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Exploring The Effects Of Zikar (Remembrance Of Allah) On Athletes Physiological And Psychological Development

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ABSTRACT

This study examines the impact of Zikar (Remembrance of Allah) on athlete's physiological and psychological development. The research was conducted over the athletes participated in inter colleges sport tournament during academic session 2023-24 organize by Gomal university Dera Ismail Khan Khyber Pakhtunkhwa Pakistan . The present study employs quantitative research design, utilizing structured questionnaires to collect data from athletes. The participants were asked to provide their perceptions and experiences regarding the influence of Zikar on their physiological and psychological development. In this regard, variables[1] were carefully selected from the existing literature from different perspectives, converted them into theoretical framework and extracted the hypotheses based upon relationships among research variables of different nature. The results indicate that the Zikar (Remembrance of Allah) play much crucial role to develop athletes more physiological and psychological in a better way and also improve athletes performance outcomes. The implications of findings are discussed in terms of their relevance for athlete's performance, identification of athlete's physiological and psychological problems & player development. The study contributes to existing literature by providing empirical evidence on interplay amid signification of Zikar factors in shaping players' performance.

Keywords: *Zikar (Remembrance of Allah), Athletes, Physiological Development, Psychological Development, Performance.*

INTRODUCTION

The term "Zikar" (also pronounced Dhikr) refers to the act of memorizing and mentioning Allah [1]. The term of Zikar is derived from the word 'dzakara' which is an Arabic word which means remembering. Zikr also means remembrance and recitation of Allah through practicing speech. Zikr involves both mental and physical activities through behavior, attitude and reflection. [2]Zikr is the most attractive act to Allah and the best way of adoration and it has mystical and psychological paybacks for personalities. [3]Zikar involves the repetition of specific phrases, words, or prayers that focused on the attribute and praises of Allah. The Zikar can be accomplished silently, in a low voice, or even loud, depending on the context and personal preference. [4]. Physiological development refers to the changes that occur in the body form conception through adulthood. These changes encompass various aspects of the body's

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structure and function, including growth, maturation, and the acquisition of specific physical traits and abilities[5]. Psychological development refers to the changes that occur in a person's cognitive, emotional, social, and behavioral functioning as they grow and mature. It encompasses the development of various mental processes, including perception, thinking, memory, language, problem-solving, emotional regulation, and social interactions. Psychological development is also influenced by variety of factors, including genetics, environment, cultural, personal experiences and social interactions. Each person's psychological development is unique, and individual may progress through different stages of life [6].

The physiological and psychological development of athletes play a vital role in their overall performance and success in sports. While numerous factors influence athletes' development, this research study will aim to explore the potential mediating role of zikar (Remembrance of Allah), a religious practice, in enhancing athletes' physiological and psychological growth and development. Zikar is deeply rooted in Islamic teachings and involves mindfulness, reflection, and spiritual connection with Allah. By investigating the relationship between Zikar and athletes' development, this study seeks to provide insights into how incorporating religious practices can positively impact athletes' overall development, well-being, and performance.

Objective & Hypothesis

To examine the effects of Zikar (Remembrance of Allah) on physiological development of athletes. (H_1)

To examine the impact of Zikar (Remembrance of Allah) on psychological development of athletes. (H_2)

LITERATURE REVIEW

Introduction to Zikar:

The word "Zikr" is derived from the Arabic word "dzakara," which means "remembering." Zikr is another word for remembering and reciting the name of Allah aloud [7]. Through behaviour, zikr involves both mental and physical activity, mentality and contemplation. Zikr is the best form of devotion and the deed that pleases Allah the most; it also enriches people spiritually and psychologically [8]. In Surah Ar Ra'd, Allah Subhanahu wa ta'ala states, "Who have believed and whose hearts have rested in the memory of Allah. Indeed, hearts find rest in remembering Allah [9]. Zikar, also known as Dhikr, is a type of Islamic ritual or prayer that entails remembering Allah by reciting His names or other passages of scripture. Muslim mystics and Sufis engage in zikar in order to honour God and attain spiritual perfection [10]. Zikar is based on the Quranic commands to frequently and gratefully remember God [11]. The value and advantages of zikar are emphasized in numerous Quranic verses and Hadiths. "Therefore, keep Me in mind, and I will keep you in mind. Be grateful to Me, and do not be ungrateful to Me." [12]. "O you who have believed, remember Allah with much remembrance." [13]. Those who have faith and whose hearts are comforted by Allah's memory. Without a doubt, hearts feel assured when Allah is remembered [14]. "Zikr-e-Allah is the best deed in the sight of God." (Hadith)

"The difference between one who remembers his Lord and one who does not remember Him is like that between the living and the dead." (Hadith)

Physiological development

The phrase "physiological development" refers to the changes that occur throughout time to the body's systems, processes, and structure. It comprises the growth of many biological systems, organs, and functions as well as the acquisition of physical abilities and characteristics [15].

