The performance development by the flow in the sport

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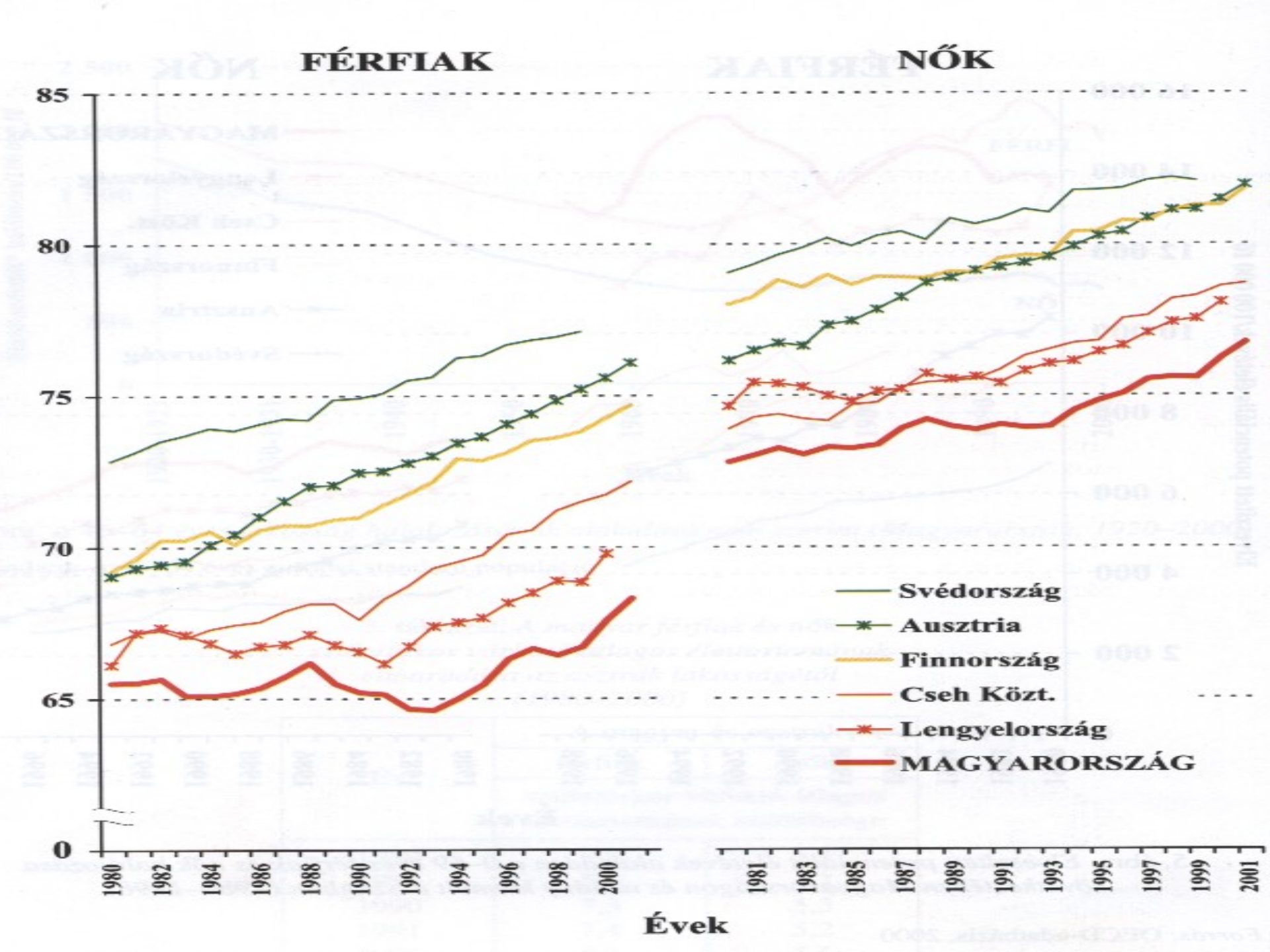
SZTE

