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Experiences of Success, Failure and Health Practices among Young Swimmers: Suggestions Orientation Towards International

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Abstract

The experiences of success and failure in sports are among the important motives of great importance that have an impact on the athletic level of juniors and swimming champions at high levels in sports competitions to achieve victory and achieve the best results. Competition and obtaining advanced positions in the sport of swimming. The study was applied in Al-Hussein Youth City in the Jordanian capital, Amman, on a sample of (25) young adolescent swimmers of different sexes in the Jordanian national swimming teams, with an average age of (17 ± 1.45) , who had experienced international competition. For swimming competitions, where they were chosen randomly from among the swimmers whose consent was obtained to participate in the study, and after obtaining approvals from them and their parents. The analytical descriptive method was used, due to its suitability to the objectives and nature of the study, and the results showed that there are factors associated with the level of experiences of success and failure, and hidden factors such as healthy habits, which may be related to the absence of changes in negative mood states and the duration of sleep, which is possible in the final success in competition, and to prepare swimmers High-level global swimmers better cope with competition-induced stress. They assess anxiety and depression and are useful for better distinguishing swimmers.

Keywords: Success Experiences, Failure Experiences, Healthy Habits, Young Swimmers, Jordan.

Introduction

Many researchers in sports psychology have been interested in the subject of success and failure, and they see that the more a person experiences success and failure, the more it affects his opinion and his performance ability, as well as his level of ambition in doing some tasks. The individual's self-perception depends on his return after performing a specific task, and if it is positive, then He expresses his capabilities and abilities, and this success makes others see him as superior, which pushes and motivates him more to succeed in any task he undertakes, but while his failure leads him to hesitate in performing his various tasks for fear of failure, and it is very important when advancing in the types of individual sports And the collective attention to the issue of the success and failure experiences of the practitioners of this sport,

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and the sport of swimming requires great effort and perseverance from the swimmers to achieve global achievements, and in order to become so, success and failure experiences must be experienced to reach the global levels.

The experiences of success and failure in sports are among the important motives of great importance that have an impact on the athletic level of juniors and swimming champions at high levels in sports competitions to achieve victory and to achieve the best results. Success experiences help in improving the level of competence and readiness of the swimmer. On the contrary, behavior characterized by disappointment, a feeling of loss of desire, hesitation, anxiety and indifference as a result of the swimmer's experiences of failure are among the negative influences on the level of these individuals and on the level of the entire sports program (Conroy & Coatsworth, 2004), and the swimmer's responses. The psychological and social events and situations in the process of the individual interpreting the information related to the situations he encounters have an impact on the level of actual performance that he performs, and the level of the tasks he performs, so the swimmer whose expectations rise towards difficult tasks, and the individual whose expectations fall towards easy tasks (Chennaoui, et al, 2016).

That some swimmers have anxiety about the future, as they are exposed during their training and competitive career to many obstacles, the most important of which are long-term training planning and failure in competitions, as some try to dramatize simple events or reduce the size of serious events (Sowa, 2023), and the inconsistency of competitive results and obtaining Advanced centers with the efforts and endeavors that are being made to make swimmers expect more failure in the future, in addition to the inability to control or control the results.

Junior is a critical period in swimmers' lives. During this period, it is usually in the developmental stage of their athletic career, but it is also a time when they are increasingly vulnerable to dropping out due to the dual demands of athletic and school commitments. To successfully balance these demands, junior swimmers rely on Youth sport is based on various personal and social resources (Fabbriatore, et al, 2023), these resources are functions of the individual self as well as the social microenvironment and in contemporary sport psychology the resources focus particularly on the "sports triangle" (athlete, parents and coaches), where each component plays a role in how participants respond to challenges placed in front of them (Nicholson, et al, 2023).

That young swimmers who had recently attended an elite sports school focused primarily on coping with academic demands, while tennis players from the same school reported greater concerns about meeting the demands of new, more ambitious training, one source of these differences is the nature of the athletes' personal resources (McInch & Bolton, 2023), that Commitment and success in sport is largely related to individual levels of achievement motivation. That is, meeting the heavy demands of training and competition depends too much on intrinsic motivation, directing tasks with mastery and improvement of skills, with relatively little regard for results; This is in contrast to the ego-oriented focus on objective performance outcomes and subjective comparison (Beckmann, et al, 2023).

With regard to the healthy behavior and healthy habits that young swimmers follow, it has been proven to have a significant impact on the development of skills for young swimmers (Tijani, et al, 2023), and these healthy habits can be acquired by coaches, especially in the developmental stage of their competitive sports career, and they can provide them with experiences success and failure in this field (Demirkan, et al, 2023).

