthetic). Both of these perspectives of imagery are extremely important for high-level performers. One of the benefits of hypnosis is to experience "heightened awareness" in all the human senses. Sports performance use their senses in a variety of different ways so that simple posthypnotic suggestions can be employed to enhance or at least focus on the various imagery perspective. Learning to ignore distractions, feeling more intensity, and reliving the past events (regression) are examples of the use of hypnosis and its effecting competition with imagery. In fact, even an increase learning effect can be induced with hypnosis as athletes can remember more information and practice cues when in a trance state. This is a very effective way to do additional practice while away from the athletic area.

Improving Concentration

Being able to concentrate while in the appropriate attentional style and at the right moment is the secret to committing fewer performance errors. Sports performances require the athlete to be able to change attentional styles almost instantaneously and automatically. If an athlete has to stop and think about what to attend to, it is most likely too late to perform effectively. Again, heightened awareness is a benefit of hypnosis and allows a performer to focus more quickly and clearly. Through hypnosis training, athletes can learn to change aattentional styles with minimal effort and precision effectiveness. The ability to focus is a crucial skill in athletic performances. Hypnosis has been proven

to increase an athlete's ability to concentrate for longer duration and on the more appropriate cues.

Erasing a Performance Block

Performance blocks are frequently the results of overanalyzing or overthinking about a motor movement that has previously been made automatic. As soon as an athlete interferes with an automatic response, the rhythm of the response is disrupted, and this creates a negative emotionality, which is very strong and contributes to the increased probability that the negative response will occur again. Hypnosis can be used to keep the mind focus on a correct response instead of worrying about the wrong one. Hypnosis can aid in putting the mind in "automatic pilot" instead of focusing on the particulars of an incorrect technique. The athlete's mind in a hypnotic state is unquestionably more susceptible to suggestions and, therefore, will move immediately to the subconscious suggestions for improved self image and performance possibilities then maybe blocked by the conscious mind.

Injury Rehabilitation

In addition to mitigating the pain associated with injury, hypnosis is useful in recruiting the mind's powers to aid in the rehabilitation process. An example would be having the mind (under hypnosis) focus on sending more blood volume to an injured area to aid in removing infected tissues or reducing swelling, then, the injured area will heal more quickly. Employing hypnosis techniques to attain long periods of relaxed states also helps the process of rehabilitation of an injury. Much research has supported the ability of

a hypnotic trance to facilitate and accelerate the healing process for athletic injury as well as to reduce the fear of reinjury in the athletic population.

Ego Strengthening

Negative believes (fears) that interfere with the ideal performances are often buried deep the unconscious mind of the athletes. Under hypnosis, these fears can be reached and subsequently reduced. Once the fears are addressed and overcome, the eagle is strengthened, which is a lasting benefit for future performances. The self-image is constantly being fed imagination in a conscious and unconscious manner. Self-talk or internal dialogue is an ongoing phenomenon. Hypnosis is a very valuable tool to aid in programming the mind in a positive way.

Building Confidence

After ego strengthening, athletes can again use hypnosis to help increase inner strength (self-confidence). By eliminating some of the detractors to being confident and then providing uplifting scenarios to work on, hypnosis helps sports performers to be more positive about themselves and their abilities instead of focusing on the negative. Hypnosis is one of several techniques that athletes may employ to accomplish their sporting goals and it is equally beneficial to coaches as well as athletes. Hypnosis may do for the mind what physical activity does for the body of an athlete. The theory behind sports hypnosis is that relaxation is key to improved sporting performance and athletes may perform better if they are able to relax mentally and focus on the task at hand. Hypnosis may help athletes attain relaxation during practise and competition. Hypnosis

may also help to control anxiety and manage stress in athletes. Athletes may develop auto-response to reestablished stimuli which is geared towards achieving optimal performance levels. The use of hypnosis in sports offers the following potential benefits that may help athletes handle personal challenges that would otherwise negatively affect sporting performance