„There are two things we can give our children.
One is roots, the other is wings”
„You see, you can do this if you really want!
If you are well prepared!
You only need three things:
-Achievable desire
-Practice
-Presence”

Ivan Angelus

Keywords: Flow, health education, increasing of performance,


FÉRFIAK
NŐK
85
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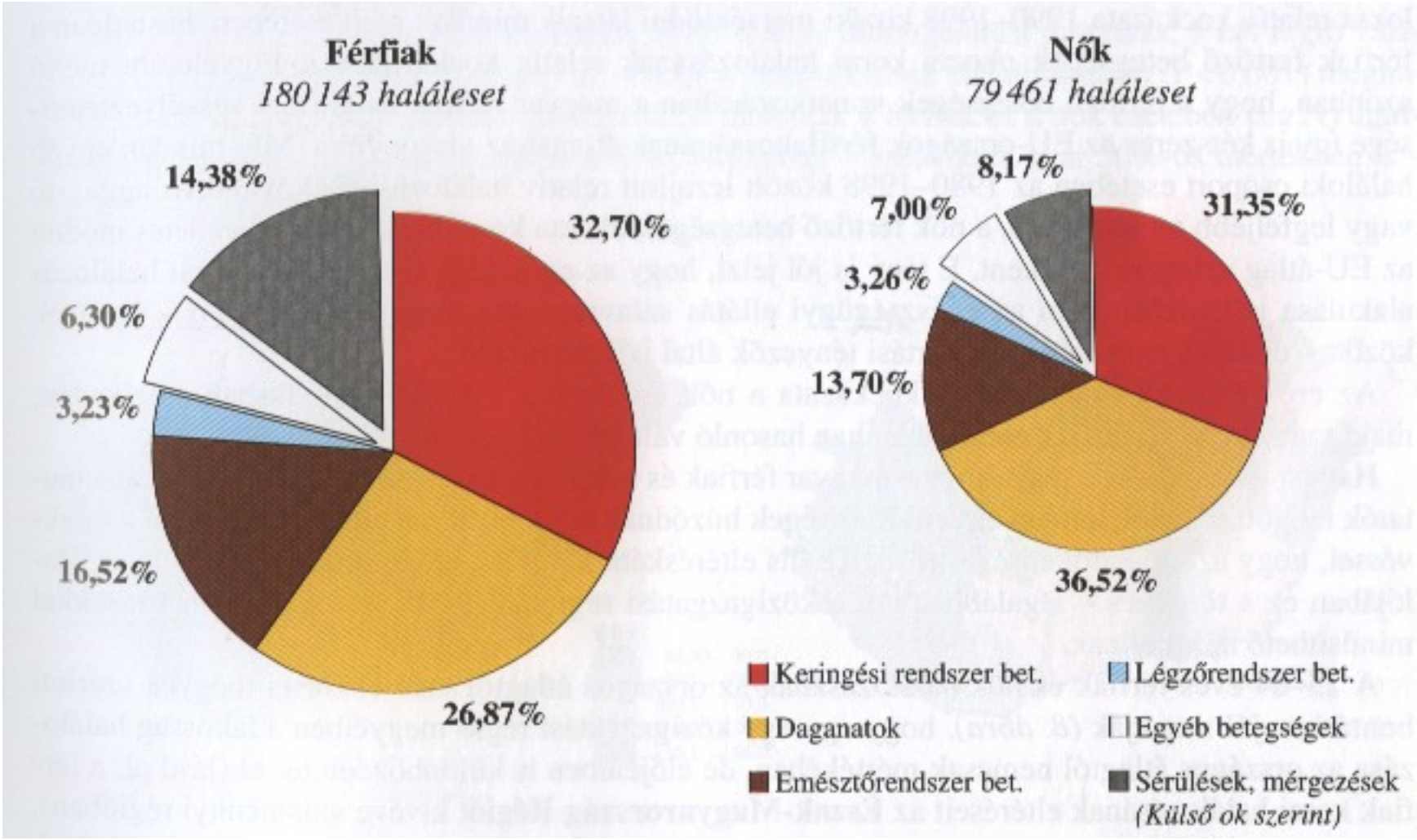
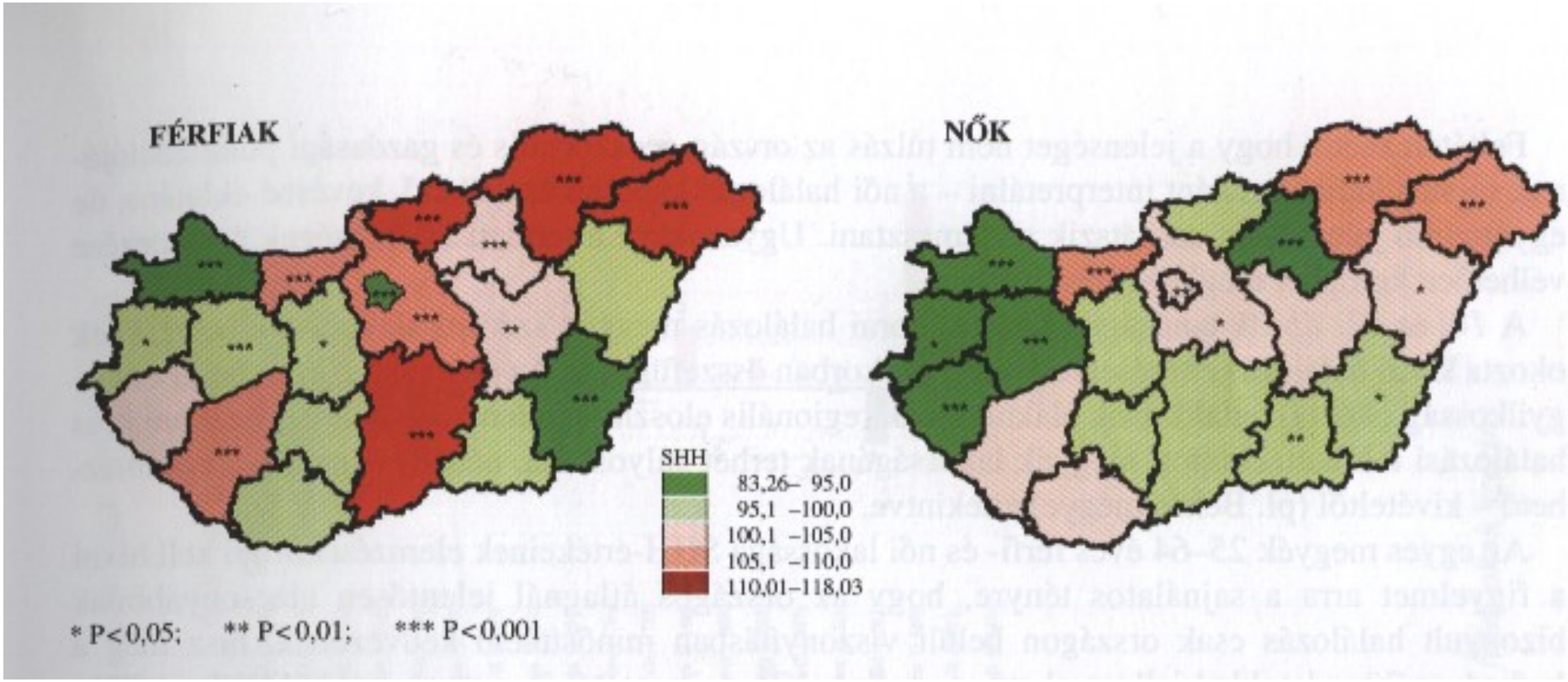
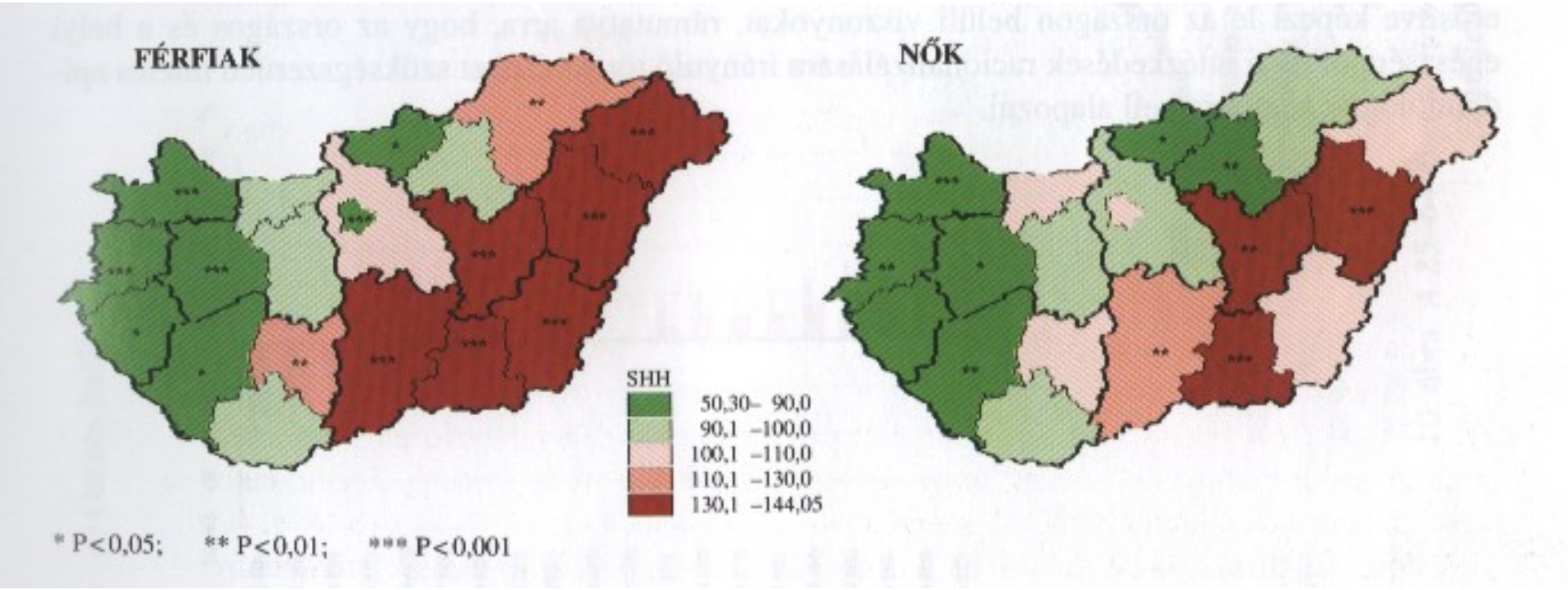

