




## **The Result of an Analysis on the Relationship between Mindfulness and Cycling**

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### ***[Abstract]***

This study attempts to analyze the result of the relationship between cycling and mindfulness practice. While human being is fully occupied and has limited time joining meditation in the temple, applying sport exercised in routine's daily life became another choice in order to be mindful. This study applied qualitative method by analyze former sport science researches that related to benefits of mindfulness practice. The findings show that cycling exercising benefits to physical body and mind. The observation of bodily sensations during exercising implied to be efficient mindfulness practice that is useful for living life. The blending of Buddhist fundamental and sport science theory generated particular benefits improving physical and mental health development as well as being an effective modern therapy in order to cure psychological patience. Mindfulness training during exercise leads to health development consecutively. The concentration perceives the changing of mind and physical sensation reducing tension, violence, and anger acknowledgement, anxiety efficiency management. Mind-

fulness practice increases tolerance and understanding of difficult situations and helping people to take appropriate decisions and action by increasing constructive activity and work efficiency. Understanding law of nature, happiness or mind suffering, comfortable or painful physical body, all states always has the same characteristic which is arising and passing away. Things are impermanence. These particular method is an effective towards the wisdom.

**Keywords:** Meditation, Mindfulness, Health, Cycling

## **Introduction**

According to traditional Buddhist Doctrine, human being aimed to accomplish the ultimate goal which is pure enlightenment. The theory and implementation seemed to be unreachable in term of mind purification achievement. Individual believed that the salvation is impossible comparing to the Buddha who perform the greatest effort until perfectly enlightenment. Base on sufferings eradication, nirvana have better been touchable rather settle on extremely state on human life. Another choice of mindfulness invention method which useful and sufficient toward human being's daily life should be implement in order to change personal perception in term of high expectation on Buddhist's Dhamma.

The most significant issue of human's suffering is ignorance. The misunderstanding of human mind become the critical issue in thinking development. Attitude plays an important role to recover bad feeling become neutral in daily life. Basis understanding of mindfulness indicated the goal's accomplishment. Life pattern followed by birth, aging, illness, and death. Nevertheless, another innovative method of mindfulness practice should be discussed and implemented.

Meditation practice is useful for life success. Individual has specific life pattern that does not necessary to follow anyone as well as mind purification do not always practice in meditation space either.

The implementation could perform all the time and everywhere without limitation. The perception of mindfulness seems like impossible duties rather staying consciousness on the body movement is all about.

People believe that meritorious action like giving, generosity, observing the precepts, moral behaviors, and mental development are the greatest things for Buddhists. Unfortunately, there is a highest step of mind purification to perform. The moral behaviors control and mental development training is only a basic to support mind purification. Individual seeks for peace and making merits on their suitable temperament. This Buddhist comfortably collected merit by giving rather than meditation practice.

Ignorance is the enemy of wisdom. The technic of mindfulness development is to observe distinctly and separately in each five faculties. Therefore, the universal laws of meditation can practice everyway including monastic area. On the other hand, meditating in the temple also does not necessary.

Mind consciousness could apply during work performing regardless of eyes opening. The key is being conscious while working or relaxation. For this dissertation, the researcher especially emphasized on sport.

There are varieties of sport. Usually, sport can be divided in two types which consisted of team and individual. Sport playing by team combined a group of players joining together and play a role followed specific rules. At least two participants are required within a team.

On the other hand, individual sport types are mainly referred to running, swimming, and cycling. Each sport has each uniqueness of its own. For this thesis, cycling will be described.

Mind and body has any aspects toward physical endurance that become the interesting point of sport success will be determined. There are many evidences shown that mind concentration lead to success in Olympic. Correspondently, there are researchers mention the mindful-

ness training has been considered an effective mode for optimizing sport performance.

Previous studies focused on applying the better way for sport psychology by understanding and helping athletes to optimize their mental sport performance. Mindfulness improves an awareness and reality acceptance. Most of the research results have shown that athletes do not rely on the present moment, and often think and act automatically (Kabat-Zinn, J., 2009). While athletes feel intense failure before the race, they should notice fear and accept it in order to stay focused.

Based on the above findings, elite athletes were experimented on the factors manipulated in each type of sport. The evidence indicated that enhanced mindfulness has a positive relationship to a variety of sport performance results. Meditation practice enhances the mindfulness level. Mindfulness can be cultivated through the practice of mindfulness meditation. The implementation on training and during competition would be useful to settle the research findings.

These are some examples of the benefits related to meditation practice for sport exercise. Performance anxiety is a core challenge for sport psychologists to emphasize to their athlete clients (Williams, J. M. E., 1993). Mindfulness meditation practice has been found to reduce many symptoms associated with anxiety (Baer, R. A., 2003).

French national team swimmers have been interviewed by Bernier, Thienot, Codron, and Fournier regarding their optimal swimming experiences. The results have been identified to align with flow, mindfulness emerged, a body awareness experience prior to performing. The findings reported a positive relationship between dispositional mindfulness and flow in sport (Bernier, M., Thienot, E., Codron, R., & Fournier, J. F., 2011, pp. 320-333).