The Influence Of Cheering As Psychological Ergogenic Aid

Both athletes and fans believe that audience support (e.g., cheering) is one of the top influences on a team's success, particularly at home when the crowd is predominantly supportive, possibly contributing to reported home-field advantage (Courneya & Carron, 1992). Audiences or fans can impact performance, but impact may depend on sport, the specific sport skill, and specific audience behavior. There are a number of factors that can influence an athlete's performance during a game other than the athlete's skill. Athletes must perform in front of crowds in every game, and crowds express their feelings about athletes' performances by, for instance, cheering (supporting them) or jeering (discouraging them). The presence of such an audience may affect team and individual athletes performance. For athletes, sports can be a mind game. Without all the cheering and jeering, their motivation to perform successfully could either be impaired or gratified. "Athletes may be used to having spectators so, the quiet during play can possibly have a disconcerting effect. Every athlete has different ways of tapping into their motivation.

Since the 1960s researchers have studied the influence spectators have on performance. Sports fans don't simply watch, however. They are actively and vocally involved in the experience; many cheer for the team or contestant they are backing and jeer or boo the opposing team or contestant. There have been very few scholarly studies of how these fan-athlete interacts affect performance. In 2011, the North American Journal of Psychology published an article by researchers Kimberly Epting, Kristen Riggs, Joseph Knowles and John Hanky that explored the phenomenon of sports fans.

It is commonly accepted that cheering positively influences a team's performance. This is why the "home court advantage" is so coveted; when playing in their home city, a team receives much more support from the crowd in attendance. However, researchers Epling et al found that affects from cheering and jeering alike differed depending on the sport. Basketball free throw performance was not affected by any audience contribution or lack thereof, but jeers hurt baseball pitchers' performance and both jeers and cheers resulted in worse performance for golfers. Buresearchers, athletes, and fans repeatedly assert that the crowd is a key element. More specifically, it is widely believed that "crowd support," "supportive audience," "home crowd," "home team fans" is one of the aspects that gives the home team the edge (Courneya& Carron, 1992; Schwartz &Barsky, 1977; Tauer, Guenther, &Rozek, 2009). Presumably, having a supportive and encouraging audience motivates the athletes to perform better. Some studies have investigated whether having an audience present enhances performance, and have found rather.

Summary of Review of Related Literature

This chapter has been able to review ergogenic aids in sports, types, the concept of Psychological ergogenic aids, Psychological ergogenic aids and sports performance, factors influencing Psychological ergogenic aids, and influence of music, cheering, hypnosis affecting athletes performance has also been discussed. It is imperative to not that as wonderful and glamorous as sports glory may be, athletes should be careful on the type of ergogneic aids they adopt knowing fully well that there are some dangers associated with the use of ergogenic aids.

In the course of this review, psychological ergogenic aids has been portrayed as a legal alternative to the other types of illegal ergogenic aids, psychological ergogenic aids has also been portrayed as techniques for boosting athletes performance. They are easy to learn and can be done anywhere and at any time. It was also said that psychological ergogenic aids can be used to help athletes overcome the limitations of their body to excel and that psychological ergogenic aids and techniques are some of the few ergogenic aids that boost sports performance without infringing the values of sports.

CHAPTER THREE

METHODOLOGY

This chapter presents the procedures and methods used in conducting this study and they are arranged in the following subheads:

- Research Design
- Population of the Study
- Sample of Sampling Techniques
- Research Instrument
- Validity of the Instrument
- Reliability of the Instrument
- Method of data Collection
- Method of Data Analysis.

Research Design

The survey research design was adopted for this study. According to Farooq (2015) it involves obtaining information by gathering data from a particular sample of a given population, through personal (interviews) or impersonal (questionnaires, mails, telephone, and so on) means to study its characteristics, after which the findings are finally generalized.

Population of the study

The population of the study comprised of the 504 registered athletes of the University of Benin (University of Benin Sports Centre report, 2021).

