

Sport Psychology in selected post-socialist countries

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The article aims to show the development of sport psychology in the selected European socialist countries. The Soviet Union was deliberately omitted, as it is the subject for a separate article. Sport psychology in particular countries has been presented from the perspective of three distinct periods: the time before World War II, during the socialist period, and after the transformation. Main research areas, forms of practical support for athletes, and organizational activities have been depicted. Sport psychologists from post-socialist countries had and still have a significant influence on the shape of contemporary sport psychology.

KEY WORDS: psychology, sport psychology, former countries, sport psychology associations.

Introduction

The end of World War II divided the world into two spheres, the one that continued the culture and traditions of Western civilization and the countries influenced by the Soviet Union and socialist ideology. The invisible curtain, although called the Iron Curtain, drew a distinct line in European countries for several decades.

Nonetheless, the sport was reborn on both sides of the curtain as an integral part of contemporary development, but based on traditions reaching back to ancient times. In Socialist countries, sport played numerous roles; it did not only foster the physical condition and morale of the young generation, but also it helped to build a sense of national identity. Sporting events, especially those of an international appeal, enjoyed great popularity, and many people strongly identified with the athletic feats of their national heroes. In Socialist countries, sport rivalry was treated as a form of con-

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frontation with Western countries and thereby an opportunity to demonstrate the superiority of the Socialist system over Western civilization. That is why the competitive sport was the subject of interest of the authorities and received significant support from the state. At times political tensions echoed in sports, such as the partial boycott of the 1980 Moscow and 1984 Los Angeles Olympics. In such an atmosphere sport psychology kept developing in Socialist countries, in particular, applied psychology, and basic research in competitive sport.

Our paper aims to show how sport psychology developed in the European Socialist countries. The Soviet Union, which was the dominant power of the times, was deliberately omitted. The states described here functioned in the shadow of the Soviet Union, and belonged to so-called "socialist countries camp." The evolution and significance of sport psychology in the Soviet Union should be the subject of a separate paper.

The history of sport psychology in individual countries is presented according to the following pattern: firstly, pre-war period and the origins of sport psychology; next, the socialist times and finally, its development after the political transformation, which we mark the fall of the Berlin Wall as the beginning.

Sport did not only play a huge ideological role in the former socialist countries during the post-war period but also facilitated a dynamic development of many supporting sciences, including sport psychology. It seemed that restricted contact with the West isolated researchers and practitioners in this field. However, their efforts to maintain contact with the West by organization and participation in sport psychology associations enabled them to develop a strong community of sport psychologists also on the eastern side of the Berlin Wall. In the former socialist countries, its shape was influenced by prevalent ideology at that time— it constituted a theoretical and empirical basis for psychological concepts. As mentioned above, the sport also fulfilled an ideological function. Even so, a classical, pre-war psychological tradition was often mentioned.

Numerous symposiums were organized, as well as various books, journals, papers, reports from conferences were published. For example, interesting work from that period is the book *"Psychology and modern sport"* (1976) published in the Polish language. The book was dedicated to athletes' personalities and activity as well as their mental preparation. The chapters were written by Soviet authors (Rudik, Norakidze, Palajma, Puni, Oniszczenko, Chernikov, Oja, Medvedev, Rodionov, Khudadov, Chatalabshan, Lalajan, Arutnian), Polish (Nawrocka), Czechoslovakian (Hošek, Vanek, Svoboda, Bezak, Macak), German - DDR- (Doil, Kunath), Hungarian (Rokusfalvi, Kercag, Nadori), Romanian (Popescu, Jota, Chorgidan,

Dumitrescu), and Bulgarian (Genov, Genova). Another example of a collective study was the book published in 1983, "*Sportpsychologie in europäischen Ländern - Stand und Perspektiven 1983*", [*Sport Psychology in European Countries - Status and Perspectives 1983*] edited by Paul Kunath. It consisted of 12 chapters written by European sport psychologists from DDR, Bulgaria, USSR, Poland, CSSR, Hungary.

In the Eastern and Central-Eastern European countries, scientific research focused mainly on athlete functioning. And even though the principal directions of sport psychology development were determined by psychologists from the Soviet Union, some other empirical research interests were pursued by scientists from individual countries.

Sport psychologists from the former socialist countries were members of international organizations such as ISSP (International Society of Sport Psychology), and FEPSAC (the European Federation of Sport Psychology). They also often organized conferences, congresses, and meetings.

In the following sections, we will present characteristics, similarities and differences in the development of sport psychology in the former socialist countries, the areas of research, forms of support for sport practice, participation in international conferences, associations, and exchange of experience between individual countries.

Bulgaria

The history of Bulgarian psychology dates back to the 19th century. At that time, it was influenced by German psychology, in particular the psychological laboratory established by Wilhelm Wundt in Leipzig. From 1846 onwards, Bulgarian students learned psychology at the University of Leipzig. The first Bulgarian textbook of psychology written by Yurdan Trifonov and Nikola Stanev was published as early as in 1897. At the end of the nineteenth century, experimental psychology was developing intensively. Research concerned visual perception, emotions and speech development in children. In 1888 the University of Sofia introduced psychology in the curriculum as one of the subjects. In 1903 Tsvetan Radoslavov established the first experimental laboratory there. The main areas of study concerned emotions and volitional mechanisms. Another important center in Bulgaria was related to the University of Jena, Germany. Atanas Dimitrov researched temperament there (Nygolova, 2012).

