



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Kushal G

Age: 14 years

Sports: Badminton

Level of sports: Intermediate

Coach: Mahesh, Tejas, Vaibhav

Academy: PBA

PSYCHOLOGICAL EVALUATION

| | Low | Moderate | High |
|---|-----|----------|------|
| <u>Cognitive ability assessment</u> | | | ✓ |
| Forgetfulness | | | ✓ |
| Distractibility | | ✓ | |
| False Triggering | ✓ | | |
| <u>Competitive Behavior questionnaire</u> | ✓ | | |
| <u>Sport competition anxiety test</u> | | | ✓ |

Recommendation:

- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training:
 - Combining psychological strategies with physical training to create a holistic approach.