

# **Influence of Ramadan dialectics (physical & spiritual) during Psychological preparation of young football players**

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## **Abstract:**

During the holy month of Ramadan, the period of food and liquid intake depends on sunset and sunrise. Ramadan moves back in the calendar by about ten days a year. Thus, the probability that major sporting events being held during Ramadan is great. Developing practical and appropriate strategies to ensure competitiveness to athletes and players regarding health, psychological aspect and physical performance becomes a significant issue.

The psychological aspect appearing through the motivation may constitute a very important measure helping to face stress and anxiety, induced by the sudden change of the way of life in Ramadan. Generally, during the second week, we may observe, on one hand, a progressive human adaptation of the young athletes and, on the other hand, a disturbance in the biological rhythm which leads to a level of tolerance to the temporary pain, thus to behavioural problems.

In the present approach, we will deal with dialectics between physical and spiritual aspects of Ramadan related to the corporal and psychological preparation of young Algerian football players of ten 10clubs in the first professional league, so that to preserve performance and general health.

The important psychological preparation of some personality tests which currently exists for the development the indices of the performances and to achieve the goals noble since the favourable factor of better psychological state in the life, to create by the regular participation in the sports activities which are low the body concrete one of the constriction psycho-social and spiritual one of the individual since the way which directs towards the personal success founded on the rule known of three biological factors essential, psychological and social,

the morphology of the sport allowed noted the obscure elements of the high performance, thus the conclusion of the significant records according to an athlete of elite model and reference, considering the diagnostic one of the drive established on the criteria of the somatotype, and by the dens and the determinants morphological corresponds to deferent disciplines sporting individual and collective for better a selection and orientation according to the body aspect of the athlete, at the same time the possibility of accepted new the methods of drive physical, technical, tactical, etc.

And at the moment that the human body they is means of expressing the objectives of the spirit in the dialectical eternal who exists between the body and the spirit spiritual, and lorry the spirit and the body two forces permanent interaction in particular in the field of the sport professional, it were the element release to study the importance of the impact of the practice of the religious Ramadan month, rites in the entourages front sportsman Algerian during and after the competition for goal this to release opposite

The various disorders and complete psychological come from the challenges of the competition exist like obligatory directives with the victory, considering the positive role of the aspect spiritual in the psychological preparation of the athlete top level.

\* **Key Word:** Psychological preparation, Ramadan, physiological preparation, individual spiritual, elite sports

\* **Introduction:**

In recent years, sport competition has reached the highest levels. Beating scores is no more a surprising event since it relies up on accuracy and technical maintaining with scientific methods under high, free and fair competition, sports matters are to be feed from inter-disciplinary fields to improve athletes' psychological support, Therefore psychological approaches become necessary when it comes to reach and score good results in the mean time; some avoidance aspects are to be taken into consideration by diagnostic Psychological profile has become the main interest of coaching and supporting with health care in order to push further athlete's achievement. Many factors should be taken into account such as motivation, anxiety and excel expectancy. Beside the competition value, many plans are to be drawn in relation to the objectives and individuals capacities factors relating to the performance, whether technical or personal and individual format, are the main concerns of the pluri-disciplinary coaching in relieving stress and exposing the hidden capacities linked to objectives.

Human development is related to ideal topics and objectives in relation to achievement and self reliance especially when it comes to sports and competition. Thus, critical duality between body and soul remain the basic pillar of diversity and equilibrium in sports events .The psychological aspects in this duality is the spectrum of hope and glow Athletes when competing ,whether in local or global sports events, are mirroring their nation's hope in asserting their beings, existence and belongings' Consequently, the result scored and winning competition

reflects and portrays the social image and may relieve some tension when the nation is facing troubles.

Relying up on body and physical preparation is not sufficient to reach objectives. Therefore the psychological aspects become the main interest of both sides when it comes to preparing for competition. Some readiness faculties relies as hidden elements in the whole profile in which , athletes and the coaching team have to sort out as completion to meet competition conditions. This equilibrium, between individual subjective and objective qualities projecting in social aspect interacts within athlete's will and power to act freely. To sum up, if these factors are taken into consideration, one has to say that, psychological profile is rooted in culture and religious sphere to enact individual performance.

From this point of view, the cultural background has some fermentation when personal faculties are interacting to push forward to achieve. Thus religious dimensions in the fabric of soul and in relation to physical and psychological aspects, are among the basic and initial when preparing for the Algerian sport competition .In all, the main objective is self confidence after all and relying up on GOOD WILL as stated in many Curran verses stressing the belief in soul forces.

