

ISLAMIC APPROACH TOWARDS IMPROVEMENT OF ATHLETES

- When physical, mental and emotional components join together, movement takes on spiritual dimension in the sense of purpose that is attained.

Ravizza, 2002

- Use of prayer in sport have been acknowledge as important topics in sport psychology consultation.
- Combining both personal qualities and spiritual can help athlete to cope with pressures in high level sports.

- Holistic approach in performance enhancement.
- Psycho-bio-social perspectives
- Application of Islamic approaches in improving athlete's psychological, emotion, physiological and performance achievement.
- Excellence in human activities and enhancing health and well being.

Research scopes

- Athlete centered approach
 - How the implementation can optimize the performance and personal excellence.
 - Involve measurements
- Mental skill training
 - How this approach can be used (maybe alongside with conventional techniques) to improve self confident, stress coping etc
 - Involve measurements

Research scopes

- Relationship between spirituality with flow and positive psychological states for the athletes to be in the zone.
- How the training can improve athlete's life skill including moral, social, emotion and intellectual aspect of life.

THANK YOU