Férfiak
180 143 haláleset
14,38%
32,70%
6,30%
3,23%
16,52%
26,87%
Nők
79 461 haláleset
8,17%
7,00%
31,35%
3,26%
13,70%
36,52%
Keringési rendszer bet.
Légzőrendszer bet.
Daganatok
Egyéb betegségek
Emésztőrendszer bet.
Sérülések, mérgezések
(Külső ok szerint)


FÉRFIAK
NŐK
SHH
83,26– 95,0
95,1 –100,0
100,1 –105,0
105,1 –110,0
110,01–118,03
* P<0,05; ** P<0,01; *** P<0,001


FÉRFIAK
NŐK
SHH
50,30– 90,0
90,1 –100,0
100,1 –110,0
110,1 –130,0
130,1 –144,05
* P<0,05; ** P<0,01; *** P<0,001

In our study we compared the psychology immuncompetence values of two groups. The participants are former sportsmen, and teachers who don't do any sports. 50 former sportsmen and 50 teachers participated in our study. The participants filled four questionnaires.

Koherencia, salutogenezis, flow

It could be proved my statistical analyzes that profesional sport could help in coping strategies. and its also important sheet the effect of the shee the effect of the new method could you measureal.

Antonowsky has studied that: How be people could healthy in the fall of their problems?

Csikszentmihalyi and Seligman developed the possibility to use the psychology of people and talent to strengthen.

Antonovsky A. (1979) Helth stress, and coping:new perspektives on mental and physical well-being. Josef Bass, san Francisko.

- Seligman,M.E.P. és Csíkszentmihályi,M.(20009Possitive Psychology: An Introduction American Psychologist, 55. 5-14

Methods and poputhe of the research:

-50 professional competitors
- Control group with: 50 non professionals

To gain data in relation to psychological immune competence the Questionnaire of Psychological Immune- system (PIK Oláh 1996) was used. The 16 scales attempt to identify the interviewees' stress-resistance. Each scale has 5 items and the participants can indicate to what extant they think.

Aims

- To map up the protective factors developed by doing sports

- To work out methods supporting sportsmen/women to be able to adapt themselves into civil life.

The questions may be relevant for them

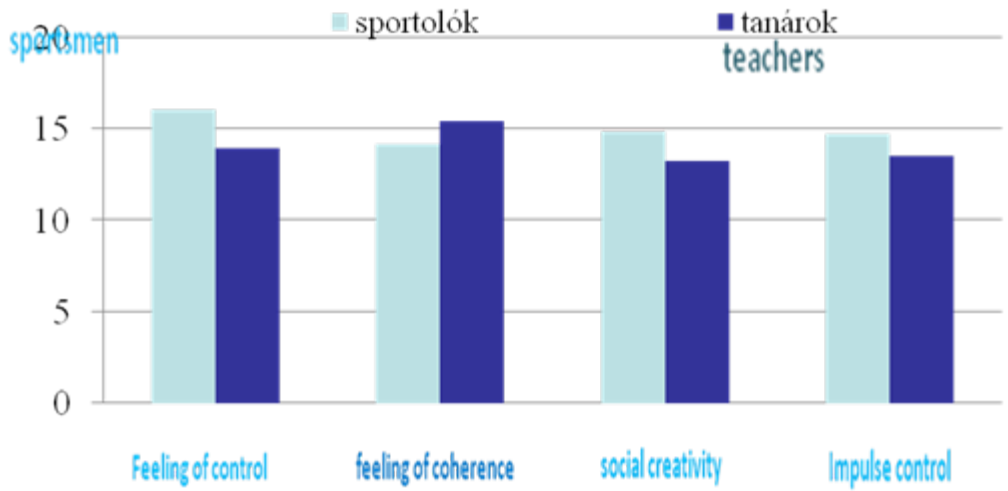
-Valid outcome can be gained only in the state of flow
- Each successful professional has already experienced flow
- This psychological immune system strengthened by trainings and competitions will support the individuals' life and career.

1. Diagram: Outcomes of PIK scale

skála	sportolók	tanárok	szign.
Positive thinking	15,36	14,84	-
feeling of growth	14,91	15,41	-
emotional control	13,14	13,41	-
feeling of control	16,05038	13,9304919	0,00001
feeling of coherence	14,18148	15,4133708	0,035813
Self-esteem	15,59645	14,9512208	-
challenge, flexibility	15,56575	15,1545048	-
ability of social monitoring	14,05276	13,6325841	-
Inventiveness	14,69425	14,0734705	-
feeling of self efficiency	15,1595	15,0455628	-
ability of social mobility	14,20229	14,2191835	-
social creativity	14,85873	13,2407515	0,004537
the skill of synchron	14,20444	14,2046364	-
Stamina	13,76274	14,0519058	-
Impulse control	14,73597	13,5181567	0,014494
quick temper,inhibition	12,5463	13,1694178	-