Preparing for competition become the main interests in new scientific fields dealing with performance and achievement in a new era known with accuracy. Looking forward to reach and beat scores is searching beneath material and social factors to match soul with motivation that is to search for any hidden ingredients that may offer help once in full competition; hence, religious ritual practicing may have an effect in psychological preparation for professional athlete's competition. Once consulting precedent studies in the field of sport psychology, the gap of religious aspect is noticeable. However, national character and religious beliefs are among the basic component of psychological profile.

In addition to that, the effectiveness of soul and body appear as a new interest in dealing with athletes when preparing for competition rendezvous. In Muslim society, these factors are among the orientation during preparation for competition.

**\*In what so ever some questions must be asked:**

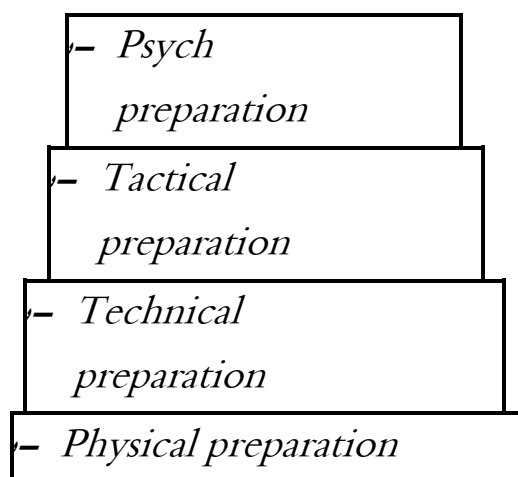
- \* What is the nature and specify of religious rituals practiced by athletes?
- \* Does, the Algerian athlete, really and seriously practice religious rituals when preparing for  
Competition whether individually or collective?
- \* What is the main interest in practicing religious rituals once preparing, for competition and does  
it relief athletes from psychological troubles and perform well in scoring good results.?
- \* Where does the spiritual aspect lies in relation to the critical duality body and soul?

**\*Concepts:**

- Mental essence in athlete preparation Sheldon, the pioneer of duality, body fitness and psychological state has evoked clinically the relationship body and mood, where he simplified 50 traits from 650 ones in showing personality profile. He concluded that people and body specify reflects personality traits:
- Obese body, known with qualities of joy, sociability, booziness & equilibrium temperament (mood)
- Thin body, known with qualities reticence, fear and stagnation.
- Physically fitted, known as relational, aggressive, active, fearless & authoritarian (Davidov, 1983).

Psychological preparation is the main issue to deal with as far as athlete and coach are concerned. Motivation, feelings are the basic elements in the spiritual realm. That is to say, searching the equilibrium

body-soul as stated by Imam Ghazali that human psych is composed of two forces, operational and rational in relation to mind and spirit; these forces are to be explored in preparing for competition, according to (Yomba pyramid) applied by sport psychologists in MELBOURN



competition 1956 where they concluded that the world of sport become an interesting field to understand human behavior & energy.

– In recent twenty years, especially in the USA, sport psychology has found an interesting field in dealing with athletes and preparing for competitions. Dealing with literature in this field, many efforts to name:

– In 1913(Pierre Coubertin) has organized the first meeting around sport psychology in Lausanne

– In 1965(Bruce Ogilvie) the first American scientist to take part in the foot-year where he meets the check (Vanek & Croly) they edited a book entitled psychology of sport 1972.

All these efforts were oriented towards motivation and psychological aspects that may push forward hidden faculties beneath the tri-parts body, soul and spirit: that is to say preparing the state of mind to work together with what we have and what we want to be. In taking into account human abilities, many steps forward should be aroused before competition to avoid stress, fear, and get to know on what to rely up on if facilities are

available, the remaining efforts are to be aroused from inside as far as self and body spirit, soul and else if possible, Some troubles may appear once preparing, but given that human capabilities are make of fixed and mobile abilities; That is to say ,there is always something to deal with to awaken any remaining force to attain and achieve.

Many psychological and physiological factors are operating and arousing during any effort for performance for competition .In other words getting exited, motivated pave the way towards performance Excitement and arousal provoke positive feelings and heighten the state of mind especially spilling adrenalin hormone which helps to improve glycogen. As a result, motivation towards goals if well established may lead to competition environment .Whereas, it could be worse if some troubles appear to be constraints. Hence, psychological support remains in diagnostic, preparation and behavior control during training and competition (G.Gorinov1983)

Such psychological capacities are needed imagination, organizing spiritual psychological energy and making face to, or coping with competition troubles .Relaxation, concentration, organizing goals and self relying confidence are essential before, during and after competition. (Osama Kamel Rateb, 1994).