Young swimmers achieved records and won titles as a result of being subjected to a large training load to compete. Apart from training, there is a very important matter. It is important

to control other variables that also affect the performance and health of young athletes. Nutrition and body composition are factors that affect Athletic performance and health of swimmers of both sexes at all levels. Adequate nutrient intake is essential to maintaining athletes' daily activities and improving their performance during training and competition. Inadequate energy intake can contribute to poor athletic performance and physical conditioning (Barragán, et al, 2023).

Nutrition is an invisible training issue, as many studies have reported (Shaw, et al, 2014) that swimmers are often in a state of negative energy balance, do not follow recommended patterns, have low carbohydrate intake or low intake of vitamins and minerals, the primary role of carbohydrates in Performance, overestimation of the benefits of protein for athletic performance, and lack of interest in fluid intake are also key aspects that must be taken into account when dealing with the nutritional status of budding swimmers (Price, et al, 2023).

Junior swimmers being in their teens have increased energy and nutrient needs for normal growth and development, they may need more energy depending on the intensity, duration and type of exercise, their protein needs have increased to accommodate growth, maturity and exercise too (Sowa, 2023), and the junior swimmer needs nutritional support Specific to maintain normal growth and physiological maturation and to aid in athletic performance (Philippou, et al, 2017). Swimming performance is affected by both thrust generation capacity and water resistance reduction (Hoogenboom, et al, 2009). Improved swimming performance can be achieved by improving technique, biomechanical pattern, and physical condition including body composition and strength (Shaw, et al, 2014). The ideal body composition varies between sports in general, and the lower the fat mass content, the better the performance (White, et al, 2022). However, swimming may be an exception, as it is possible that greater fat mass content in swimmers provides certain advantages such as increased flotation and thus reduced energy expenditure (McMahon, et al, 2012). Female swimmers seem to take advantage of this advantage because they have a higher percentage of body fat than male swimmers (Pyne, 2020).

Therefore, it is very important to evaluate the nutritional and morphological characteristics of young swimmers to gain greater control over their training, performance and health. It is possible that these health issues affect as indirect hidden causes that support young swimmers in experiences of success and failure during swimming competitions, and they also give feedback and methods Correct and exchange of experiences between swimmers to head towards global.

The importance of the study comes from the importance and necessity of this topic, as it deals with the importance of the experiences of success and failure and the healthy habits of young swimmers.

It is hoped that the study will benefit through the following: providing a tool with good psychometric characteristics that can be used to measure the success and failure experiences and healthy habits of young swimmers, and researchers by providing them with useful procedures that contribute to achieving future aspirations and orientation towards global competitions, and the results, recommendations and possibilities of the study. Similar studies applied to other samples.

Therefore, the researchers conducted the study on a group of Jordanian swimmers, measured their experiences of success and failure, and conducted some open interviews to find out health practices among young swimmers. In light of this, some proposals for moving towards internationalism were presented.

Method and Procedures

This study was limited to revealing the experiences of success and failure, and the healthy habits of junior swimmers in the national teams in the Hashemite Kingdom of Jordan. Young adolescent swimmers of different sexes in the Jordanian national swimming teams, with an average age of (17 ± 1.45), who went through the experiences of the international competition for swimming competitions, where they were chosen randomly from among the swimmers whose consent was obtained to participate in the study and after obtaining approvals from them and their parents. The analytical descriptive approach was used, due to its suitability to the objectives and nature of the study.

As the experiences of success and failure are a process that is not automatically called as a result of victory or defeat, but rather occurs in the event of a difference or mismatch between the expected and the recorded level, and the level obtained through the responses of the study sample on the study tool related to the level of success and failure experiences and healthy habits Young swimmers, conducting interviews to analyze healthy habits, experiences of success and failure, and healthy habits for young swimmers, and come up with proposals to go towards global competitions.

The questionnaire was used as a tool to measure the level of success and failure experiences and healthy habits among young swimmers. Previous studies using the best programs and recommendations were analyzed to add proposals for the orientation of global competition. Checking the stability of the study tool, it was verified by the test-retest method by applying the scale, and re-applying it after two weeks.

A five-point Likert scale was adopted to correct the study scale, by giving each of its paragraphs one degree out of its five degrees (very much agree, agree with a large degree, agree with a moderate degree, agree with a low degree, agree with a very low degree) and it is represented numerically (5, 4, 3, 2, 1) respectively, Cronbach Alpha coefficient, frequencies and percentages were used to describe the characteristics of the study sample.

