

Measuring the Spirit of Old Athletes and Players of Punjab, Pakistan

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Abstract

Spirit is the act of imagining the guiding force of one's spirit inside of one's physical body. This study investigates the impact of spirit (imagery and vision work) on old athlete confidence, competence, joy, and flow. No published studies were found on the topic of measuring the spirit of old athletes or the impact of being spiritually present on old athlete confidence, competence, joy and flow. Therefore, topics of a similar nature were explored in the literature review, for example being present in the present moment, athlete imagery and states of flow, passion, purpose, and overcoming adversity active visualization and alignment with the inner self, focus, identity, gratification, and community, spirituality, and peak experiences, self-actualization, as well as confidence and gender differences. The impact of being present on confidence is explored in this study, because confidence is an indicator of success. Flow is explored in this study because confidence and success can be experienced as flow by an athlete. Flow is an exceptional experience, which may be related to being present and in the process of spirit. Flow is defined as a state of awe and wonderment experienced when something that normally takes great skill and concentration suddenly creates itself and flows out of the person with ease. This study examines the spirits of old athletes. This study was descriptive in nature. The primary data were gathered by the help of survey through questionnaires. This research was based on questionnaire survey. 75 (seventy five) male and female national old players and athletes were selected as a sample from five cities of Punjab i.e. (Lahore, Gujranwala, Sialkot, Rawalpindi and Gujrat)

Keywords: Old Athletes, Confidant Athletes, Spirits of Athletes

Introduction

Spirit is the act of imagining the guiding force of one's spirit inside of one's physical body. This study investigates the impact of spirit (imagery and vision work) on old athlete confidence, competence, joy, and flow. No published studies were found on the topic of spirit of old athletes or the impact of being spiritually present on elite athlete confidence, competence, joy and flow. Therefore, topics of a similar nature were explored in the literature review, for example being present in the present moment, athlete imagery and states of flow (Csikszentmihalyi & Jackson, 1999), passion, purpose, and overcoming adversity (Ravizza K. , 2002), active visualization and alignment with the inner self, focus, identity, gratification, and community (Samuels & Samuels), spirituality, and peak experiences (Maslow; Ravizza K.), self-actualization (Maslow), as well as confidence and gender differences (Hays, Thomas, Maynard, & Bawden). The impact of being present on confidence is explored in this study, because confidence is an indicator of success (Bunker, Williams, & Zinsser). Successful athletes are in the zone (Bunker, et al). Athletes that are in the zone are confident, they do not have irritating thoughts, and their bodies perform automatically. Flow is explored in this study because confidence and success can be experienced as flow by an athlete. Flow is an exceptional experience, which may be related to being present and in the process of

spirit engagement. Flow is defined as a state of awe and wonderment experienced when something that normally takes great skill and concentration suddenly creates itself and flows out of the person with ease (Csikszentmihalyi).

The Importance of Spirit

Old athletes are looked upon as role models and even as heroes for today's youth and adults, with the possibility of bridging cultures and nations. Spirit causes athletes to act out and compare themselves to other athletes. This type of spirits leads to poor self-esteem (Voight, Callaghan, & Ryska, 2000). Athletes may win games and professional athletes may make fortunes and have everything they need and want, but they may lack a sense of happiness and joy. Visualization helps athletes to relax, increase confidence (Samuels & Samuels), overcome low self-esteem, experience success and satisfaction in work and life, and increase community vision. Spirit helps athletes to discover their spirit and embrace their vulnerabilities. Embracing vulnerability aids in the experience of belonging and joy (Brown, 2010).

Skill Development, Happiness, Belonging, and Joy

Athletes do not need to be religious in order to experience confidence and happiness in their sport. Spirit engagement is similar to personal engagement (being present) and helps athletes to feel engaged in their sport, pursue ongoing skill development and personal development, and experience flow and happiness. Like happiness, flow is its own reward and creates feelings of deep enjoyment and transcendence (Csikszentmihalyi). Happiness and flow are in our control, as is spirit engagement. Both Miller (2010) and Ravizza (2002) state that great athletes overcome adversity by focusing on what is in their control.

Overcome Adversity and Anxiety to Experience Peak Performance

Our mind is a super computer with an experience simulator. We can overcome anxiety and transform problems into solutions by running positive programs and imagery through our experience simulator (Gilbert, 2004; Miller, Samuels & Samuels). Our mind is not able to distinguish between imagined and real experiences, and this works to our advantage when running positive scenarios (Orlick, 2008). Elite athletes can utilize spirit engagement to access and shape these programs, which will help the athletes to experience happiness and high performance.

