Impact of Human Factors on Sport Performance across Different Developmental Stages of National Athletes in Sri Lanka

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This research was carried out to examine the ‘human factors’ and their impact on sport performance. Human factors are related to the interrelation of social factors, individual thought and behaviour. Majority of Sri Lankan investigations have explored the social dimension and psychological aspect of sport performance, but there are only limited investigations on the relationship of human factors and sport performance. The significance of this research is that it inspects the relationship of human factors and its influence on sport performance. The main objective of this study is to examine the human factors and their impact on sport performance across different developmental stages of national level athletes in Sri Lanka. Twenty-five national athletes (N=25) have taken part in the study sample. Semi-structured interviews were conducted in order to collect data. Thematic analysis was used to analyze data with a focus on examining themes within data. The collected information was separated into three parts and eight categories. The research has revealed that the human factors have contributed to the success of sport performance as well as poor sport performance evenly during initiation, development, mastery phases and maintenance stages. The impact of parents, family, coaches, peers, siblings and other factors were studied among different life stages. The results proved that the human factors play various roles during different developmental stages. A supportive family and parents were the most important factors to national athletes’ successful sport performance on the initiation stage, where the lack of support from the family and coach results in national athletes’ poor sport performance in the maintenance stage. The research findings illustrate that there is an impact of human factors on sport performance across different developmental stages.

Keywords: Developmental Stages, Human Factors, Sport Performance