From the runner's point of view, using the Mindful Sport Performance Enhancement program, the experimental results show that the increase in mindfulness and sport-related worries decreased (De Petrillo, L., Kaufman, K., Glass, C., & Arnkoff, D., 2009, pp. 357-376).

The research finding which have been mentioned above emphasized on a relationship in each particular kinds of sport towards meditation practices. The result certainly shows the positive relationship between sport competition and mindfulness. The benefit of mind development has the result on stress reduction, staying clam, and situation controlled in unfortunate circumstantial evident beyond an expectation. The purpose of game victory on sport competition lead to remain focus on mind. Mindfulness is implied to be the key success of sport competition for both accomplishment as well as failure. The combination of sport exercise and mindfulness practice together might generate the benefit by enhancing the concentration and become a new way of mindfulness practice rather than usual meditation posture.

### **Research Objectives**

There are three main ideas for this research as stated followed: 1) To study the concepts of mindfulness and cycling sport, 2) To analyze the relationship between mindfulness and cycling sport, 3) To observe the result and benefit of mindfulness to cycling sport.

### **Research Methodologies**

This research applied qualitative analysis by using documentary research and interviewed. Review the existing materials which are related to the subject matters. The primary source of information includes the original texts on Buddhism, documents written by well-known authors in Buddhism as well as books and academic journals published worldwide, review books, articles, work done by scholars.

Interview process asked from the sample groups and sites for interviews. The interviews will emphasize on the cyclists who normally know how to practice mindfulness as usual. Interviews will be conducted by the researcher consisted of 10 samples.

Analyze the results conducted and present the findings in the Research Collect all the results of the interviews and discuss the results. According to the statistical procedures, the findings respond to the

Research Objectives and presented the findings and recommendations for benefit to the future research.

## **Research Results**

There are 10 professional scholars in different careers who applied cycling as an exercise for variety purposes. They are selected for interviewed about the mindfulness related to physical and mental strength individually. Cycling colleagues have always met in front of Meesaeng Bike Shop at Su-ngai Golok, Narathiwat provinces every day. According to the place that close to Malaysia broader. Club member contained half Muslim, Thai, some of Catholic involved but just a minority. Sample consisted of diversities person who are current as well as former Thailand National Cycling Team, Medical Doctor, reporter, as well as artists and singer.

The researcher assumed that diversities characteristic of cyclist might be effective experiment to generate benefit of mindfulness practice toward others. Varieties type of mindfulness practice are applied in each cyclist personalities because religious have limitation. This research respects all religious which provide further benefit to all.

The transcendental meditation has been used like visualization exercises, breathing techniques, or a mantra-based one, based on personalities' preference. Each scholar applied different kinds of transcendental meditation. Nevertheless, each method has their own paths accomplishing the same goal which benefit to human being.

Regarding to the limitation of time constrained, the circumstance depended on what are they usually do, which relate to mindfulness practice in daily life basis. For this research, there were no sufficient budgets to hire and let them practice meditation. Due to individual occupation and life styles of sample, they are always either more or less applied mindfulness and accomplished their tasks.

Base on this finding, the researcher studies on the mindfulness practice toward cycling sport. As an individual implementation for twenty

years experiences of bicycle racing, the first fifteen year of racing was relying on training result.

After last five year until now, while the researcher applied mindfulness practice to bicycle training, the result always beyond the expectation. The benefit of mindfulness practice is much more than enhance mind concentration. Mindfulness practice could be applied to cycling rather than sit and work meditation.

There are significant qualifications for cycling sport competitor consists of physical and mental requirement. In order to reach the state of competition, the rider must be completely train their body and mind for achieved the goal. For physical strength, cyclist would train for both fitness and technical out door to enhance the body endurance. On the other side of mental strength, cyclist must focus on reducing the anxieties before the race as well as during the competition.

Training mind is useful and lead for success. This research will apply the mindfulness practice to use in develop mind consciousness and eliminate the worries or exciting that intervene the cyclist lead to lose the opportunity to gain the higher benefit of race. As human had being usually corrupted by the five hindrances consisted of Sensory desire, Ill-will, Sloth-and-torpor, Restlessness-and-worry and Doubt. Those barrier lead to failure but it could be solved by meditation practice. In order to get rid of five hindrances, the meditation practice would be applied to the cycling sport competition. As everyone would like to be the winner, hopefulness is essential to lose an awareness. The benefit of mindfulness development will help the athlete to face with the failure with happiness and smile.

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## **Conclusion**

Meditation is not just for monks seeking for enlightenment. Scientific research implied that athletes obtain the benefit from mindfulness practice in many aspects. Concentration improvement, Stress reduction, relaxation, and physical endurance became a part of the result from meditation which help athletes enhancing physical and mind strength. For example, visualization meditation technique leads to success on cycling track, court, and field. If athlete applied meditation into sports, or even just meditated hours before a game, it would make a difference.

The combination of relaxation and mindfulness is key success in cycling as well as many sports. Stress during competition interferes athletes' judgment that leads to poor performance. Mindfulness practice before a game could reduce stress and enable athlete to feel relaxed, calm, and focused.

