

CONSIDERATIONS REGARDING ATHLETIC PERFORMANCE AND SPIRITUAL PERFORMANCE PERCEPTION

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SUMMARY

This study has proposed to highlight the relevant aspects related to attitude, how to interpret and understanding sport performance and spiritual performance and values around them. The overall objective of the survey was to obtain data on people's perceptions of the spiritual and athletic performance and to formulate some conclusions. The specific objectives were: Identification of key elements of people's attitudes towards the researched topic. Identifying key issues about performance and image in the two areas. Study the quality of perceptions. Identification of indicators on educational features. In conclusion we have identified some key points about the image of athletic performance and spiritual performance. Most cognitive values and perceptions are dominated by visualization and verbalization attributes. We identified educational characteristics - perceptual experiences are formed, influenced and directed educational environments: family, community, school, church and media. Spiritual and sports performance have multiple implications, individual and social, which go beyond the strict environment in which the case and their perception may be a means of education and training. Trouble perception moral responsibility must be attributed primarily to educational environments and not as individuals.

Keywords: study, image, relation, religion, sport, personalities, values.

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"I have fought a good fight, I have finished my course, have kept the faith." (2 Tim 4:07)

INTRODUCTION

This study has proposed to highlight relevant issues related to attitude, how to interpret and understanding of these concepts and values¹ around their meaning. As property psyche to reflect the impressions of objects, involving thought, memory, imagination, forming synthetic images of objects perceived, the perception is based on subjective experience, causing interests, skills, emotional states. It has an adaptive function - regulatory, which meets major roles in the body's adaptation to the environment in complex human activities and situations. Spiritual² and sports performance have multiple implications, individual and social. Based approach direct experience of the topic makes it possible to create an image, highlighting relevant issues and identification of problems, some less known, because human perceptions are influenced by numerous actors through several processes.

HYPOTHESIS AND OBJECTIVES

In the hypothesis of the study we assume that the existence of theoretical knowledge, regulations, specialists³ and practical realities, both in the Christian spirit and in sport does not guarantee the quality of human perceptions about performance and the relationships between these areas. The knowledge of perceptions at a time can provide indicators about cultural characteristics and educational stages of development, expectations and possibilities of progress. The overall objective of the survey was to obtain data on people's perceptions of the spiritual and athletic performance and based on analysis of data, to formulate some conclusions.

The specific objectives were: Identification of key elements of people's attitudes towards the researched topic. Identifying key issues about performance and image in the two areas. Study the quality perceptions and attributes. Identification of indicators on educational features.

¹ Nancy Lay, *"Sport and Religion"* (University of Tennessee, Knoxville, 1993) p.9

² Ioan Tamas, *"Small Christian Catholic Dictionary"*(Iași, Ed. Sapienția, 2001) p.226

³ Watson Nick, J. & Czech Daniel, R. *"The use of prayer in sport – implication for sport psychology consulting"* (York, St. John College, 2005) p.26

METHODS

In order to give depth and quality⁴ of research and investigation we used the survey method and we used techniques such as semi-structured interview and questionnaire. Analysis unit survey was composed of a sample of 1100 people aged 18-60 years in urban and rural areas, with secondary and higher education with different occupations, religious and laity⁵.

RESULTS AND DISCUSSION

- Everyone has a favorite saint, have arguments for this choice, they are related to the facts proven qualities of these saints and during his lifetime and help that they have brokered especially needed. Some are very popular as: St. Nicholas and St. Anthony of Padua.
- Favorite athlete choice is well motivated, most popular are Nadia Comaneci and Simona Halep.
- The common points of the two choices in order of frequency are struggling with hardships, perseverance, humility / modesty, hard work, hope, sacrifice, obedience.
- The road to spiritual and athletic performance is seen: as a stairway and stairs are effort and work to reach performance; overcoming trials and obtaining true values; perseverance and overcoming self-sacrifice; the beginning of a metamorphosis is ugly, but after processing end is nice (following the example - butterfly).
- An important condition for performance is discipline, and success means fulfillment. This is achieved by those who stood up after each fall. It should be noted that several subjects deemed spiritual performance is more difficult to obtain and only one believes that sports performance is more difficult.
- "Stephen the Great" is seen as a victorious warrior in the battles with the turks – athletic picture:"defender of Christians" and as a believer who built the church to thank God.