Success: Confidence versus Winning

For this study, success includes an increase in spirit engagement and confidence. This study researches the impact of success in terms of confidence instead of winning, because what constitutes "winning" is variable and dependent on other factors (Csikszentmihalyi & Jackson). An increase in confidence, competence, and focus is dependent only on the athlete involved (Hays et al.), although significant correlation exists between self-confidence and success in sport (Feltz, 2007 in Hays et al, Hays et al.). Winning is dependent on all of the athletes involved, including other competitors and teammates. Attributing the success or failure based on a win for this study would be difficult to assess if other factors suggested an increase of spirit engagement and confidence, but a loss occurred during competition. For example, an elite level curler may act with confidence and bold moves, and successfully reduced negative self-talk. However, outside factors (such as debris on the ice) can get in the way of a win.

Statement of the Problem

This study was conducted to investigate or measure the spirit of old athletes.

Objectives of Study

Following are the objectives of study.

1. To investigate the spirits of old athletes.
2. To measure the level of spirit in old athlete.
3. Identify that sports and game have good impact on spirits.
4. To determine the role of spirit in sports.

Hypothesis of the Study

The hypothesis of this study was

1. Sports and games have good impact on spirits of old athletes.
2. More exercise more fitness.
3. Sports need spirit and vise versa.
4. Sports increases spirit level.

LITERATURE REVIEW

Conceptual and Theoretical Framework

This literature review examines the components of confidence, imagery, flow, and spirituality. A review of the literature reveals two confidence trends. One trend contains ego outcome or success related activities and behaviors: low confidence, negative thoughts, inability to be focused on ability or body, and use of success and future based imagery. The goal of ego outcome is to prove oneself to others and is other-referenced (Tod & Hodge, 2000). The other trend consists of ego-trait or task related activities and behaviors: high confidence, self-efficacy, use of task and being-in-the-now specific imagery, positive thoughts and behaviors, and confident flow. The goal of task orientation is to improve oneself and is self-referenced. There are many similar terms utilized by many different authors that use different mixtures of ego, task, goal, and outcome as part of their terminology. To avoid confusion between different types of ego: the terms success related activities or task related activities will be utilized as intended for sport rather than ego-outcome (success) or ego-trait (task) activities. The term ego will be reserved to reference a relationship to spirit, for example: engagement with the younger-self or lack of spirit alignment with the ego.

Nervous Tension versus Confidence

Confidence levels may fluctuate in athletes (Hays et al). Athletes commonly believe confidence acts as a shield or protection against negative thoughts and feelings. Both confident and unconfident athletes feel nervous tension. The only difference between feeling confident or unconfident is that feeling nervous is perceived as negative on days athletes feel low in confidence. On high confidence days, athletes experience positive excitement. "I was just this strong person, even if someone was fighting me down...there was no way they were going to beat me...all I felt was excitement and wanting to get out there and race, I had no fear whatsoever." Experiencing concern and excitement can build confidence for the athlete. Confidence copying occurs when the athlete understands how concerns and excitement are beneficial to performance (Hanton, Evans, & Neil, 2003).

Thoughts: Highly Confident Athletes

Athletes think all the time. They think before their game, during the game, during breaks, during practice, and while they are trying to sleep. The best athletes think about what they want to accomplish before and during their practice and competition. They commit themselves to the best mental and physical effort with the highest quality and intensity (Orlick & artington). Confident athletes have "learned optimism". They think and dream positively, they know they "can," and focus on successfully mastering a task (Bunker et al). It is the positive or negative aspect of thought, which determines how successful an athlete will be (Hays, et al). Confident athletes tend to have a quieter mind. Confident but less skilled

athletes, tend to think of mechanics and technique. Once skills are mastered, athletes' minds are filled with strategies and optimal feelings. Confident athletes feel they have practiced enough to succeed, and will often have a warm feeling in their stomach (Hays, et al). Athletes with higher self-confidence make better choices, and feel happy and relaxed. Sports confidence is attributed to achievement, social climate, self-regulation, and coping mechanisms. High self-confidence relates to positive thoughts and emotions, effective competitive behaviors and effective competitive focus. Athletes with high levels of self-confidence believe in their ability to perform successfully. They make bold moves such as direct eye contact with competitors. If the competitor looks down, the athlete has won before the game has begun. Confident athletes peak under pressure and confront adverse situations with successful results (Cresswell & Hodge, 2004).