The following years brought further development of psychology in Bulgaria. Numerous studies were conducted at the University of Sofia. Academy of Sciences, and other scientific institutions. Some of the research were carried out in the area of sports activity psychology. In 1942, the National Sports

Academy (NSA) was established in Sofia, where a center for sports psychology became important in later years (d'Ydewalle, 1993).

During the communist era in Bulgaria, the main interests of sport psychologists included athlete's mental preparation for competitions, the influence of sport on the development of various mental processes and athlete's personality traits, as well as achievement of mental readiness for competition. Approximately 70% of all publications from that period concerned the psychological preparation for competitions and the psychology of training (for example, articles by F. Genov from the 1960s-1970s: 1968, 1970). The research activity of Bulgarian psychologists related to the effect of arousal level on the effectiveness of the athlete- this type of research was conducted by F. Genov. The interest in self-regulation techniques and pre-start emotions was developed by Genova (Hackfort & Spielberger, 1990). Since the 1960s, Schultz's autogenic training was popular among sport psychologists in communist countries as the basic method to work with an athlete (Batish et al., 1972).

One of the most prominent sport psychologists in Bulgaria was Emma Geron. Geron was a member of the National Sport Academy, where she became a professor in 1967. She is considered a pioneer of sport psychology in Bulgaria. She wrote numerous works on sport psychology, including books published between 1957 and 1965, which made an important contribution to the development of sport psychology (for example, *Aktualni problemi na psihologijata na sporta* [Current problems in the sport psychology] (Geron et al., 1968). Emma Geron established the first laboratory in Bulgaria in the field of sport psychology. In 1965 she attended the first ISSP congress in Rome.

In December 1968, together with Svetlana Dimitrova, she organized the International Scientific Conference on *The Problems of The Psychological Preparation of Athletes* in Varna, Bulgaria, which is considered to be the First European Congress of Sport Psychology. More than 70 psychologists from 10 European countries participated in the conference. In 1970 a post-conference book was published, edited by Emma Geron, Bonu Pärvanova, and Svetlana Dimitrova (Apitzch et al., 2003). During this conference, the European Association for Sport Psychology was established. Finally, on the 4th of June 1969, during the European Congress of Sport Psychology in Vittel, France, it was transformed into the European Federation of Sport Psychology (FEPSAC) (Tenenbaum, 2011). It was supposed to be an alternative to another organization of sport psychology - ISSP.

The FEPSAC, established thanks to the initiative of Emma Geron, was developing, and its members met regularly at Congresses (organized every 3-4 years, and during the congress the General Assembly took place) and Meetings (usually held twice a year, and the Board members met at that time). The FEPSAC Congresses also took place in Bulgaria, e.g., in 1979 in

Varna (Apitzch et al., 2003). Bulgaria also hosted Meetings (1970 - Sofia, 1979 - Varna, 1989 - Sofia). Bulgaria was represented in the FEPSAC authorities by Emma Geron (from 1969-1974 she held the position of the FEPSAC President). When she left for Israel, F. Genov was the Bulgarian representant from 1975 to 1991. https://www.fepsac.com/organization/managing_council/former_managing_councils/

Bulgaria was also present in the International Society of Sport Psychology (ISSP). Emma Geron was the member of the ISSP Managing Council during three terms: 1968-1973; 1973-1977; 1981-1985 and Filip Genov in 1981-1985 and 1985-1989 (<https://www.issponline.org/index.php/issp/previous-managing-councils> of 03.01.2020).

After the fall of communism, sport psychology continues to develop in Bulgaria. Bulgarian sport psychologists are affiliated with The National Sports Academy in Sofia. Among the researchers related to sport psychology are Galina Domuschieva-Rogleva, Eleonora Mileva, Boryana Palatova, Gancho Prodanov, Evelina Savcheva, Ivanka Tosheva, Ina Vladova, Zshivka Zsheliaskova, and Tatiana Iancheva (https://www.researchgate.net/institution/National_Sports_Academy_Sofia/members of 02.01.2020). Tatiana Iancheva is currently one of the leading figures in Bulgarian sport psychology - she teaches sport psychology but also works with sport associations. She is a practitioner, who provides psychological care to many players of the Bulgarian national team. She is the editor-in-chief of *The Journal of Applied Sports Sciences*, a journal dedicated to sport psychology (<http://journal.nsa.bg/of> of 02.01.2020).

Czechoslovakia

The psychological thought of the 19th century in the Czech Republic and Slovakia was influenced by dominant psychological centers in Europe, i.e., Germany (Leipzig and Wilhelm Wundt) and Austria (Vienna - Franz Brentano). The Czech Republic and Slovakia were a part of the Austro-Hungarian Monarchy; hence Czech psychologists were educated in Vienna as well as Leipzig. Similarly, Austrian and German scientists were teaching at the University of Prague. The psychologists of the turn of the 19th and 20th century associated with Prague were: Jan E. Purkyn, Gustav A. Lindner, Ernst Mach, Anton Marty, Carl Stumpf, Friedrich Jodl, Tomáš, G. Masaryk, Christian von Ehrenfels, Josef Eisenmeier, and Johannes Lindworsky.