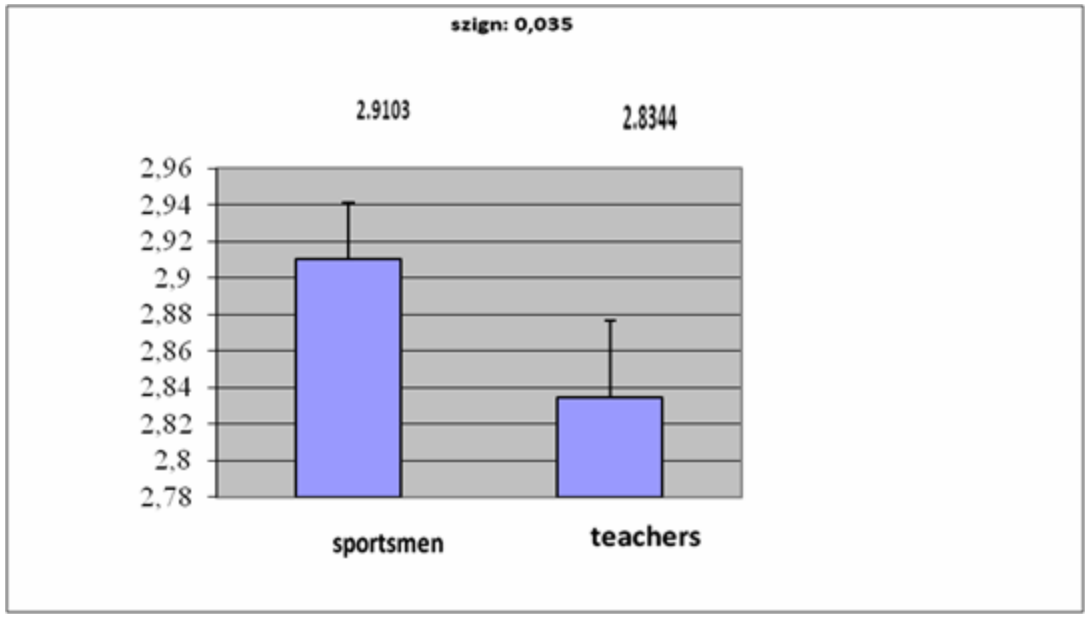
On this diagram, we can see the 4 dimensions where there is significant differences between the professional sportsmen and the control group. In the case of feeling of control, social creativity and impulse control the professional sportsmen achieved better result and int he case of feeling of coherence the teachers had higher scores.

2.Diagram: Significant outcomes of the 4 factors



On the 2nd diagram we can see the differences between the sportsmen and non active teachers. As not expected, sportsmen achieved worse results in feeling of coherence. To me it highlights that with a special treatment I can except an improvement of the performance.

3. Diagram: The avarage of the survey



On the 3rd diagram we can see the assessment of the answers for all the questions. We can see the positive effect of the sport to the mental health.

In case of educators there is a significant difference within the feeling of coherence due to the strict rules of sports. Sports do not support sportsmen/women in the third dimension of education, namely to acquire skills enabling them to act autonomously . Actually rules will control their life (Gombócz, 2007). Bearing this fact in our mind indicate that we should develop the educative and pedagogic strategy of trainings. It is also crucial to make a plan that focuses on enhancing the awareness of the importance of experiencing FLOW as well positive thinking.

Gombócz J. 2007, A sport és nevelés harmadik dimenziója, OSK , Eger.

The task of recreation is to take the participants' needs into consideration. Therefore activities designed for both groups and pairs should be guaranteed (www.oki.hu.).

Recreation as a means of developing our mental and physical capacity has already been accepted as one crucial way of spending our free time (Kovács, 2003).

The effectiveness of dance, /regular gymnastics

- avoiding injuries
- increasing body and fitness efficiency
- decreasing muscle stiffness and inflexibility
- improving muscular tension
- improving and maintaining a good range of motions in he joints develops better coordination of the body
- helping us to know and understand how our body functions and works
- avoiding locomotor disorders and diseases
- effective display of strength
- relaxing

Techniques applied for preventing disorders

Education (involving medical professionals)
Prevention of illnesses and disorders
Enhancing emotional intelligence, social and adaptation competences
Detecting effects and influences that affect the target age groups to be able to design clean cut plans and strategies of prevention

Vă mulțumesc pentru atenție!