Thoughts: Less Confident Athletes

Anxiety and confidence are highly dependent on each other (Zeng, Leung, & Liu). Attention is distracted by fear and anxiety (Chase, Magyar, & Drake, 2005). Loss of self confidence manifests as distraction, irrational thoughts, inability to control nerves, loss of focus, and loss of positive thinking. Less confident athletes tend to doubt their ability and they may feel anger, frustration, unhappiness, withdrawn, and not able to put out the needed effort (Hays et al). Less confident athletes think about the risks involved in their sport (Bandura in Chase, et al). They rate and label themselves and their abilities. They think about negative feelings and poor performance, and other misguided thoughts created in their consciousness by "experts" (Bunker et al). Athletes succumbing to negative thoughts try to think of positive thoughts, use positive self-talk, and try to increase their confidence by rationalizing their thoughts about other athletes negative feelings (Hays et al). "if I am scared, then they must be twice as bad...they must be scared as well." Athletes suffering from loss of confidence may feel nervous and try to focus on their usual routine to regain their focus and confidence. An athlete may even lose more of their confidence when they try to reframe their thoughts.

Creating Self-Efficacy with Mental Preparation and Training

In 1984 Olympic Silver Medalists and duet partners Kelly Kryczka and Sharon Ham brook worked on mental training to improve their synchronized swimming performance (Orlick & Partington). Kelly and Sharon would visualize their entire three minute synchronized routine, maintain their focus, and complete their visualized routines with exactly the same timing; they also synchronized their heartbeats. One aspect the duet thought they could have spent more time on was mentally preparing for Olympic media attention, politics, and judging.

Mentally Preparing for the Olympics

Mentally preparing for the media and Olympic venues tend to be a common theme which separates elite athletes into highly successful (most winning, most medals) or non-successful (no medal) athletes (Orlick & Partington). A post-Vancouver, 2011 Winter Olympics brief showed that Canadian athletes who were best prepared mentally in terms of knowing the training and competition venue performed better (medal winners) than athletes who were expected to perform well because they had the best performance (Amirault- Ryan, 2011). Athletes can improve confidence and performance through self-efficacy building techniques which include adopting positive thoughts, peaceful mind, relaxation, and imagery which tranquilize self-doubt, anger, and fear (Bunker et al; Chase et al, 2005). Athletes will also find this advice helpful when returning from injury (Crossman, 2001) Efficacy is strengthened by four main sources of information: successful past performance, vivid recall, emotional recall, and physiological arousal (Chase, et al, 2005). Self-efficacy can also be established and strengthened by overcoming small goals and fearful tasks repetitively (Chase, et al; Orlick & Partington). Recalling these successful moments creates success and confidence (Chase, et al, 2005).

Methods

The purpose of the study was to investigate the spirits of old athletes. Therefore the research study was descriptive/survey type. The primary data were gathered by the help of survey through questionnaires. The following procedure was adopted for the study.

Sampling

This research was based on questionnaire survey. 75 (seventy five) male and female national old players and athletes were selected as a sample from five cities of Punjab i.e. (Lahore, Gujranwala, Sialkot, Rawalpindi and Gujrat).

Research Instruments

The researcher developed a questionnaire to measuring the spirits of old athletes. Almost 75 questionnaires were sent to 5 cities of Punjab. The questionnaire consists of 25 questions related to the spirits of old athletes and players and requested the athletes and players respond to the questionnaire by the indication mark (✓) in Yes or No box.

Data Collection and Analysis of Data

The researcher prepares the questionnaire and distributed to the national old athletes and players personally and received the data for analysis. Data was analyzed by using percentage. The conclusion was drawn on the basic of findings and recommendations were made on the basis of conclusion.

Finding

- All the old athletes and players agreed that they are inclined toward spirit generation.
- 93% old athletes and players assured that they felt high level of spirit.
- 91% athletes and players were agreed that the sports strengthen our spiritually.
- 96% old athletes and players felt that the spirituality strengthened our sport.
- 83% old athletes and player agreed to this statement felt successful because of spirit or spirituality.
- 85% old athletes and players confirmed that they felt the spiritual success.
- 97% old athletes assured that the spirit of athlete effect the match
- 88% old athletes responded that the variation in spirit effect our performance.
- 67% old athletes and players said that environment, geographical conditions and facilities affect our spirit.
- 60% old athletes agreed that the economic conditions affect the courage and spirit.
- 93% old athletes and players accepted that the high level of spirit essential for victory.
- 92% old athletes assured that the technique help to enhance the spirit. Whereas 8% old athletes and players did not assure the technique help to enhance the spirit.
- 81% old athletes and players said that the sports keep controlled our blood pressure.
- 88% old athletes and players admitted that the sports keep controlled our sugar level.
- 59% old athletes and players said that they suffer from mental stress because of sports
- 83% old athletes and players told that the sports help to keep our temperament in control.
- According to old athletes views 60% old athletes and players accepted that the sports lead to an increment in our salary.
- 92% old athletes and players agreed that the sports help us in the improvement of your socialization.
- 88% old athletes said that games help us to solving the social problems
- All the participants were agreed that they feel happy to participating in sports.
- 80% old athletes said that the family cooperation with us regarding these sports.
- All the old athletes and players agreed to provide sports gear to the players.