After 1918, Czechoslovakian psychologists studied in Germany, France, and Great Britain. They were strongly involved in psychotherapy (Heller & Hoskovcová, 2014).

The intensive development of psychology in Czechoslovakia dates back to the 1920s. In 1921 the Institute of Psychology was established at Charles University in Prague. Several years later (1924/1925), a seminar in psychology was organized there. In 1926 a similar institute was also founded at Masaryk University in Brno. In 1927 the Society of Psychology began its activities (until 1952). After the interruption caused by World War II, the Institutes of Psychology resumed their activities at Charles University in Prague and Olomouc. However, in Czechoslovakia, as in other countries affected by the communist regime, the development of science was also influenced by the political ideology in the post-war period.

Interestingly, in the early 1950s, psychology was no longer considered a science. After 1948, psychology was replaced either by physiology or pedagogy (Heller & Hoskovcová, 2014). This situation lasted until 1956. At the turn of the 1950s and 1960s, psychology regained the status of a scientific subject. First journals such as *the Journal of Czechoslovak Psychology* were published, and the Czechoslovak Psychological Society was established (https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=2ahUKEwiawMv45fzoAhXuk4sKHW10AkgQFjABegQIAhAB&url=http%3A%2F%2Fwww.efpa.eu%2Fdownload%2F1e954b20a4bafc474c0b5d50aed4fcb1&usg=AOvVaw3huE8tzt7TyAkS5_VDq8e as of 22.04.2020).

Sport psychology in Czechoslovakia developed on both theoretical and practical grounds. The leading Czechoslovak sport psychologists in the 1960s and 1970s were also the authors of numerous publications such as: Ivan Macák (*"Psychológia športu"* [*Sport psychology*], 1963), Václav Hošek (1968, 1969), M. Vanek (Batish et al., 1972), M. Machá (1976, 1962), H. Macháová (Machá & Macháová, 1993), and J. Hoskovec (Machá, Macháová, & Hoskovec, 1985). J. Linhart (1972) published in the 1970s and 1980s. Hošek and Man (1981), Svoboda and M. Van k (Svoboda & Van k, 1982) published since 1982. One significant work was the book by B. Svoboda and M. Van k, *"Psychologie sportovních her"* [*Psychology of sport games*] published in 1986 (Svoboda & Van k, 1986). The book concerned the psychological analysis of a sport game. It described the psychological aspects of sport training, and provided psychological characteristics of the sport coach's profession. In the same year Paulík (1986) published *"Psychologie tělesné výchovy a sport"* [*Psychology of physical education and sport*]. Additionally, Schultz's autogenic training was introduced to work with athletes at that time (Batish et al., 1972).

Czechoslovakian sport psychologists were very active in the structures of international organizations such as ISSP or FEPSAC.

In 1977 the ISSP World Congress was organized in Czechoslovakia. Psy-

chologists from Czechoslovakia were also present on the ISSP Managing Council Board. One of them was Miroslav Van k, who was the member of the Managing Council from 1965 to 1993. During the Congress in Washington D.C. in 1968, a division between the Western and Eastern worlds of sport psychology emerged due to the invasion of Czechoslovakia in 1968 by the Warsaw Pact Countries (https://www.issponline.org/images/isspdata/The_First_Twenty_Years_os_ISSP.pdf of 15.01.2020). In a personal letter to the ISSP President Ferruccio Antonelli, Miroslav Vanek and Ludovit Svoboda expressed their reactions against the invasion. Antonelli reacted sending a circular letter to sport psychologists around the world where he proposed to invite all sport psychologists to the II ISSP Congress in 1968, except those who supported the invasion of Czechoslovakia (Apitzch & Schilling, 2003).

Sport psychologists from the Soviet Union, the German Democratic Republic, Bulgaria, Hungary, and Poland refused to attend the congress. They sent a letter to Ferruccio Antonelli signed by Piotr Rudik from the Soviet Union. They decided to establish an alternative organization of sport psychologists, namely- the FEPSAC (the antagonism between ISSP and the FEPSAC was finally resolved during the 4th ISSP Congress in Ottawa, Canada in 1981) (Apitzch et al., 2003).

Miroslav Van k was President of the ISSP from 1973 to 1977 and then from 1977 to 1981 (https://www.issponline.org/images/isspdata/The_First_Twenty_Years_os_ISSP.pdf from 15.01.2020). He headed the Congress in Prague. His mission was to develop sport psychology worldwide (https://www.issponline.org/images/isspdata/The_First_Twenty_Years_os_ISSP.pdf of 15.01.2020). As far as activities in the FEPSAC were concerned, Ivan Macák the Vice-President of the organization from 1976 to 1983 was a leading figure. He participated in the FEPSAC Meetings in 1976 (Budapest), 1977 (Potsdam, Prague), 1979 (Varna), 1980 (Budapest), 1981 (Bratislava), 1983 (Berlin). During these meetings, Macák emphasized the role of cooperation between a psychologist and a coach in the sport. Another representative of Czechoslovakia in the FEPSAC Managing Council was V. Hošek. He took part in many meetings: 1987 (Bad Blankenburg), 1988 (Budapest), 1989 (Sofia), 1989 (Prague). In 1991, during the Congress in Cologne, Czechoslovakia was represented by H. Machacova and M. Machac, who discussed the issue of psycho- regulation for peak performance.