Nowadays, sport environment is contaminated with rituals not approved yet to be supporting, but are if not. Therefore many athletes are under stress when preparing and find themselves committed to some traditional and religious rituals,Be what may, within the search for any support to improve good will, both athletes and coaching staff find themselves caught in between, and finally they hey accept in order of avoidance to bring any support no matter how.

**\* The main objectives of psychological support and preparation are:**

- Self rely and confidence.
- Self independence and autonomy.
- No need for guidance and help when in a full competition.
- Responsible and representative to himself and his nation.
- Avoiding and ignoring helplessness.
- Reach full performance without hesitating.

**\* To reach these goals achievements, some orientations are needed:**

- Help the athlete to maintain his body by offering, self rely.
- Good communication with all athletes no matter their educational level is.
- Respect of personal characteristics and psychological profile by enhancing their personality.
- Help athlete to orient his energy and respect his dynamism.
- Avoid any reluctance and self orientation towards competition.
- Train athletes for future matters that may happen if any occurring events that may impede his motivation before and during the game.
- Help athlete to be competitive and show their body scheme in accordance to his discipline. (Louis Fernandez, 1982).

**\* Sport competition anxiety:**

Freud's definition of anxiety as stated by it is a state of a complex fear occurring to the individual causing much pain and stress. (Othman Nagaty 1980)

Whether has stated that, it is a state of trouble accompanied by complex fear with some psychological and physical symptoms (Hamed Abdesalam Zahran, 1977)

The concept of anxiety has found a great use by scholars in the field of sport psychology during 1960/1970 but decreased lately accordingly, despite that the concept remains in use, since it is the origin of any troublesome facing once in competition whether positive or negative anxiety is closed to performance, achievement especially if any frustration may happen once not satisfied or fulfilling.

**\* Bodily concept or image of the body:**

This concept is linked to the body morphology known as somatotype which some measures are to set to define body measuring; as far as image is concerned.

\*-Endomorphy: where the body is obese.

\*-Mesomorphy: where the body is physically built.

\*-Ectomorphy: where the body is thin.

These physical construct and image may refer to heredity body building; fitness and image are among the equilibrium elements that work with a state of mind and psychological profile, the way we perceive ourselves does not lie on the image, but rather on the function the body is entitled to perform stated that body image is a mediator that enhance the tripartite, as far as performance is concerned. (F.Dolto & B.Shilder 1968)

Who has shown a great concern to the body realm is still portrayed in sport psychology literature. He stated that body and mind are exchanging authority over each other, and we do not know

yet the extent of that therefore physical appearance still does the great job in exchanging impressions. (Joseph Lieu Taud, 1703–1780)

Whereas defines the body image from two symbolic functions; the first gives a dynamic link to all parts to develop a whole perception of it, and the second is getting to know what is behind the shape, form and content to produce a meaning to the dynamic link. Thus, Good said in his holy book “He imaged you and perfected your images, to him the fate” “We created human in good stature. (Nobert Sillamy, 1980)

Psychologically speaking evoked the body stature as a manifesting dynamism to the individual, where physiological, social and psychological interaction occurs. (Shelde, Francois 1968)

Body fitness remains the main concern of human nature especially during the adolescence period, where the body awareness attracts attention with developments occurring. These changing's and modifications become self centered and prolonged to the existential experience wish leads the individual to develop self opinion and value as far as body shape is concerned. (Rochilav, 1978)

From all these triggering interwoven tripartite aspects, many scholars to name, behaviorists, psycho-biologists showed interest in investing the profound existing human energy Hence, compensation theory (Adler) showed how consciousness to the lack and need push's to invest somewhere and exteriorize the remaining energy to establish a new dynamism between mind, body and soul.