Meditation make human healthier as well as helping fitness skills improvement. Katy Perry and Oprah, the world class celebrity, also practice meditation because there is a lot of benefits in many aspects. Many athletes do not meditate for only relief stress but it generates a serious boost in fitness endeavors.

Sport performance always use meditation in training and aim for good result in competition. Students could train their concentration in listening to what teacher taught, reading the book, and practicing exercises. Those are the secret of successes. Meditation generate the most powerful gift toward human kind.

Nowadays, people always lose focus on task especially in the rush hours. Every movement in daily life is uncontrollable situation. An expectation might not match with the happening reality. Routine job could create pattern in life living. People have little chance in mind consciousness development by practicing in particular temple.

Of course, human being must work for living life as primary task but it is not similar to everyone. Some addicted to work but some are seeking



for relaxation. Mind and body management is actually very important to live longer with happiness. Varieties of people prefer different kinds of hobbies like going out for spa and massage. Some might love to read the book and another person preferred for shipping activities. Personal enjoyment is different base on individual preference. Some would like to go travelling and someone would love to sitting and control breathing. Most of people prefer seeking for adventure as well as going out for drinking and hanging out with friends.

Human being consisted of mind and body. There are many examples in the hospital that the patients have very strong mind but could not survived fighting with cancer. On the other hand, there are a lot of patients who have very strong body but too weak in mind consciousness, they usually called psycho person. Therefore, it is necessary to certain human life for sustaining physical body and mind by exercising consecutively.

Usually, human life is complexed, busy, and confuse. During working day, it is very hard to control and practice mind consciousness. Instead of going out to the temple for meditation, some activity can be stay calm and consciousness mind such as sport exercise.

The nature of sport exercise has been classified in groups called team player and another one called individual. In order to play as a team, the communication is very important among members to accomplish the goal. Team means a group of people that work together consisted of coach, assistance coaches, manager, psychologist, physical and mental doctors and the most important called player.

The concentration of player connected in a team is normally hard to focus comparing to individual sport such as running, swimming, and biking. Three sports combining together called triathlon that performed perfectly on concentration. For this dissertation, cycling sport had been implemented. When the concentration on sport was manipulated, mind development is taking place unconsciousness.

For many reasons, people claim that there is no time to do anything else except working. But there is another choice to develop mindfulness by combining all activities together with concentration. Whenever mind have particular point to focus, contemplation is processing automatically. Even though it will be hardly concentrate at the first side, later the task will process smoothly.

As a natural law, every action has some movement on thought and the body. While people are sleep, there is automatically blood flowing over the body and inhale-exhale breathing which sustains life. The consciousness never stops working.

The benefit of mindfulness practice generated in many aspects. This technique teaches individual to observe the mind with impermanence of feeling and sensation, happiness or unhappiness reducing tension and anxiety, violence and anger.

Mindfulness training increases tolerance and understanding of difficult situations and helping people to take appropriate decisions and action by increasing constructive activity and work efficiency. The result is to improves interpersonal relationships by increasing receptive, perceptive and cognitive abilities and developing the habit of appropriate introspection. Moreover, it could help people regain composure through facing and solving problems restoring equilibrium by reducing stress and maximizing life enjoyment.

Base on the medical curing for psychology's patient, Vipassana might safely treat to all forms of drug abuse by improving communication and encourages the resolution of emotional conflicts. Finally, Vipassana enables one to feel fresh and alert giving human being feel the inner happiness and lightness.

### **Suggestion**

The ultimate goal of Buddhist disciple recalled back 2500 years ago, the Buddha introduced insight meditation for human liberation. Any stuffs, which are going on in life, is temporary rather mind development

lead to ultimate goal. Even though meditation is truly not necessary practice in the temple, mind consciousness could apply to everyone daily life.

Body exercise means people have to work out through the body. They must be some part of body is moving and some remain staying but totally practitioners could select particular spot to concentrate. The way of contemplation is not specified. Which sport is suitable for which types of insight meditation practice, this research had been described

This study defined cycling as a system of activities which based on physical athleticism. Olympic is defined as a largest major competition in the world consist of many sport types. Non-physical attachment in the sport also referred as mind competition. Mind game as well as psychology action plays an important role to the competition especially influence the result. If cyclist have same abilities level in particular sport competition, the result would be judged in the critical moment by decision making. Whoever made the decision in the wrong way, they will lose at the end. This study showed the significant issues to focus on mind concentration in order to accomplish the goal. The most important is not only for victory but the research suggest the way to overcome the lose by keeping mind calm as usual, no frustration just happiness and healthy in life.

### **Further Research**

Due to the limitations about objectives and the scope of the study. There is some suggestion that is possible to conduct further research by studying on the result of meditation towards cycling sports. Another method is to implements the tools specifically applying toward the cycling competition in order to ensure the accurate outcome of application between cycling competition and meditation practice.

Another further recommended to compare and analyses the result between the athlete in the other sport which could be related to this study and emphasis on the people who do not train meditation for the competition and the people who applied meditation for the race. Further research might find the significant study and the possibility results related with the previous finding.

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