Similar to other former socialist countries, sport psychology continues to develop in former Czechoslovakia. After the separation of the Czech Republic and Slovakia in 1993, new psychological associations were founded. There are the Sports Psychologists Association (Heller & Hoskovcová, 2014) in the Czech Republic (with Michal Šafář as a President) and the Slovak Association of Sports

Psychology. The conferences are organized, as for example, *Sport Psychology In Practice in Prague* (<https://psychologiesportuvpraxi2018.cz/eng.html>, <http://www.psychologiesportuvpraxi.cz/en/conference-2019>) and sport psychology is taught and researched in academic centers such as Olomouc (<https://ftk.upol.cz/en/> of 12.02.2020), Brno (<https://www.vutbr.cz/en/people/marie-blahutkova-136611> of 12.02.2020), and Bohunice (<https://www.muni.cz/en/people/70488-hana-valkova> of 16.01.2020).

German Democratic Republic – DDR

The history of German sport psychology is divided into three basic stages: the precursors, i.e., visionaries and pioneers (until 1918); partial institutionalisation (1919-1945), and international professionalisation (from 1946 to the present). (Janssen, 2009). Germany is considered the cradle of European psychology. During the 18th and 19th centuries German scientists from various fields of science such as the philosopher Emmanuel Kant, the physiologist Ernst Heinrich Weber, the doctor, physicist, mathematician, and the philosopher in one person Gustav Fechner, and the philosopher John Friederich Herbart contributed to the original form of psychology. In the 19th century, the philosopher, and physiologist Wilhelm Wundt was the leading figure in German psychology. In 1874 he published *Principles of Physiological Psychology*, where by combining physiology and psychology, he introduced a new field of science: the experimental one. In 1879 he established a research laboratory at the University of Leipzig. Two years later, the Institut für Experimentelle Psychologie [Institute for Experimental Psychology] was already operating there. Soon Wundt's students became the most eminent European psychologists.

In opposition to Wundt's concept, other psychological centers that were established in Germany followed theories different from experimental psychology. In Leipzig, Berlin or Würzburg the Gestalt concept was developed. The influence of Kurt Lewin's theory was evident there.

However, another important area of interest among German psychologists was sport, influenced by the 19th-century idea of physical education ("Turnen" or gymnastic exercises) (Greenwood, 2010).

The tradition of sport psychology in Germany dates back to 1920 when Carl Diem established in Berlin-Charlottenburg a laboratory for sport psychology *Deutsch Hochschule für Leibesübungen laboratory* [German Sports University] and nominated Robert Werner Schulte as the Director of the laboratory. The laboratory measured physical abilities and aptitude for sport. In 1921 he published "*Leib und Seele im Sport*" [Body and Mind in Sport]

(<https://andydriska.wordpress.com/2011/06/26/a-brief-history-of-sport-psychology/> of 17.01.2020) (<https://psychology.iresearchnet.com/sports-psychology/sports-psychology-history/> of 18.01.2020, <https://www.verywell-mind.com/what-is-sports-psychology-2794906> of 17.01.2020). The successor of the Deutsche Hochschule für Leibesübungen in Berlin was *The Deutsche Sporthochschule in Cologne* [German Sport University Cologne, GSU] established after the second World War in 1947. In the interwar period (1918-1939), physical exercise was actively promoted at universities, institutions, and secondary schools in Germany. After World War II, sport and physical education returned to German schools and universities (Kunath 2003).

Sport psychology developed both in the Federal Republic of Germany and the German Democratic Republic (DDR). We will focus on sport psychology in the DDR to comply with the subject of this paper. In 1950 the German College for Body Culture was opened in Leipzig. Sport psychology was a part of the curriculum there (Haag et al., 1992). According to H. Sack (1983), the first empirical work on sport psychology in the DDR appeared in 1955/56, the first experimental work in 1961 (Döbler 1961) and the first one on the development of tests in 1963. Sport psychology in the DDR initially was considered as a complementary science to the mainstream of “body culture theory”. The objective of “*Sport Sciences*” was related to educational processes (Sack, 1983).

In the 1960s and 1970s, numerous studies concerning psychological determinants of athletic activity were conducted in the German Democratic Republic. Research reports were prepared by von Gabler, Udris, or Smieskol (Sack, 1983). By 1980, as many as 354 works on psychology and sport were published in the DDR (Sack, 1983). The issues addressed in empirical inquiry concerned personality and its influence on the athlete’s ability to adapt to the extreme regimes of training and competition. Other areas of research involved: the study of stress, its influence on performance in sport, but also resistance to stress; motor skills, that have been studied since 1953, and motivation (attitudes and interests). Researchers such as Müller, Henning, Henning and Schröder, Raeder and Dienemann, Viol and Keyling, Kahl, and Hasenkrüger (Sack, 1983) studied the structure and development of motivation in sport, especially in childhood and adolescence. The issues of child and youth sport – particularly sports at school level – were also discussed from a psychological perspective. However, anxiety and aggression in sport were more of interest among psychologists from the Federal Republic of Germany, and less studied in the DDR. Not rarely, published works included references to the ideology of the Soviet psychology (Batish et al., 1972; Sack, 1983).