**\* Human spiritual essence or human energy:**

When it comes to define spirit, self experience will be the main criteria to do so, the religious aspect has highlighted the spiritual arena, but the operational and concrete aspect evoked by in his book, types of religious experience, whereas (Freud) has made it clear that

religion with its spiritual force effects psychological side by protecting him from fear, fright, anxiety, recklessness, helplessness and self centered. If so, the individual get farther from pain and develop a feeling of self confidence, certainty, will and belongings' to the social identity. (William James 1902)

Psycho-analysis's theories (Adler & Young) portrays human nature according to his tendency to strive protecting himself in a promoting way Whereas (Young) states that, the interwoven aspects of personal experience and primitive symbols in religious traditions are essential for the dynamic life. Thus, a lot of anxiety's characteristics know in the twentieth century, such as uncertainty, violence is due to the lack of spiritual dimensions. (Ali Kamel 1994)

Islamic medicine showed great importance to the body image as integrity according to fairness whereas Chinese medicine highlights mind's aspects alone contradicting the actual scientific brain surgery. According to what has been evoked, guidance and counseling is searching all over and matching what could be fruitful from any side to enhance human qualities and reach an accuracy in maintaining self satisfaction and fulfillment. (Karl Jaspers) still looking forward to invest in human capacities and stating that, human endowment, abilities are to manage with self confidence, will, faith& believe in Good, that is to overcome any annoying psychological illness.

#### **\* Medical and spiritual facets:**

New experiences in the field of medicine are trying to find out the spiritual dimensions within the tripartite and understand through measurement the effect of spiritual facets in enhancing dynamism towards relief and achievement out rooting these facets led them to search for biological and magnetic changes provoking mind, body and soul to enact concentration; meditation during religious practices

in relation to objectives and motivation, thus, matching both medicine sides shows a new approach in dealing with human matters, that is to strive for completion no matter how (Afif Abdelfattah Tabara, 1985).

The cluster of body and mind cells are of great imagination in its component interacting chemically and physically in an electro-magnetic sphere to move and act producing the interwoven relationship in the tripartite ensuring general harmony and equilibrium .Human being as a symphonic unity and entity lead us to accept spiritual facet and its force in embodying human activities.(Al mahdi Ben Aboud,1997).

Many examples to show in relation to the spiritual enhancement in (Sanders,1972) report on the basket ball team; Stating that the majority players prayed worshipping win before and during completion. Other examples to name in Latin America soccer game, such as Louisiana coach who relied on a Clergy to support his winning task in 1970.The same was the case with (Coopiz team) coach in 1971.(Carl Rogers,1972) stated that sport is overwhelming in rituals communication. To sum up, the objective of this study showing the importance of spiritual readiness, mediation and activating all elements within the tripartite to reach existential laws that govern human action under Good's will in discovering the natural laws ruling our excel and failure, the composed aspects of human nature are to perform in attached and detached realm of time notion, that is to stress his existing being.(Hamza Al Hamzaoui,2004).

#### \* **Elite sports:**

Know also with sports championship, always relying up on talents, and endowment in professional scheme. The objectives are to score, beat, and win to improve levels .High level sport is entitled to

care of athletes. Sport dictionary defined, elite sport, as an elite of individuals having special traits and characteristics, comparing to others, that lead them to competition.(Tarek Annacer,1980).

**\* Historical view to the duality, body-spirit in sport:**

Mirroring sports' history leads us in a retrospective method to highlight experiences to find out where to enhance and where to avoid some fowls that may have been the cause-effect of failure. Such religious events known to the Greek nation every four years where carnivals are held mixed with religious rituals were known to worship the GOD ZUIS.(Al Kholi, 1998)

Given that, sport remains as a social order within cultural traditions in every society. Muslim society has taken into account by the Prophet Mohamed guidance. Life events also showed the value of sports events as culture carrying social order, obeying the existing power, religion and ideology to shape national character.(Hassan Ahmed Al shafy,1976).

**\*Results:**

Using a descriptive method, a questionnaire was held to measure religious practices in athlete preparation before and during competition. Athletes opinions where the main concern in application of testing followed by statistic method (spss) and (Pearson correlation) Results showed the existing correlation between counted value and residual once, the proof is that there is a great importance of religious practices in enhancing performance, whether in individual or collective sports WHICH WAS MORE THAN 80.95 PER CENT. The lying forces beneath could be drawn from any attempt that motivate and push forward to compete and win. Anxiety, as a variable whether positive or negative is the main drive

that pushes for completion stated in his book inhibition and anxiety the importance of anxiety to overcome fear (Sigmund Freud, 1985)

According to psychiatrists, anxiety is a cluster of emotions and phenomenal feelings characterized by tightness of real or imagined fear that a great painful danger is awaiting, therefore we feel helpless to cope or make face (Blooch 1993) How is that it to do with human nature or innate construct to reach full satisfaction and maintain troublesome in order to develop good character and personality (Mohamed Hassen Diai, 1993) The human duality of static and dynamic works together accordingly, any improvement in one side affect the other, human psychology is energetic empowering self and behavior as stated by Imam (Ghazali) that all is dependent on knowledge's, since the lack in action lies in willingness and the lack of will lies in decreasing faith. (Boukhari Hamana, 1987) Athletes face many critical situations affecting their life under sports events where anxiety troubles impede feelings before and during competition.

