

## **Mental strength as the key to victory**

### **National of Technology, Toyota College**

All: Hello!

A: I am Karin!

B: I am Ami!

C: I am Maki!

A: Do you know this Japanese word “shingitai”? It is made out of three kanjis. They each mean passion technique and physical. We use this word in many kinds of sports.

C: So, I asked my friends which of these meanings are important to them when they do sports? Most of my friends answered passion. It was because even if you had the techniques, if you did not have any passion to do it, then nothing is worth it. Then, I asked them what they actually train when they do sports. Guess what happened! Everyone answered technical and physical stuffs. It is contradictory.

B: People do not actually do what they think is important. So, today we want to tell you guys about how much important mental health is.

A: Yesterday’s club activity was so hard. I ran about 10km.

B: Wow, good for you. Well, I practiced table tennis for 3 hours.

C: You both work hard! But I do not want to do any kinds of sports anymore.... I have been doing swimming since I was three. But nowadays I haven’t been doing well. My time keeps on getting worse and worse. I feel like I am disappointing myself...

A: I guess you really are having a hard time.

B: I get what you mean. But if you train your mental health something might change. It is said that sports are good for physical and mental health.

A: The ministry of health, Labor and Welfare said, "Sports help eliminate negative moods, relaxes the body and mind.

C: Come to think of it, I’ve heard that mentality has a lot to do with whether or not you win at sports.

B: Yes!

C: I’d like to know more about that.

B: Now we will introduce a study that investigated the relationship between psychological competitive ability and the performance in the meet. In this study, a questionnaire survey was done to 168 men who participated in the National Athletic Meet of Fukuoka.

A: Please look at this graph.

C: Wow! Compared to players ranked 1st through 6th, players ranked 17th and below have lower scores in all five genres! There’s a big difference, especially in the mental stability concentration genre.

A: Yes. This shows that the spirit and success in sports are connected.

C: I want to know what you both experienced from sports. Do you mind sharing your story?

A: Sure! I am in track and field team. I am specialized in long distance. During

elementary school, I was practicing with my friend every day before school to prepare for a marathon event.

B: Wow every day?! How was the result?

A: I improved from 42nd to 3rd place!

C: That is pretty cool! Well, you do not run anymore, don't you?

A: Actually, I do, and due to the hard work I've done, my 3000m time improved from 12:36 to 10:57. By accumulated daily efforts, I earned the confidence I needed for life. This is what keeps, me mentally healthy and motivated.

C: You are a hard worker, but I think there are time when things don't go well. What do you do then?

A: That actually happen many times, but we have this thing called "teammates". They are people who supports you mentally. You can learn about team from her.

B: I have been playing table tennis since elementary school. Table tennis has taught me many important things.

A: You've been doing it for so long! Did you learn anything important?

B: One example of this is that the match is not alone. This was last year's technical college convention. It was a situation where if I won, my team would advance to the finals, and if I lost, we would not. In the last set, I was in a difficult situation. my opponent faced match point.

C: Wow!! That's a great match! ! Even I am getting nervous listening to this! How did you feel then?

B: My heart was filled with fear. I was almost heartbroken. Suddenly I heard someone yell "Ami can do it! Don't give up! ! Do your best!!" When I looked in the direction of the voice, My teammate believed in me and supported me.

A: That's very nice and touching. Feeling the support from other people makes you so relieved.

B: That's right. It helped me get back on my feet. I scored six points in a row and won the game!

A: It's truly was a "epic recovery "!

B: Yes, it is. I've been reminded of the importance of my teammates. Teammates make me mentally stronger. Even now, when I play a match, I tell myself I am not alone. I thought that mentality can be trained by oneself or with friends.

C: Oh, I know someone who's famous for keeping his mental stabled. Do you know Shohei Otani?

A: He is baseball player, right?

C: Yes. He used a mandala chart to help him realize his goals. Look at this. This is part one of his mandala chart. The middle square says mental and around it are ideas for creating a strong mentality. He is often noted for his size and baseball skills, but he actually cares a lot about his mental health!

A: Speaking of baseball players, Ichiro was famous for eating curry in the morning before a meet.

B: That sounds good for mental health too!

C: These are nice episode. Hearing that makes me want to go swimming again.

A: That's fine!

B: You need to work on your mentality, you know,

**Team Toyota - 3**

All: Mental strength as the key to victory!!