Paul Kunath distinguished three main areas of development in sport psychology in the DDR from 1964-1972: 1) Physical education and sport in the structure of needs and interests of the DDR population; 2) Social aspects of the sport; and 3) Socialist personality and sport. The role of physical education and sport in shaping socialist personality was strongly emphasized.

The leading psychologist in the DDR was Paul Kunath, who founded the department of sport psychology in Leipzig. He was the author of many works. "*Sportpsychologie für alle*" [*Sport psychology for everyone*]. Kunath also promoted sport psychology among students, and educated sport psychologists (https://de.wikipedia.org/wiki/Paul_Kunath of 13.02.2020). He was an active member of ISSP, serving in Management Council for three terms (1965-68, 1968-73, 1973-77). During this period he attended the first ISSP Congress in Rome, as well as the congresses in Washington (1968) and Marid (1973).

Brigitte Schellenberger from Leipzig was his successor in the ISSP (from 1977 to 1985). She participated in the Congress in Prague (1977) and Ottawa (1981) (https://www.issponline.org/images/isspdata/The_First_Twenty_Years_os_ISSP.pdf \n-20.01.2020). In the following years, Gerd Konzag represented the DDR in the ISSP Managing Council. His scientific interests comprised cognitive processes in athletes (https://de.wikipedia.org/wiki/Gerd_Konzag of 13.02.2020). Konzag was an active member of ISSP from 1985 to 1989 to 1993. He attended the Congress in Copenhagen, Singapore and Lisbon. After Kunath, Schellenberger, and Konzag, Dieter Hackfort (1993-2013) and Thomas Schack (2013 to present) represented the already reunited Germany in ISSP (<https://www.issponline.org/index.php/issp/previous-managing-councils> of 18.01.2020).

It is worth noting that Paul Kunath was not only associated with ISSP but also with the FEPSAC and played a significant role in its creation. He chaired the FEPSAC between 1983 and 1991. He also participated in subsequent Meetings: 1970 (Sofia), 1976 (Budapest), 1977 (Potsdam and Prague), 1979 (Varna), 1980 (Budapest), 1981 (Bratislava), 1983 (Berlin), 1987 (Bad Blankenburg). Other German representatives presented papers in Bad Blankenburg: Winfried Hacker and Brigitte Schellenberger (Apitzch et al., 2003).

In the next years, Kunath continued to work for the FEPSAC. The FEPSAC Meetings were also organized in the DDR: in 1977 in Potsdam, 1983 in Berlin, in 1987 in Bad Blankenburg (Apitzch et al., 2003). In conclusion, the contribution of German psychologists to the FEPSAC was enormous. Three congresses, including two in East Germany, were organized.

After the fall of the Berlin Wall (1989) and the merger of East and West Germany in 1990, German sport psychologists represented one German psychology. As early as 1992, around 160 people in Germany worked in the applied and empirical fields of sport psychology. They participated in congresses organized

by the German Association for Sport Science (DVS), the Committee for German Physical Educators (ADL), the German Society for Psychology (DGfPs), the Professional Association of German Psychologists (BDP), and the Federal Institute for Sport Science. Various journals were introduced, e.g., *Sport Psychology*, *Psychology*, and Sport publishing series. German psychologists such as Anne-Marie Elbe and Markus Raab are editors of *Psychology of Sport and Exercise*. Elbe was the FEPSAC president from 2015 to 2019 and was succeeded by Raab, the current President. Today, more than 42 universities offer courses in physical education, including aspects of sport psychology (Haag et al., 1992).

Hungary

In Hungary, psychology developed already under the Austro-Hungarian Monarchy. Initially, Hungarian psychology was closely related to clinical issues. In 1868 the National Institute of Psychiatry and Neurology was established in Budapest. Similarly to many European countries, Hungarian psychology was influenced by the Leipzig School. Psychologists in Hungary at that time studied at Wilhelm Wundt's laboratory, for example, Pál Ranschburg, who founded the first laboratory of experimental psychology in Hungary in 1899 (Szokolszky, 2016).

At the same time, pioneering works were developed, which can now be associated with sport psychology.

As early as 1884-85, Karoly Budinszky pointed out that one should also train "mental functions" and not only muscles, in the article "*A Tornázás és az Akarat Fejlesztése*" [*About Gymnastic Activity and the Development of Will*] (Green et al., 2009). Between 1894 and 1900, findings from the field of sport psychology were already published in Europe, and included works of Hungarian psychologists (Horn & Smith, 2019).

Budapest as the second city after Vienna was considered the cradle of psychoanalysis. In the interwar period, psychoanalysis developed strongly in Hungary, even though due to the political situation of the country. The communists were becoming increasingly important and Miklós Horthy introduced an authoritarian regime which led many people, including scientists, to go for exile. Those who stayed in the country founded the Hungarian Psychological Association in 1928, and some psychological journals were published. With the outbreak of World War II another group of scientists, including psychologists, emigrated to the United States (Szokolszky, 2016).

After World War II, the communist regime shaped the form of science and sport (Ibsen, 2016). The Hungarian Psychological Association ceased to function and psychological journals were also closed (Szokolszky, 2016).