- 88% old athletes showing our willingness to coaching the athletes in ground
- 81% old athletes and players were agreed to offer our coaching skills to any educational institute.
- According to old athletes and players views in they all recommended that the research on sports essential in this modern era.

Conclusion

This study examines the impact of spirit on old athlete confidence in a collaborative and naturalistic nature. Based on the literature review, it was expected that spirit would help old athletes to become more confident by eliminating (or at least reducing) nervousness, anxiety, negative self-talk, negative feelings, and opinionated labeling of the athletes qualities. Spirit engagement did increase spiritual and peak performance flow: allowing the athlete to compete at heightened levels of awareness and responsiveness. The imagination and restful aspects of spirit was also helpful in increasing the athletes' ability to focus with greater clarity for greater lengths of time on task specifics and game play. Spirit helped old athletes to change his focus and accept him, and accept his family's support as actually being supportive. Spirit helped athletes to respond rapidly to outside stimuli and the unknown as in the other worldly case of old athletes. Spirit also helped in situations outside of sport.

On basis of findings the following conclusion is drawn

1. It was concluded that sports and games developed the mental and physical spirits of old athletes, so that sports and games inspire the old athletes.
2. It was concluded that the old athletes and players feeling better to participating in sports and games.
3. It was concluded that the old athletes and players became healthy due to participation in sports and games.
4. It was concluded that the old athletes and players how participated in sports activities, they feel decreasing the mental stress.
5. It was concluded that they feel better performance in daily life, affair and business, they showed their good spirit.
6. It was concluded that due to sports and games they were realizing good improvement in social contacts and coordination.
7. It was concluded that they were feeling pleasure and showing interest to coaching the young players and athletes in different education institutions.
8. It was concluded that all old athletes and players strongly recommended that the research is essential in the promotion of sports and players.

Recommendation

This study provides some information regarding the issue of sports spirit in old athletes and whether they benefit the spiritual performance of old athletes who participate in sports and games.

On the basis of finding and conclusion following recommendations are given.

1. It is recommended that the sports like environment should be provided to the old athletes for increasing their spirit.
2. It is recommended that the maximum sports facilities should be provided to improve the spirits of old athletes and players.
3. It is recommended that the sports related manual libraries, online libraries and Audio & Videos aids should be provided for improvement of knowledge and sports skills.
4. It is recommended that the opportunities should be given to the old athletes as team managers and team coaches for different departmental.
5. It is recommended that the old athletes should be appointed as a facilities manager so that they earn the handsome amount for fulfillment our needs.

6. It is recommended that the recreational sports facilities should be provided to the old athletes for their mental relaxation.

Summery

Spirit is the act of imagining the guiding force of one's spirit inside of one's physical body. This study investigates the impact of spirit (imagery and vision work) on elite athlete confidence, competence, joy, and flow. No published studies were found on the topic of measuring the spirit of old athletes or the impact of being spiritually present on elite athlete confidence, competence, joy and flow. Therefore, topics of a similar nature were explored in the literature review, for example being present in the present moment, athlete imagery and states of flow (Csikszentmihalyi & Jackson), passion, purpose, and overcoming adversity (Ravizza K.), active visualization and alignment with the inner self, focus, identity, gratification, and community (Samuels & Samuels), spirituality, and peak experiences (Maslow, Ravizza K.), self-actualization (Maslow), as well as confidence and gender differences (Hays, Thomas, Maynard, & Bawden, 2009). The impact of being present on confidence is explored in this study, because confidence is an indicator of success (Bunker, Williams, & Zinsser). Successful athletes are in the zone (Bunker, et al). Athletes that are in the zone are confident, they do not have irritating thoughts, and their bodies perform automatically. Flow is explored in this study because confidence and success can be experienced as flow by an athlete. Flow is an exceptional experience, which may be related to being present and in the process of spirit engagement. Flow is defined as a state of awe and wonderment experienced when something that normally takes great skill and concentration suddenly creates itself and flows out of the person with ease. Consider the recommendation of the experts. The percentage method was use to analyze the data. On the basis of analysis of data, the finding, conclusion and recommendation were made. The questionnaires were delivered to seventy five (75) old athletes and players and received from different cities of Punjab.

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