

Relationship between Perception of Success and Mindfulness among Young Athletes

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ABSTRACT

Sports bring authentic happiness, satisfaction and enjoyment in participants through wider lens. Success in sports makes the participants to preserve and enhance their performance with higher level of self-motivation. Athletes notion about success is a benchmark in the construction of realistic goals and maintain positive attitude. Mindfulness found to have strong association with increased level of self-confidence, attention, perception, concentration, flow, sense of control and aspects of sports confidence. The purpose of the present study was to find the relationship between Perception of Success and Mindfulness among young Athletes. The sample consists of 64 participants. The sample includes 34 boys and 30 girls whose age ranged between 13 to 17-years-old. Purposive sampling technique was used to select the sample for this study. The tools used in this study were Perception of Success questionnaire (POS) which is 12- item self-report that measures the perception of success. This scale was developed by Darren C. Treasure and Glyn C. Robert 1994. Another tool was Toronto Mindfulness scale (TMS) which consists of 13- items self-reporting measuring Mindfulness on dimensions of curiosity and decentering developed by Mark A. Lau et al., 2006. To understand the relationship, Statistical analysis of Pearson's correlation coefficient was calculated. Results indicated that there was a strong relationship between Perception of Success and Mindfulness among young Athletes.

Keywords: *Perception of Success, Mindfulness, Athletes*

Athletes face many challenges on sports field. Confident Athletes will “see” challenge on the upcoming game instead of seeing threats. Athletes think about their upcoming competition in many different ways when they perceive their experience. Perception determines the Athlete's confidence and enhances the competence. Athlete's perceptions of success or goal showed a different pattern of relation with willingness, learning strategies, amount of practice, preference for challenging tasks, attitude towards other athletes, beliefs on self, accept new challenges and optimistic thoughts towards the goal. Mastery of certain tasks starts from perceiving the success because it makes athletes strive towards the goal by preparing

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physically and psychologically. An intrinsic sense of optimism with perception of success influences athlete's goal setting and assessment of achievement plays extremely important to form conception and focuses on mission achievement and continuous improvement.

Sport psychology studies states that athletes make immediate perceptions, evaluations and appraisals of sport situation to compete successfully. Athletes who experience fear about the upcoming competition, can change their perception quickly when athletes committed to the change. A confident Athlete face a challenge on the horizon, while Athletes of less confidence face the competition on different perception about the upcoming game as unable to compete successfully. Relationship between self-confidence and motivational climate studies revealed that perceived motivational has significant relationship with self-confidence (Cecchini et al., 2001; Magyar & Feltz, 2003). Based on achievement goal theory (Nicholls, 1984) achievement goals reflects student athlete judging their own experience and define success or failure in sport.

Most research studies on Mindfulness has been limited and the available literature involving mindfulness and sport is rather limited. Mindfulness however continues to evolve, so research studies has investigating mindfulness and its application in sports. (Mumford, 2015, 6-7). Mindfulness in the literature given by Jon Kabat-Zinn. as "paying attention in a particular way, on purpose, in the present moment, and non-judgementally. (Kabat-Zinn 1994, 4). Kabat-Zinn (2005, 24) mindfulness involves an "openhearted, moment to moment, non-judgemental awareness". Young Athletes implementing Mindfulness technique in sports helps to improve overall performance to compete opponent. Athletes learn to train themselves to face the difficult challenges by using simple techniques includes breath awareness and body scan in order to improve the outcome successfully. Athletes engage in heightened levels of athletic performance referred to as "being in the zone". Mindfulness training showed significant improvement in helping athletes to attain experiences of "being in the zone". (De Petrillo et al., 2009, 358). Research studies also reveals that practising Mindfulness enhances cognitive functions, immune response, attention abilities, perception, concentration and emotional regulation. Mindfulness offers benefits for athletes by increasing overall well-being and health. (Rechtschaffen 2014, 4-5). Overall, athletes believed that mindfulness had contributed higher level of performance in accomplishing targeted goals in sports.

REVIEW OF LITERATURE

Daniel Birrer and Gareth Morgan (2012) conducted research on Mindfulness to enhance athletic performance. Theoretical consideration, attention, experiential acceptance values classification, self-regulation negative emotion regulation, clarity about one's internal life, exposure, flexibility, non-attachment and rumination as possible impact mechanisms. Results shows that greater knowledge of the conceptualization of mindfulness and its impact on psychological skills could develop and improve the effectiveness of mindfulness-based intervention in sports.

Glyn Roberts, Treasure and Gloria Blague (2008) conducted study on Achievement goals in sport: The development and validation of the Perception of Success Questionnaire. Studies traced the development of the questionnaire as a measure of achievement goals developed for sport context. Factor analysis were conducted on the children's and adult versions of questionnaire Results declared that task and ego goals are orthogonal, internal reliabilities are high with strong construct and concurrent validity to measure achievement goal orientations in sport.

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Jessica (2019) examined the study on exploring the relationship between Goal Achievement orientation and Mindfulness in collegiate Athletics. Studies shows that there exists relationship between mindfulness and goal orientation. Results indicates that as level of awareness increases, the level of task- orientation also increases. Level of awareness also predicted level of task orientation in athletes.

Melinda Frey, Patricia Laguna and Kenneth Ravizza (2010) investigated study on Collegiate Athletes Mental Skill Use and Perceptions of Success: An Exploration of the practice and competition settings. Test of performance strategies (TOPS) and Perception of success questionnaire were administered to 199 collegiate baseball and softball players. ANOVA results shows a significant greater use of mental skills in competition than in practice and significantly higher perception of success in practice and competition were found when athletes reported greater use of mental skills in both environments.