In the 1960s and 1970s, there was a slow rebirth of psychology. During this period, publications on sport psychology began to appear.

The research of Hungarian sport psychologists focused mainly on the issue of sports talent, selection for sport, determination of the optimal age for starting sport training, and participation in sport competition. Pre-performance emotions and motives for taking up sport activities were also scrutinized (Batish et al., 1972).

A prominent Hungarian psychologist of the time was Pál Rókusfalvy, co-author of the volume "Performance Sport and Performance Athletes - Analyses from the Viewpoint of the Social Science" (Heinilä et al., 1973), of the book "Sportpszichológia" (Psychology of Sport) (Rókusfalvy, 1974) and other publications (Rókusfalvy, 1973, 1988, 1975). At that time, László Nádori also published scientific papers (Nádori 1983) and the book "Training and Competition" (Nádori 1962).

Hungarians were active in world sport psychology organizations. Pál Rókusfalvy was a member of the ISSP Managing Council from 1977 to 1981 (<https://www.issponline.org/index.php/issp/previous-managing-councils#> from 05.01.2020), (https://www.issponline.org/images/issp-data/The_First_Twenty_Years_os_ISSP.pdf from 05.01.2020). He also participated in congresses organized by ISSP (Svoboda & Van k 1986).

The FEPSAC Meetings were also hosted in Budapest (1976, 1980, 1988, 1996) (<https://english.tf.hu/> of 04.01.2020). Hungary was represented in the FEPSAC by László Nádori from 1979 to 1993 (<https://www.zotero.org/groups/2296205/feapsac/items> of 06.01.2020) (Apitzch et al., 2003).

Currently, Hungarian sport psychologists work with world-class athletes and are affiliated with the National Institute for Sports Medicine (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5640111/> of 04.01.2020). The empirical work and conferences take place in research centers such as the University of Physical Education in Budapest, and papers are published in, e.g., *Testnevelés, Sport, Tudomány* [*Physical Education, Sport and Science - PSS*] - the journal issued by the University of Physical Education in Budapest (<https://english.tf.hu/> of 04.01.2020).

Poland

At the turn of the 19th and 20th centuries, psychology in Poland was influenced by the political situation, as it was not an independent country at that time. Initially, the works of Polish psychologists, e.g., Władysław Heinrich or Kazimierz Twardowski were written in German. The development of science in Polish was possible only in the Polish territories annexed to the

Austro-Hungarian Monarchy, at the Universities of Lviv and Krakow. The thought in Polish psychology was influenced by the views of Franz Brentan (Zeidler, 2016).

In 1903 Władysław Heinrich opened the first Polish laboratory of experimental psychology at the Jagiellonian University in Krakow. Shortly afterward, similar laboratories were established in Lviv and Warsaw (which did not belong to the Austro-Hungarian Monarchy). The first Polish academic textbook of psychology by Władysław Witwicki (Gamian-Wilk & Zimon-Dubowik, 2012) was published in Warsaw, and in 1907 the Polish Psychological Society and the Polish Society for Child Research were established there. However, Polish psychology began to function in an institutionalized way, only after the end of World War I and regaining its independence (Zeidler, 2016).

In the 1920s, the University Studies of Physical Education or State Institutes of Physical Education were established: in Poznań led by Eugeniusz Piasecki or Stefan Błachowski, and in Krakow by Stefan Szuman (Pach, 2018). Stefan Baley (<http://psych.uw.edu.pl/o-nas/historia/ze-lwowa-do-warszawy-zaklad-psychologii-wychowawczej-stefan-baley-lata-1927-1939/> of 17.07.2018) and Eugeniusz Geblewicz ([http://psych.uw.edu.pl/o-nas/historia/ze-lwowa-do-warszawy-zaklad-psychologii-wychowawczej-stefan-baley-lata-1927-1939 /](http://psych.uw.edu.pl/o-nas/historia/ze-lwowa-do-warszawy-zaklad-psychologii-wychowawczej-stefan-baley-lata-1927-1939/) of 17.07.2018) worked in Warsaw. In Krakow, Stefan Szuman published articles on the development of children's motor skills and physical fitness in 1932: "Psychology of bodily exercise" and "Development of children's movements at preschool age" (Blecharz, 2006).

After World War II, there was a further, systematic development of sport psychology in Poland. The subject of sport psychology was taught mainly at sports universities, and A.P. Rudik's textbook, translated from Russian, was used as the basic coursebook for students. The sport was also an empirically fascinating field for researchers and psychologists from university centers. For instance, relaxation techniques - including Schultz's autogenic training - were introduced to the preparation programme for the Tokyo Olympic Games in 1964. The dynamic development of sport psychology and more frequent collaborations of psychologists with coaches and athletes began in the 1980s. Psychologists associated with Departments of Psychology at the Academies of Physical Education, the Center for Sports Medicine, and the Institute of Sport in Warsaw intensified their cooperation with athletes and their coaches ([www.psychologia.net.pl/ artkul.php?level=259](http://www.psychologia.net.pl/artkul.php?level=259) of 13.08.2018). In autumn 1985, during a conference held in Kazimierz Dolny, the Swedish psychologist Lars-Eric Uneståhl, introduced the principles of mental training. It was a critical moment for the development of sport psychology in Poland (Blecharz & Basiaga-Pasternak, 2019).