Sample and Sampling Techniques

The simple size of this was 130 athletes of the University of Benin. The simple random sampling techniques was adopted for the selection of the sample. This involves balloting without replacement. A piece of paper that was numbered 1 to 504, folded and placed in a bow, which was turned around, and one is picked at a time, this procedure was used to select the 130 for the study.

Research Instrument

The instrument that was used in this study was a self-constructed questionnaire. The questionnaire is made up of three parts, namely section A, B and C. section A will elicit information based on the respondents Bio-data of the, section B consists of 20 items that used to elicit responses from the respondents understanding of psychological ergogenic aids and section C, are six 6 items that was used gather information on athletes sports performance.

Validity of the Instruments

The face and content validity of the instrument was validated by three experts, these included; the researcher's supervisor, one expert from the Department of Human Kinetics and Sports Science and one from the Department of Educational Evaluation and Counselling Psychology all from the University of Benin. Their criticisms, corrections,

suggestions, modifications and recommendations served as the final draft of the instrument.

Reliability of the Instrument

The split-half method of reliability was used. The instrument was administered to 20 athletes of Igbinedion University Okada twice, who were not part of the study. This involves administering the instrument to the athletes, after an interval of two weeks, the instrument was re-administered to same sets of respondents. Data collected were analysed using Pearson Product Moment Correlation Coefficient statistics and a coefficient values of 0.82 was obtained an indication that the instrument was reliable for the study.

Method of Data Collection

A letter of permission was obtained from the Department of Human Kinetics and Sports Science, University of Benin. This letter introduced the researcher to the Director of Sports of the University. On getting to the sports unit, the researcher first point of call was the Director's Office, thereafter the Director handed the researcher to the personnel in charge. The administration of the instrument lasted two weeks. However, after completion, the questionnaire forms were retrieved

Method of Data Collection

Data collected were analysed using Pearson Product Moment Correlation Coefficient.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

Presentation of Results

In this chapter, data collected from the field for this study were analysed and the summaries are presented in tables.

Hypotheses 1: There is no significant relationship between psychological ergogenic aids and sports performance of athletes of University of Benin

Table 1: Significant Relationship between Psychological Ergogenic Aids and Sports Performance

Variable	N	r	P.val
Decision			
Psychological ergogenic aids	130	-.042	.633
Not Significant			
Sports performance			

Not Significant at 0.01 level

In table 1, it was observed that there was no significant or positive relationship of .633 existing between psychological ergogenic aids and sports performance of athletes of University of Benin.

Hypotheses 2: There is no significant relationship between cheering and sports performance of athletes of University of Benin

Table 2: Significant Relationship between Cheering and Sports Performance

Variables	N	r	P.val
Decision			
Cheering	130	.363	.000
Significant			
Sports Performance			

Significant at 0.01 level

In table 2, it was observed that there was a significant or positive relationship of .000 existing between cheering and sports performance of athletes of University of Benin

Hypotheses 3: There is no significant relationship between music-singing and sports performance of athletes in University of Benin

Table 3: Significant Relationship between Music-singing and Sports Performance

Variables	N	r	P.val
Decision			
Music-singing	130	.243	.005
Significant			
Sports Performance			

Significant at 0.01 level

Table 3 revealed that at 0.01 level of significance the calculated r.243 was higher than the p.value of .005. Therefore, the third hypotheses was rejected. This means that there is a positive relationship between music-singing and sports performance of athletes of the University of Benin

Hypotheses 4: There is no significant relationship between hypnosis and sports performance of athletes of University of Benin

Table 4: Significant Relationship between Hypnosis and Sports Performance

Variables	**N**	**r**	**P.val**
Decision			
Hypnosis	130	.695	.000
Significant			
Sports Performance			

Significant at 0.01 level

Table 4 revealed that at 0.01 level of significance the calculated of r.695 was higher than the p.value of .000. Therefore, the fourth hypotheses was rejected. This means that there is a positive relationship between hypnosis and sports performance of athletes of the University of Benin

Discussion of Findings

The discussion of the results is based on the findings of the study

Psychological Ergogenic aids and Sports Performance

Results of hypotheses one revealed that there is no positive significant relationship existing between psychological ergogenic aids and sports performance of athletes of the University of Benin.

