

BHAGAWAT GITA: PSYCHOLOGICAL GUIDE FOR SPORTS PERSON

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Abstract

Decision making word seems to be very small. But this is the technique, when it is adopted in right time one can be most successful person in the world. Five thousand years ago Shri Bhagwat Gita taught us the techniques of decision making. In our life we have to take decision on so many matters. Right decision takes us to success and wrong to failure. Shri Krishna gave us lessons in decision making. This is not merely a religious book. Gita teaches us that choosing the right over the pleasant is sign of power. Accept the favourable and reject the unfavourable. Do not let your emotions make your decisions. Means take care of emotions but do not take your decisions emotionally. There are more teachings in Bhagwat Gita which leads a person to take right decision in right time. A Sportsman has to take decision in a fraction of second in playing situations, a wrong decision on that moment may cause defeat to him or may ruin the whole competition. Here Bhagawat Gita gives solution. By practising the teachings of this holy book one can be intelligent enough to take decision correctly. In this Paper some of the Psychological techniques taught by Shri MadBhagawat Gita have been described.

Do not let your feelings over power your decisions

Never take an easy path. As competitive sports need extra effort to put in. People take up sports but they leave it as a lot of hard work is required and without putting effort no success can be achieved. When Arjun denies fighting against his Gurus & relatives, Lord Krishna motivates him to arise and go for battle because that was the right decision for Arjuna to fight against injustice. To select a let go attitude is not a solution of any problem. We must arise and get ready to fight till our goals are achieved in life.

Do not focus on the result

In Shreemad Bhagwat Gita this is clearly stated that Nishkam Karma is the true quality of a Karam Yogi. Do your Karma and leave the result to the God. He will himself take care of for the same. It is essential to move out from one's comfort Zone and then take the decision. As Arjuna was not ready for

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the war because he never wanted to move out for a change. But God Krishna pacifies him to fight for the right. In Games and sports there is a lot of pressure to get victory. But sometimes this cause extra pressure on an athlete which cause Anxiety and pressure of result may lead to faulty performance and failure to bring good results. So an athlete is suggested to give her best and do not focus on results. If one has been trained enough the results will automatically come.

Do not take decisions in extreme emotional state

In extreme emotional state we react differently to the same stimuli. One should never take any important decision in the state of ecstasy and also when one is in the gloomy state as this is stated in the chapter sixth of ShriMadBhagwat Gita. For example if in a match one has the ball but her team mate is in better position to score a goal he must pass the ball to her because at that time both are playing for their team not for their own fame.

Have faith in your decision

In Bhagawat Gita it is advised to have faith in whatever you believe. In chapter seventeenth of this holy book it is suggested that until we believe in ourselves our decision will not proved to be right. So set the realistic goals have faith in yourself and then move ahead to accomplish the same. In sports a decision taken in one time cannot be revert. So each and every move is played intelligently and with self confidence.

Difficult Goals bring improvement

Actions performed by great man are followed by common people. Chapter three Of Bhagawat Gita explains that successful people always keep their goals higher; easy goals never bring improvement. Same is the rule of sports training. Motor abilities cannot be improved without training beyond one's capacity. Annually, monthly and daily goals are fixed in sports and the goals are kept higher than before to achieve the maximum performance of an athlete.

Never forget the social expectations

Actions taken by some you are not good for you until it is for the betterment of the society also. Chapter three of Shri Mad Bhagwat Gita clearly explains this fact. For example if a person sells adulterated food

and wants to make money out of that .But that bad food destroys the health of a person ,than of a society, than of a nation & poor nation means poor people which ultimately harms the seller of the adulterated food. And this rule applies to the sports also. Sports and games bring social development. Sports is the best way to be socially recognised at universal level. But if an athlete commits any misconduct like consumption of prohibited drugs this bring bad name to his or her nation. So Bhagwat Gita teaches us that your actions must be approved by the law and the society.

Believe in Almighty

Do the right and always leave it on the God. Means while making any decision always trust in God. Because if trust yourself and the God, Everything is possible. Purity of thoughts brings success. If you have been trained hard in the play field only trust is the best mental boost up. The ultimate power will lead you to the success.

Never forget to use wise human resource

Before making any decisions always take advice from your parents, teacher or the people who had already the experience of same work. Although Arjuna was very wise but still he takes advice from Lord Krishna. Right guidance at right time leads to success in life. In Sports, qualified coaches are appointed to train the sports persons which play a vital role in sportsman's performance. The techniques and tactics taught by an experienced and qualified personal enhance your performance positively.

Conclusion

Decision making is not a small term. But this is a soft skill. In contemporary era this is the top most skill which must be learnt carefully. Psychological skills play a vital role in sports and Games. Decision making is not a small term. But this is a soft skill. Competitions are won prior in the rest rooms before it actually happens because all depend upon the mental makeup of an athlete. At higher level of competition most of the teams are equally good. Teams which have mental toughness and psychologically prepared well will give the better performance than other. And to learn these skills the top most Guru is Shrimad Bhagavat Gita.where in the dialect between Shrikrishna and Arjuna everything has been clearly explained. The only need is to be a regular reader to this holy book. And adopt the teachings in daily life.

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