More and more departments dedicated to the psychological aspects of physical activity were established in academic centers. In Krakow, the Department of Psychology at the Academy of Physical Education was initially headed by a sport psychologist Janusz Zdebski, who was also a sport psychology popularizer. Currently, Jan Blecharz - a scientist and a practitioner who has been working with the top Polish athletes - is in charge of the department. He has accompanied Polish athletes during three Olympic Games: Albertville (1992), Salt Lake City (2002), and Rio de Janeiro (2016). He has also developed innovative programs, which were applied to the work with the national team of ski jumpers (Salt Lake City) and track and field athletes (Olympic Games in Rio de Janeiro) (Blecharz & Basiaga-Pasternak, 2019). He was a member of the Medical Commission of the Polish Olympic Committee.

In Krakow academic center, the research focuses on a variety of sport psychology issues, the role of sport psychologists, and their cooperation with coaches. Additionally, scientific and training conferences for coaches are held regularly.

Poznan is another important center. In the 1970s and 1980s, it played a vital integrative role for Polish psychologists by organizing regular meetings. The research interests there included personality, anxiety, intelligence, tolerance to frustration. The Poznan center organized training courses for coaches and cooperated closely with players from sports clubs in Pozna (Olszewska, 1979). Gertruda Olszewska, who was affiliated with the Poznan center, was also a Member of the Management Council of ISSP from 1977 to 1981 (https://www.issponline.org/images/isspdata/The_First_Twenty_Years_os_ISSP.pdf, on 20.01.2020). Another leading sport psychologist from Pozna is Jacek Gracz. He is the author of many publications both in Poland and abroad (e.g., "*Sport Psychology*", "*Psychology of sport activity*" written jointly with Tadeusz Sankowski) (Gracz & Sankowski, 1995, 1991). He is particularly interested in the issue of emotions related to the sport activity.

Sport psychology in Poland is also associated with a Warsaw center. After the World War II, the research in the field of psychology there was conducted by Maria Geblewiczowa (1973). The leading Warsaw sports psychologist was also Tadeusz Rychta. He was the first Polish psychologist to participate in the 1980 Summer Olympic Games in Moscow. His empirical interests concerned the personality of athletes and their intentional behaviour (Krawczyk & Nowicki, 2004).

In Warsaw, sport psychologists were related to the Institute of Sport. Jadwiga Kłodecka-Róalska (2015), the author of many works on sports psychology, the first chairwoman of the Women's Sports Commission in the Polish Olympic Committee, was a prominent member. She participated in the

Olympic Games three times. She was a Managing Council member of the FEPSAC from 1987 to 1991. She took part in the following the FEPSAC Meetings: 1987 (Bad Blankenburg), 1989 (Sofia, Prague) (Apitzch & Schilling, 2003). Dariusz Nowicki and Beata Mie kowska have also been affiliated with the Institute of Sport.

Sport psychology has been developing in Gdansk as well. The main research topic has concened the factors determining sport interests of children and the youth. Another research focus has been on the interpersonal relations within a sport team. Marcin Krawczynski and Marek Graczyk, who accompanied Polish athletes during the Olympic Games five times, come from a Gdansk center. Artur Poczwardowski (currently Professor at the University of Denver Graduate School of Professional Psychology) is also related to the Gdansk center.

Polish sport psychologists were affiliated with the Section of Sport Psychology of the Polish Scientific Society of Physical Education. Currently, these traditions are continued in the section of the Polish Psychological Association. Since 1980 to present, eleven sport affiliated psychologists have been accompanied Polish athletes during the Olympic Games. What is more, regular conferences related to sport psychology are held - e.g., at the Academy of Physical Education in Krakow, and at the University of Gdansk, Gdansk, as well as the cyclical Scientific Conference "*Practical Psychology of Sport*". There have been many sport psychology conferences for coaches of Olympic groups, as well as methodological training and workshops conducted by sport psychologists. Poland was also the organizer of the FEPSAC MC meeting in April, 1998 (in Gdansk) (Apitzch & Schilling, 2003).

Nowadays, mental preparation and mental training constitute an integral part of sport training in Poland. It would not be possible without foundations and traditions developed in the past era.

Romania

The period of 1893-1921 is considered to be the birth of Romanian psychology. Similarly to most European countries, the course of psychology in Romania was strongly influenced by the Leipzig center established by Wilhelm Wundt. In 1893 Eduard Gruber, a former student of Wundt, founded the first psychological laboratory in Romania at the University of Iasi. Shortly afterwards, Constantin Radulescu-Motru started teaching psychology at the University of Bucharest in 1900, and in 1906 he established the first psychological laboratory there. In 1922, Florian tef nescu-Goang established an experimental laboratory and the Institute of Experimental Comparative and

Applied Psychology in Cluj-Napoca. The research interests of the individual centers concerned experimental and developmental psychology (Cluj), social psychology (Iasi), and theoretical psychology (Bucharest). In the 20's and 30's of the 20th century psychology in Romania was flourishing, an exchange of ideas with world-class scientists such as Sigmund Freud, Charles Spearman, or American psychologists such as Gordon Allport took place (Iliescu & Ispas, 2007, Kiss, 2012).