Analysis

The study sample's responses to the questionnaires that were distributed to them were analyzed, as the answers are shown in the following table.

Table 1: A Questionnaire of the Level of Success and Failure Experiences and Healthy Habits of Young Swimmers.

Number	Questioners	Mean+SD	Rank
1	Experiences of success and failure in attempts to raise the level of ambition	4.23±0.895	High
2	Experiences of success and failure contribute to humility and not exaggerating the level of ambition	4.18±0.890	High
3	Experiences of success and failure strengthen and confirm self-confidence	4.17±0.883	High
4	The experiences of success and failure contribute to peace and security in the level	3.98±1.092	High
5	The experiences of success and failure help control negative emotions	3.90±1.120	High
6	The experiences of success and failure are based on not insisting on holding to the level of ambition	3.86±1.203	High
7	Success and failure experiences make you more motivated	3.85±1.129	High
8	The experiences of success and failure increase the motivation to raise the level	3.45±0.81	Medium
9	The experiences of success and failure contribute to my feelings of joy, pleasure and happiness	3.41±0.778	Medium
10	The experiences of success and failure work on a permanent positive mood	3.24±0.954	Medium
11	Experiences of success and failure promote self-criticism	3.12±0.689	Medium

Table (1) shows that mean ranged between (3.12-4.23) for the level of experiences of success and failure and the healthy habits of young swimmers in Jordan, where Paragraph No. (4) came, which states: "The experiences of success and failure are based on attempts to raise the level of ambition." In the first place, with mean (4.23), and paragraph (10), which states that "experiences of success and failure are reinforced in self-criticism," came last, with mean (3.12).

As for the answers of the study sample individuals after sorting them according to gender (male, female), the following table shows the differences between them in terms of the level of experience of success and failure and the healthy habits of young swimmers in Jordan.

Table 2: Level of Experiences of Success and Failure and Healthy Habits among Young Swimmers in Jordan by Gender (Male, Female).

Gender	Participants	Mean	T	D.F	Sig
Male	12	3.81±0.387	0.784	24	0.745
Female	13	3.77±0.569			

Table (2) shows that no statistically significant differences at the level of significance ($\alpha = 0.05$) according to gender (male, female) for the level of experiences success and failure and healthy habits among young swimmers in Jordan.

The personal interviews that were conducted on the study sample were also analyzed, which showed that healthy habits and their connection to the experiences of success and failure among young swimmers in Jordan.

Discussing

This study is the first to establish the relationship between the experiences of success and failure with the healthy habits followed by the junior swimmers in the Jordanian national swimming teams during the national swimming competition and benefit from them in the orientation towards globalization, while distinguishing between personal "success" and "failure" of the swimmers. Our findings indicate that these indicators evolved differently according to the results of the competition, which is reflected by certain changes such as the change in diet in the failure group, and also that changes in healthy habits in the failure group may be associated with the psychological aspects associated with the failures, where they were also modified Mood states and sleep indicators. Which reflects an increase in cases of bad mood. The answers of the respondents indicated that despite the huge investment in competition, the poor results of the failure category athletes affected their psychological state, and the swimmers from the success group presented degrees of depression and confusion that also tended to be higher in the matter of National competitions where this competition was chosen because it was an opportunity for swimmers to achieve experiences in the experiences of success and failure.

Some swimmers who failed and failed on the first day of competition began to compensate for that by eating foods that provide them with energy and these foods are not present in their nutritional programs to convince themselves that they can help them achieve success, while those who succeeded on the first day of competition kept the same diet. It seems that successful swimmers have greater adaptation to competition than swimmers who failed, and it is another factor that affects the success and failure of swimmers as shown by a study (White, et al, 2022) that the duration of sleep was significantly higher before the finals in the failure group, and this increase in the duration of sleep was associated with a significantly higher In addition, the

cortisol response in the semi-finals was negatively related to the duration of sleep during the night before this race.

The diets of junior swimmers are generally fairly similar to those of adult swimmers, with both junior and adult swimmers consuming higher than recommended amounts of total fat and saturated fat, and inadequate amounts of calcium, vitamin D, and daily servings of fruits, vegetables, grains, and dairy products (Pyne, 2020), our finding that young swimmers in Jordan had largely similar diets is consistent with other studies of adolescent swimmers and adult swimmers. Given the increased energy and nutrient requirements of junior swimmers compared to adults, these findings are concerning, as there are no reliable recommendations for macronutrient intake by junior swimmers as there are for adult swimmers. However, (Coatsworth & Conroy, 2006) noted on the use of muscle glycogen in junior swimmers that carbohydrates are an important fuel for improving athletic performance and recovery, which indicates that junior swimmers may need a diet with a higher percentage of carbohydrates than is recommended, and (White, et al, 2022) suggests that Athletes' carbohydrate intake in most sports makes up 50%-55% of total caloric intake.

