

**In the name of God**  
**Elite Sportpsy**  
**Exercise Psychology program**

**Case:** Wang Jie

**Location:** Hangzhou, China

**Role:** Professional Golfer

**Major responsibilities:** Moving up the rankings

**Demographics:**

•27 years old.

•Married

**Languages:** Mandarin, English

**Profile:** As an up and coming golfer on the PGA Tour China, Wang Jie turned professional three years ago. Wei is educated as as a qualified civil engineer and graduated from

**sport psychologist Diagnosis:**

Wang Jia married and working for a living have to spend much of their time to ensure a comfortable life for his family's income and employment right. Great responsibility: to move up the rankings has increased the workload in life. Besides, he always has been a successful person and now with all the effort that Cant achieve the desired Result. His perfectionism as an important part could be very effective in increasing the pressure. Naturally, when the problems arise once the athlete will be affective disorder. Especially in perfectionist cycle emerged faulty thoughts and constantly blame themselves for not being perfect. So in this situation, the subjective factor is that unsettles people. In fact, the mood is disturbed. The authorities athlete's test scores perfectly reflects this.

**some techniques that could improve the negative aspects of his mood:**

**The step Requirements for success in this athlete:**

After making initial contact with the athletes, in addition to emotional support and listen to him and do not reflect the current situation in words and feelings with active listening, In the interview emphasized the humanistic approach and method of consultation R.E.B.T the consultation process carried out on the basis.

The reviews aim athlete is most important and first step to begin with. The objective assessment of where we are now. Following the restructuring goals and goal setting is done correctly.

In the following The athlete with the planning for the work, life and sport will be discussed. The mood continued to improve, with the consent of the athlete is scheduled to perform the following interventions:

- 1- Having enough time for rest and recreation with family.
- 2- Thought Control at the time of doing anything just working on it.

- 3- Having proper training with coach coordination with advance planning. In Fact It's better The use of exercise to regulate mood has generated a great deal of research. Moderate intensity and vigorous exercise is known to release mood-enhancing chemicals into the bloodstream, and the benefits of regular exercise to health and well-being are well documented.
- 4- Consult with manager to get recommendations for improving the physical condition, techniques or examples about similar cases.
- 5- Listen to good music with rhythm and harmony with the exercise during workout.
- 6- Self-talking. Find keywords motivational or relaxing in the athlete who is used to it. And if the word was not used, the words training for the position or reduce the incentive to find and to practice his anger present.

- The following in order to complete the intervention takes place:

1. Choose and maintain a positive attitude.
2. Maintain a high level of self-motivation.
3. Set high, realistic goals.
4. Deal effectively with people.
5. Use positive self-talk.
6. Use positive mental imagery.
7. Manage anxiety effectively.
8. Manage their emotions effectively.
9. Maintain concentration.

\*These nine mental skills are necessary for performing well in sport as well as in non-sport performance situations. At the Ohio Center for Sport Psychology:

- We believe that these skills are learned and can be improved through instruction and practice.
- We begin our work with each individual by assessing his current proficiency in each of the skills.
- We develop a plan for teaching and enhancing the specific skills that need improvement for the individual.
- We periodically reassess the client's proficiency in each of the skills in order to evaluate our progress.

**To hope for the success of the athlete**

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