⁴ Crost Lee, "Challenging the Myth of a Spiritual Dimension in Sport" (York, St. John College,2006) p.21

⁵ Tamas Ioan, "Small Christian Catholic Dictionary"(Iași, Ed. Sapienția, 2001) p.142

- 50% of respondents consider that John Paul II, Benedict XVI and Pope Francis have practiced the sport, for over 90% are models for all people, famous personalities who have qualities and can support people through prayer.
- The shared values of the church and sports are hoping for 40% of those surveyed, 35% for faith, 30% perseverance, 28% compliance, patience and sacrifice 5%.
- Pope John Paul II is seen as a model, a man who dedicated his life to a cause - freedom and worldwide pilgrimages, missionary brought the message of freedom on all continents; he contributed to the fall of communism in Eastern Europe.
- Fasting diet, abstention, training and performance are seen by 40% of respondents as a whole, a chain of which if one link is missing, there is no performance, a puzzle that if a piece is missing, the picture is incomplete. Each element has a specific meaning (some soul, some for the body and others for both body and soul). These elements together are indispensable for the achievement and are based will.
- 98% of those surveyed agree that spiritual motivation can be a determinant of sports performance. Each has different explanations, among them remember the following: spiritual performance help determine and maintain the correct path, true; can dominate the sport at first motivation material then becomes more important as competition increases and importance of the relationship with God; it's easier to do sports; whether the sport, be it spiritual training, none pays off immediately; faith underlies selfprogress; spiritual motivation alone brings true fulfillment.
- The reason why some teams have chapels near the stadiums are for prayer (60%) to feel closer to God (25%) receive help from God (20%), to settle (10%).

We have identified an open attitude to collaboration and interest in the researched topic. Those who agreed to participate in research have answered all the questions. Some have expressed the desire to know the results of research; others pointed directions where research could be extended.

CONCLUSION

We have identified some key points about the image of athletic performance and spiritual performance, as follows:

- All have a vivid image of the saint and favorite athlete, and the arguments are choosing their targets. Link to the athlete nominee is holy or emotional tone, regardless of the level of popularity reached them. Perceptions of common points of the two choices are related to the context: the struggle with hardships, perseverance, humility / modesty, hard work, hope, sacrifice, obedience.
- The image path to spiritual and athletic performance is seen in pictures perceptual content-rich, significant and are related subjective to context. In the perception of subjects there is a picture that spiritual performance is harder obtained than athletic performance.
- Personalities who we are seeking information - Pope John Paul II, Pope Benedict XVI, Pope Francis, "Stephen the Great" - get real quality, prestige - perception is objective. Some (10%) ends with a subjective level the assigned imaginary qualities (Benedict XVI is a former athlete who knew how to lead a team, John Paul II was patron, Pope Francis was a footballplayer, "Stephen the Great" founded Christianity);
- Perceptual image of the shared values of the Church and the sport is rich in content, objective and significant: hope, faith, perseverance and respect for rules, patience and sacrifice.
- Pope John Paul II is seen as a model - a man dedicated to a cause, missionary around the world, a fighter for liberation from the constraints of communism.
- Fasting diet, abstention, training and performance are seen as components of different symbolic images: a chain, a puzzle - each element has specific meaning and purpose and together have your fruit - fulfillment.
- Spiritual motivation⁶ is perceived important to achieve performance, and various explanations are related to the context and focuses on the idea of finality: the right way, true; fruit business; true fulfillment.

Most cognitive values and perceptions are dominated by visualization and verbalization attributes. They integrate information into meaningful images for

⁶ Watson Nick, J. & Czech Daniel, R. "The use of prayer in sport – implication for sport psychology consulting" (York, St. John College, 2005) p.29

each of the subjects. We identified the following educational characteristics: perceptual experiences are formed, influenced and directed educational environments - family, community, school, church and media⁷. They have subjective implications, social and moral wider. It is difficult to achieve protection against the negative effects or against any excesses that have the potential to produce negative affective states.

Spiritual and sports performance have multiple implications, individual and social, which go beyond the strict environment in which the case and their perception may be a means of education and training. Trouble perception moral responsibility must be attributed primarily to educational environments and not as individuals.

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РАЗМЫШЛЕНИЯ О СПОРТИВНЫХ СПОСОБНОСТЯХ И ЧУВСТВЕННОМ ВОСПРИЯТИИ

АННОТАЦИЯ

Данное исследование представляет собой освещение таких аспектов, как рассмотрение и понимание представления о спортивных способностях, чувственном восприятии и их ценностей. Главной целью опроса было получить данные о чувственном восприятии людей, их спортивных способностях и сделать соответствующие выводы. Особенная задача заключалась в определении ключевых элементов отношения людей к теме исследования. Определяя направления исследования двух факторов:

⁷ Crost Lee "Challenging the Myth of a Spiritual Dimension in Sport" (York, St. John College, 2006) p.20

способностей и представлений, было изучено качество восприятия и выявлены параметры образовательных характеристик. В заключении обозначены ключевые моменты представления о спортивных способностях и чувственном восприятии. В большей части когнитивных ценностей и представлений доминирует визуализация и признаки вербализации. Выделены образовательные характеристики – формирование перцептивного опыта, влияние образовательной среды: семьи, общества, школы, церкви и средств массовой информации. Способности к занятиям спортом и к чувственному восприятию имеют многоплановое применение, как индивидуальное, так и общественное, что не ограничивается только средой, в которой находятся люди, и могут быть средством воспитания и обучения. Нарушение восприятия и моральной ответственности могут преимущественно быть характеристикой образовательной среды, а не личности.

Ключевые слова: исследование, представление, отношение, религия, спорт, личность, ценности.

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