Cheering and Sports Performance

Results of hypotheses two revealed that there is a significant relationship existing between cheering and sports performance of athletes of the University of Benin. This study agrees with the findings of Epting, Riggs, Knowles and Hanky (2011) supportive and encouraging fans and audience motivates the athletes to perform better. The authors further asserted that supportive audience, crowd supports, home crowd, home team fans hailing and cheering gives the home team the edge. Also Macgregor (2004) noted that athletes at Olympic level tend to perform well under a lot of emotional arousal arising from cheering from fans, therefore cheering by fans are good adding that cheering fans typically benefits gross motor sports the most, where technique isn't as important and it is just a lot of muscle, speed and power.

Music-Singing and sports performance

Results of hypotheses three revealed that there is a significant relationship existing between music-singing and sports performance of athletes of the University of Benin. This study agrees with the findings of Maecello, Cello, Joao, Thiago and Leandro

(2013) they noted that music can influence motor behaviour, the song causes the individual to respond less to signs of fatigue during exercise, it is a predisposition for synchronizing the movements with the rhythmic components of music, that is the beats per minute(BPM) of the music would influence the pace of the movements of the exercise, music can evoke extra-musical associations, which may be conducive to physical activity (increasing arousal or accelerating relaxation). They further asserted that the song in music are used to decrease pre-competitive anxiety or to increase the motivation and desire to win. According to Ballman (2021) music has been shown to potently reduce the perception of fatigue and exertion through dissociation and distraction during exercise. Increases in arousal and neural activity while listening to music have been shown to accompany improved exercise performance. The synchronization of music and exercise may result in improved running economy, efficiency, and overall performance. Listening to music prior to and during exercise has been shown to increase motivation and effort, leading to improved performance outcomes. Improvements in performance may also be mediated through improved mood, exercise enjoyment, and increased feelings of power. Thus, the effects of music on exercise performance are multi-faceted, allowing for possible benefits in a wide arrange of athletic populations and exercise modalities.

Hypnosis and Sports Performance

Results of hypotheses four revealed that there is a significant relationship existing between hypnosis and sports performance of athletes of the University of Benin. This

study corroborated the findings of Paccagnella (2004) hypnosis help to control anxiety and manage stress in athletes. Athletes may develop anti-response to pre-establish stimuli which is geared towards achieving optimal performance levels. Sports hypnosis can also eliminate phobic responses. Straub and Bowman (2016) argued that certain trance phenomenon make hypnosis particularly suited to sports improvement. First, is the enhanced vividness and clarity of mental rehearsal or visualization. The second phenomenon is the intensification of emotions which can create self-confidence and positive expectations. Finally sports hypnosis are both about focusing attention, vivid sensory and physical experience and positive visualization.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

The purpose of this study was to find out influence of Psychological Ergogenic aids on the Sports Performance of University of Benin Athletes. The survey research design was adopted for this study. The population of the study comprised of the 504 registered athletes of the University of Benin. The simple size of this was 130 athletes of the University of Benin. The simple random sampling techniques was used for the selection of the sample. The instrument that was used for this study was a self-constructed questionnaire. The questionnaire is made up of three parts, namely section A, B and C. The face and content validity of the instrument was validated by three experts, these included; the researcher's supervisor, one expert from the Department of Human Kinetics and Sports Science and one from the Department of Educational Evaluation and Counselling Psychology all from the University of Benin. Their criticisms, corrections, suggestions, modifications and recommendations served as the final draft of the instrument. The split-half method of reliability was used. The instrument was administered to 20 athletes of Igbinedion University Okada twice, who were not part of the study. This involves administering the instrument to the athletes, after an interval of two weeks, the instrument was re-administered to same sets of respondents. Data collected were analysed using Pearson Product Moment Correlation Coefficient statistics

and a coefficient values of 0.82 was obtained an indication that the instrument was reliable for the study.