*THEIR PERFORMANCE REFFERENCES LIES IN THE DEGREE THEY CAN GET RID OF TOXIC FEELING AND ARROUSE MOTIVATION TO COPE WITH ANY GIVEN SITUATION UNDER CERTAINTY AND SELF CONFIDENCE.*

As a result once criteria to make face is to enhance spiritual vigilance and endurance. In other words the sporting event is an open end, no start and no end, especially when it comes to competition representing nation's dream, the responsibility is of no amount and away from the scale of counting. As known, to be or not to be that is the problem.

\* *Practice calculus: (version Arabic original):*\* *Matrices of differences into the questionnaire expressions**Relatives to the studied phenomenon*

<i>t</i>	<i>VF</i>	$\chi^2$	<i>VS</i>	<i>MA</i>	<i>Quest N°</i>
36,727	1,984	<b>297,968</b>	,606	1,98	<b>01</b>
33,368	1,492	,032	,502	1,49	<b>02</b>
32,088	8,175	90,762	2,860	8,17	<b>03</b>
49,641	2,698	112,762	,610	2,70	<b>06</b>
33,433	3,190	<b>116,063</b>	1,071	3,19	<b>10</b>
17,184	2,762	94,000	1,804	2,76	<b>14</b>
23,622	4,381	89,619	2,082	4,38	<b>15</b>
26,889	9,444	<b>196,381</b>	3,943	9,44	<b>17</b>
20,458	3,635	73,810	1,994	3,63	<b>18</b>

Significant 0.01

\* *Matrices of differences into the questionnaire expressions**Relatives to different sports man views and orientations*

<i>t</i>	<i>VF</i>	$\chi^2$	<i>VS</i>	<i>MA</i>	<i>Quest N°</i>
89,405	2,889	<b>185,905</b>	,363	2,89	<b>05</b>
49,252	2,460	51,619	,561	2,46	<b>08</b>
40,606	2,317	33,333	,641	2,32	<b>09</b>
63,884	2,778	131,619	,488	2,78	<b>12</b>
17,400	1,857	<b>175,524</b>	1,198	1,86	<b>13</b>
32,740	2,333	<b>158,571</b>	,800	2,33	<b>20</b>

Significant 0.01

*\*Matrices of differences into the questionnaire expressions*

*Relatives to the efficiency in practice of religious position*

<i>t</i>	<i>VF</i>	$\chi^2$	<i>VS</i>	<i>MA</i>	<i>Quest N°</i>
18,731	3,143	59,333	1,883	3,14	<b>04</b>
25,734	4,095	87,143	1,786	4,10	<b>07</b>
27,386	6,286	<b>329,873</b>	2,576	6,29	<b>11</b>
23,266	4,413	51,524	2,129	4,41	<b>16</b>
36,122	2,143	<b>341,143</b>	,666	2,14	<b>19</b>

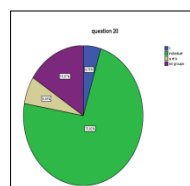
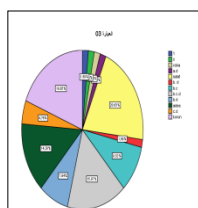
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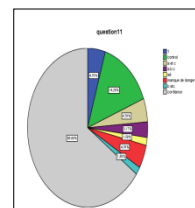
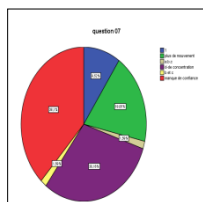
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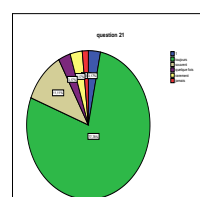
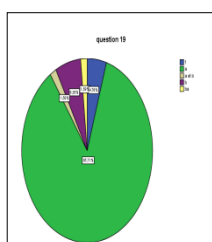
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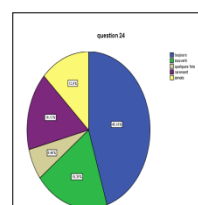
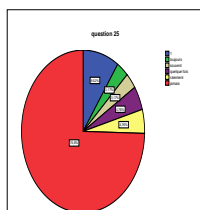
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