In addition, the healthy habits practiced by young swimmers have a major role in the experiences of success and failure. In this study, through the interviews that were conducted with the members of the study sample, we noticed that young swimmers focus on many micronutrients that may affect their athletic performance, including calcium and vitamin D. zinc and iron because these elements play important roles in bone buildup and budding swimmers may be at risk of suboptimal bone development, (Maftei, et al, 2018) indicated that approximately 26% of bone minerals accumulate during adolescence, and that junior swimmers have lower bone mineral density, compared to athletes participating in other types of sports, and that the nature of swimming provides insufficient skeletal load, compared to resistance or Weight-bearing activities, to promote bone density development, may actually impede the achievement of maximum bone density, since calcium is an important modifiable determinant of bone mineral density, and current average intakes appear to be insufficient to improve bone build-up in junior swimmers. In this regard, low The number of servings of dairy products observed from the respondents' responses is concerning, since dairy products are a major source of calcium in the diet (Pyne, 2020).

This study revealed poor dietary intake among young swimmers in Jordan and the presence of many potential nutritional deficiencies that may compromise athletic performance and enhance the risk of future diseases, including osteoporosis. These deficiencies include higher than recommended fat intake and insufficient amounts of Calcium, vitamin D, and daily servings of fruits, vegetables, grains, and dairy products. These results should be followed up in this group of swimmers, on newer samples, and using more rigorous nutritional assessment tools.

Also, healthy habits that raise the concern of young swimmers and increase the fear of failure, which is one of the psychological emotions that greatly affect the performance of young swimmers, and is the most important reason that makes young swimmers feel nervous and anxious, and the fear of failure usually comes as a result of failure experiences that come From losing in competitions, or poor performance during competition, which makes him feel helpless, in another way that makes him think of withdrawing and leaving sports.

Conclusion

By analyzing the results revealed by the study and striving towards heading to international competitions, the study presented a set of proposals that are integrated with what was

developed by the Jordanian Swimming Federation (2023) and the Jordanian Olympic Committee (2023) represented in promoting swimming and defining it as a basic sport in Jordan,

And provide the best opportunities for local swimmers, and provide a range of opportunities for local swimmers and clubs from the field of learning to the field of competitive swimming, in order to allow Jordanians to participate and excel in this sport, develop and promote the high standard of swimming, develop professional swimming coaches, develop professional swimming referees, and increase the number of swimmers and clubs Swimming in Jordan, developing and maintaining partnership with local swimming clubs, providing ongoing funding, and developing and maintaining an efficient and effective federation structure,

And to provide quality professional services in the field of swimming, and to achieve these goals, there must be: cooperation, coordination, communication, integrity, creativity, accountability, common vision, excellence, teamwork and commitment.

There are also factors associated with the level of experiences of success and failure, and hidden factors such as healthy habits, which the study focused on, and which may be related to the absence of changes in negative mood states and the duration of sleep, which is possible in the final success in competition, and to better prepare world-class swimmers. about competition assesses anxiety and depression and is useful for better distinguishing swimmers, that successful swimmers present higher concentration and exhibit lower stress and moral indicators which increase their experience toward success, and that providing nutrition education in an interactive manner including a supermarket tour can have positive effects On some aspects of nutrition knowledge, this is important because junior swimmers this age or slightly older have a positive attitude towards nutrition education but nevertheless lack knowledge of nutrition with implications for their food choices, and that the most successful way to improve nutritional habits is with multicomponent nutritional interventions with the participation of trainers professionals and parents.

Recommendation

In the light of the above presentation and discussion of the results of the study, the study presented a set of recommendations, including motivating young swimmers to benefit from the experiences of success and failure, because these experiences provide the necessary and required development in the personality of the swimmer and work to improve his technical and professional level and orientation towards the world, and provide swimmers Young people in educational and cognitive courses to inculcate the concepts of healthy habits through important sleep and feeding times, conduct studies similar to this study, taking into account the sample and the place that was used in this study, and circulate the results of this study to the Jordanian Swimming Federation and the Olympic Committee, to benefit from its results.

Conflict of Interest Statement

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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