Between 1944-1948 the totalitarian communist rule began in Romania. The only books of psychologists who identified with the regime were published. They had to refer to the Soviet psychologists, and those scientists who did not accept it were either imprisoned (e.g., Nicolae M. Rădulescu) or persecuted. Between 1956 and 1964, the restrictions for the development of psychology in Romania were relaxed. The Institute of Psychology of the Romanian Academy of Psychology was founded and the *Revue Roumaine des Sciences Sociales-Serie de Psychologie* [Romanian Journal of Social Sciences] was published. Nonetheless, psychology reflected the ideas of Marxist ideology (Kiss, 2012).

However, in 1977 psychology ceased to be an independent academic discipline in Romania. Romanian psychologists organized an international seminar on transcendental meditation, which caused anxiety and opposition from the communist dictatorship, and the ruling Nicolae Ceaușescu banned the teaching and practice of psychology in Romania. Many psychologists were imprisoned or forced to work in factories as unskilled workers. Those who were under the regime continued to work at universities, mainly in philosophy and educational sciences (Iliescu & Ispas 2007). There was also a group of psychologists who developed sport psychology.

In the 1960s and 1970s, the leading empirical inquiry of sport psychologists in Romania focused on the problem of determining the methods of general and specialized mental preparation of an athlete; the pre-performance states were studied in particular (Batish et al., 1972). The reports of Popescu, and Jota, Chorgidan (Horigdan) (Popescu et al., 1975, 1976a), as well as Dumitrescu (Popescu et al., 1976b), were published at that time. The other empirical area frequently discussed in Romania included the issues of athlete's motivation, social relations among athletes, or psychology of small sports groups. In the 1970s, Romanian sport psychologists conducted personality tests of athletes (Batish et al., 1972). The leading figure of Romanian sport psychology at that time was Mihail Erupan. He was active in the International Society of Sport Psychology, where he also held a position of a Managing Council member between 1973 and 1977 (<https://www.issponline.org/index.php/issp/previous-managing-councils> dated 03.01.2020). At the same time, he was also a member of the FEPSAC Managing Council from 1969 to

1979. During the FEPSAC Congresses in 1971 and 1976, he was President of the Scientific Committee. Another person on the board of the FEPSAC from Romania between 1999-2003 was Irina Holdevici ([https://www.zotero.org/groups/2296205/fepsac/items of 03.01.2020](https://www.zotero.org/groups/2296205/fepsac/items%20of%2003.01.2020)), (Apitzsch et al., 2003). It is worth noting that the FEPSAC Meetings were held in Bucharest in 1971 and 2002.

For 15 years, psychologists who opposed the Ceau escu regime functioned “underground”. It was not until 1990, after the overthrow of the dictator, that psychology was restored as an academic discipline (Iliescu & Ispas 2007). New books were written, and cooperation with Western psychologists and participation in foreign congresses became possible again (Kiss, 2012).

In contemporary Romania sport psychology is present at the Universities of Iasi, Cluj-Napoca, Bucharest and Timisoara (Iliescu & Ispas) and psychologists are the members of the Romanian Association of Psychologists (<https://apsi.ro/EN/> of 20.04.2020). The research is published in *the Romanian Journal of Psychological Studies*, which also focuses on the subject of sport psychology (<https://rjps.hyperion.ro/> of 03.01.2020). The Romanian universities provide courses in sport psychology, for instance, the National Academy of Physical Education and Sports (ANEFS) (<https://www.ceebd.co.uk/ceed/un/rom/ro010.htm> as of 03.01.2020). Monica Iulia St nescu (Runcan et al., 2013) whose research interest is also in the field of sport psychology works for the Universitatea Națională de Educație Fizică și Sport din București.

Conclusions

Over the years, the state of psychology and sport psychology in the former socialist countries have been influenced by political, social, and ideological circumstances. Psychology survived despite wars and regimes. Sport psychologists conducted research, which, regardless of ideological pressures, brought many interesting and important conclusions about athlete’s functioning. Sport psychology played an enormous practical role in sport, and psychologists provided their knowledge and support to athletes and coaches.

Currently, sport psychology has been developing very dynamically in these countries. Scientists can travel, participate in conferences, and symposiums in every corner of the globe without any restrictions. Young scientists from Europe, affiliated with The European Network of Young Specialists in Sport Psychology (ENYSSP), also come from the former Eastern States: Polina Hadjiyankova (Bulgaria), Veronika Balakova (Czech Republic), Laur Nurkse (Estonia), Máté Smohai (Hungary), Karolina Chlebosz (Poland), Elena-Madalina

Margarit (Romania), Konstantin Bochaver (Russia), or Andrea Poláčeková (Slovakia) (<https://www.enysp.com/country-reps> of 03.01.2020). This dynamic development of the young generation of psychologists has been possible thanks to sport psychologists who received a solid university education during the socialist period and maintained contact with leading centers in the world. After the transformation, sport psychologists continue to play a leading role in their countries or have strengthened international centers.

International cooperation between research centers from the Western countries and the former socialist countries is still developing. Sport psychologists from the former socialist states successfully accompany athletes during the major sports events. They are members of global organizations associating sports psychologists such as the FEPSAC, ISSP, and AASP.

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