A letter of permission was obtained from the Department of Human Kinetics and Sports Science, University of Benin. This letter introduced the researcher to the Director of Sports of the University. The administration of the instrument lasted two weeks. However, after completion, the questionnaire forms were retrieved. Data collected were analysed using Pearson Product Moment Correlation Coefficient.

Conclusion

Based on the findings of the study, it could be concluded that, there is a positive existing relationship between hypnosis and sports performance of athletes of the University of Benin. Also, there is a positive or significant relationship between cheering and sports performance of athletes of the University of Benin.

Recommendations

From the findings of the study and conclusion drawn. The following recommendations were made:

1. Management of the University as a matter of facts, should recruit more people into their sports supports club, that will help cheer, sing and praise their athletes, this will boost the athletes psychological dynamics of the athletes as well as enhances their performance.

2. University of Benin management should employ the services of sports and exercise psychologist that will help to drive this vision of preparing the athletes on psychological management.

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APPENDIX

DEPARTMENT OF HUMAN KINETICS AND SPORTS SCIENCE
FACULTY OF EDUCATION
UNIVERSITY OF BENIN
BENIN CITY

QUESTIONNAIRE ON THE INFLUENCE OF PSYCHOLOGICAL ERGOGENIC AIDS ON SPORTS PERFORMANCE AMONG THE UNIVERSITY OF BENIN ATHLETES.

Dear Respondents,

The purpose of this questionnaire is to enable the researcher carryout effective and efficient research on the above stated topic. As a result, you are kindly requested to complete the questionnaire as sincerely and objectively as possible. Your response will be treated with utmost confidentiality.

Thanks for your anticipated cooperation.

Yours Faithfully

Okhaide Elizabeth Ozimeren

Section A: **DEMOGRAPHIC INFORMATION**

Please answer by ticking (✓)

Sex: Male ( ) Female ( )

Age: 15 – 18 Years ( ), 19-22 years ( ), 23-26 years ( ), above 26 ( )

Marital Status: married ( ), single ( ) divorced ( ) separated ( ), Widowed ( )

Religion: Christianity ( ), Islam ( ) , Traditional religion ( )

Level of education: Primary ( ), Secondary ( ), Post – Secondary ( )

Level of experience: 1- 3years ( ), 4 – 6 years ( ), 7-9years ( ), above 10 ( )

SECTION B

S/N	Item Statements	Yes	No
	What are the influence of Psychological ergogenic aids in sports performance among athletes of university of Benin.		
1.	Are you aware of what Psychological ergogenic aids are?		
2.	Do you often sue Psychological ergogenic aids?		
3.	Do you have knowledge of the use of Psychological ergogenic aids?		
4.	Do you use Psycholoigcal ergogenic aids during vice chancellor's games?		
	To what extent does singing as Psychological ergogenic aids influence university of Benin Athletes Performance?		
5.	Do you use singing during the course of training for a competition?		
6.	Does the singing influence your performance?		

7. `	Do you encourage your spectators to sing for you before, during or after a competition?		
8.	Do you use singing to focus on set goals during a competition?		

	To what extent does cheering as Psychological ergogenic acids influence University of Benin athletes performance		
9.	Do you use cheering as a Psychological ergogenic aids?		
10.	Do you use cheering during training?		
11.	Do you use cheering in the National university Games (NUGA)?		
12.	Does cheering from your spectators influence your performance positively?		
	To what extent does music as Psychological ergogenic aids influence university Benin athletes performance.		
13.	Do you use music during the course of training for a competition?		
14.	Does the music influence your performance positively?		
15.	Do you use music as a Psychological ergogenic aid during vice chancellors games?		
16.	Have you used music as Psychological ergogenic aid in the National University games (NUGA)?		
	To what extent does Hypnosis as Psychological ergogenic aids influence university of Benin athletes performance?		
17.	Do you use Hypnosis during competition?		
18.	Does the use of Hypnosis during a competition help you focus on set goals?		

19.	Do you use hypnosis during training?		
20.	Does the use of hypnosis influence your performance?		