Olga and Bukhalenkova (2016) examined the study on the Perception of success in Adolescents. 399 older adolescents on which 227 females and 172 male school students aged 15 to 17 years were involved on this study. Cluster analysis was conducted to identify three basic levels of teenager perception/ comprehension of the success concepts. Results indicated that perception of success proved to be closely associated with the experience of meaningfulness of life; the vaguer and the more immature the notion of success is, the less satisfied a teenager with his achievement. Analysis of gender differences showed that among the adolescent with a diffused notion of success were more males (58.5%), whereas on self-development there were more females (62.8%).

Schwanhausser (2009) conducted research study on Application of the mindfulness - acceptance- commitment (MAC) protocol with an adolescent springboard diver. Study shows that the diver received the Mindfulness-Acceptance-Commitment (MAC) approach for performance enhancement. Self-report measures of mindfulness and flow along with objective measures of diving performance were collected. Results indicated that increase on mindful awareness, mindful attention, experiential acceptance, flow, and diving performance.

On the analysis of various reviews, it showed that perceiving success plays major role in future achievement of individual, Olga and Bukhalenkova (2016). So, individual can able to strive for better training and practices to achieve athletic goals. In addition mindfulness practices improves attention and awareness to attain target goal. The present study was a modest attempt to fill up the research lacuna to some extent. There was a gap in analysis of the relationship between perception of success and mindfulness. So, the present study was carried to overcome the limitations of the past studies while also incorporating suggestions given by past studies, wherever feasible.

METHODOLOGY

Problem: To assess the relationship between perception of success and mindfulness among young athletes.

- **Objective**

The present study was to find the relationship between perception of success and mindfulness among young athletes.

- **Hypothesis**

There will be no significant relationship between perception of success and mindfulness among young athletes.

Samples

The sample for the present study was of Young Athletes. It was a quantitative study. The sample included both boys and girls of age group were ranging from 13-17-years of age. The sample size was of 64 young Athletes of 34 boys and 30 girls. Purposive sampling method was used.

Tools

The following scales have been used:

1. Perception of Success questionnaire (POS) which is of 12- item self-report that measures the perception of success. This scale was developed by Darren C. Treasure and Glyn C. Robert 1994. Perception of Success questionnaire (POS) is a five-point scale from 1 (strongly agree) to 5 (strongly disagree). Perception of Success questionnaire (POS) consists of 12- item with an internal consistency of .92. Scoring: Higher the scoring higher the perception of success.

2. Toronto Mindfulness scale (TMS) which is of 13- items self-reporting measuring with the dimensions of curiosity and decentring developed by Mark A. Lau et al., 2006. Toronto Mindfulness scale (TMS) is a five – point scale from 0 (not at all) to 4(very much). Toronto Mindfulness scale (TMS) consists of 13 items with an internal consistency of .95. scoring: Higher the scoring higher the mindfulness.

Procedure

The participants were approached by contacting the athletes from schools, age ranging from 13-17 years of both boys and girls. All the participants were given a brief about the research and its purpose before they signed the consent form. Following which a form requiring demographic details was filled by the participants. After this, the participants were asked to complete two scales- Perception of Success questionnaire (POS) which is of 12- item and Toronto Mindfulness scale (TMS) which is of 13- items.

RESULTS

Table 1 Correlation between perception of success and mindfulness among young athletes

Variable	mean	SD	r value
Perception of Success	49.54	6.85	* 0.83
Mindfulness	45.09	6.59	

Correlation is significant at the 0.05 level

As per the Pearson's correlation of co-efficient, the calculated 'r' value is greater than that of the table value at .05 level of significance. Thus, the null hypothesis is rejected.

This shows that there is a significant positive correlation between perception of success and mindfulness among young athletes.

DISCUSSION

The purpose of the present study was to investigate the potential relationship between Perception of success and mindfulness among young athletes. The fact that mindfulness improves athletics performance according to Thompson et al., (2011). Mindfulness may be an effective tool to mould athletes and students in to a better player, learner and young achiever. The hypotheses which stated that there was no significant relationship between perception of success and mindfulness among young athletes. Results shows that there is significant

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positive correlation between perception of success and mindfulness among young athletes. Based on achievement goal theory (Nicholls, 1984) achievement goals reflects student athlete judging their own experience and define success or failure in sport. Mindfulness training enhances attention, concentration and specific skills that improves athlete's performance and achievement.

Implication

1. For the future researchers, this research can help the researcher to study the impact on various dimensions of mindfulness on different fields.
2. It can help the athletes and as well as players both personally and professionally.
3. Research can give a better insight to the athletes to create awareness about focussing on present moment that lead better performance on upcoming competition.
4. Perception of success would foster the ideas among athletes and players to plan on upcoming competition schedule, cope up the impedance while facing challenges thereby disseminating the success in the form of deriving gratification by the process of achievement.
5. Coaches of team sports could use mindfulness techniques to help the team-mates to work more collaboratively and inculcate these training techniques as routine activity.

CONCLUSION

Past empirical research study examined the link between mindfulness and sports performance. Results of this study showed positive correlation between perception of success and mindfulness among young athletes. New studies should be conducted in order to enhance the perception of success and mindfulness in sports. Research should be mainly devoted to focus on the various factors that affect perception of success among athletes. Further it should be specifying how these mindfulness techniques can be implemented in training athletes and players across sports.

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Conflict of Interest

The author declared no conflict of interests.

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