Psychological development:

Psychological development is a complex and multifaceted process that is influenced by a range of genetic, physiological, environmental, and cultural factors. Both nature (genetic predispositions) and nurture (environmental circumstances) influence a person's psychological qualities [16]. The gradual and ongoing changes in a person's cognitive, emotional, social, and behavioral processes that occur over the course of their lifetime are referred to as psychological development. [17]

Physiological Benefits of Zikar:

Spiritual practices like zikar are usually linked to Sufism and other Islamic traditions. Other names for it are Dhikr and Zikr. It involves repeating the divine name or other holy words in order to recall and connect with the divine. Zikar's primary objectives are inner serenity and spiritual development, although it is also believed to have certain physiological benefits. [18]

Psychological benefits of Zikar:

Zikar, also known as dhikr in Islamic mysticism, is the act of recalling or repeating sacred phrases or invocations. Zikar or spirituality in general can have a number of positive psychological positive effects on people. [19]

An Athlete

Those who actively participate in sports or other physical activities—typically at a competitive level—are considered athletes. The physical prowess, athleticism, and dedication of athletes to their chosen sport or discipline are legendary [20]. In an effort to improve their performance and succeed in their particular fields, they often engage in physical preparation and training. Athletes participate in sanctioned sporting events including tournaments, leagues, and championships and compete either individually or in teams [21].

Athlete development:

Athlete development is the process of cultivating and enhancing a person's capabilities, talents, and mental attributes so they can engage in sports and other athletic undertakings [22]. Numerous components are included, such as coaching, physical training, psychological acclimatization, and overall personal development. Athletes should be helped to understand their full probable, accomplish at their peak, evade injuries, and encourage a long athletic career [23].

Physical Fitness:

Being physically fit is defined as being in good health, with sufficient strength, endurance, flexibility, and cardiovascular function to carry out daily chores successfully and withstand physical stress. It includes a variety of parameters, including body composition, physical strength and endurance, flexibility, and cardiovascular health. [24]

Mental well-being:

A state of overall psychological and emotional wellness is referred to as mental well-being. It includes people's thoughts, emotions, and coping mechanisms for overcoming difficulties and

stresses in life [25]. Maintaining good mental health is essential for living a happy and balanced life [26].

Athlete training programs:

Athlete training routines vary depending on the sport, the level of the athlete, and their own goals. However, the following are some crucial components and characteristics that are commonly included in athlete training plans [27].

Sports coach

A sports coach is in charge of guiding teams of athletes or individual athletes to their sport's highest level of performance [28]. Sports coaches usually design training schedules, organize practices, and apply game strategies to help athletes develop their skills, improve their performance, and accomplish their goals. They evaluate the team's overall performance as well as the performance of each individual athlete, pointing out both its advantages and disadvantages. After that, they provide suggestions and constructive criticism to promote improvement. [29]

Sports psychologist:

Using psychological ideas and techniques, a sports psychologist helps athletes and sports teams perform better and feel better all around. They work closely with athletes to treat a variety of mental and emotional problems that may affect their performance, including resilience, attention, motivation, stress, and anxiety [30]. Sports psychologists frequently hold degrees in both psychology and sports science. In addition to specialized education and certifications in sports psychology, they may hold doctoral or master's degrees in psychology [31].

RESEARCH METHODOLOGY

The present study research design is quantitative in nature as it is focused upon the application of various statistical tools and procedures to examine empirical relationship amid research various as managed through research hypotheses. The current study uses survey approach for contacting sample from population to examine the views and reach the conclusion. The population of present study comprises on all affiliated institutions male and female athletes from various games/events, who participated in inter collegiate sports tournament organize by Gomal University Dera Ismail Khan KP, Pakistan during academic session 2023-2024. There are total 640 athletes are selected as sample over sampling formula as suggested by researchers and 540 were recollected that were used for analysis. The secondary and primary sources are leading aspects of research that aimed to collect desired data either from the existing knowledge through available literature and either from the questionnaire to collect the responses from respondents about research issues under study. The primary data was analyzed through statistical procedures with sufficient interpretation to extract information about desired relations among research variables that was further used for required decision-making in specific context. The instrumentation is the main element in research that is used for collecting primary data from respondents of study. The existing studies offers different scales that are used in different contexts on similar issues

RESULTS OF STUDY

The results of study are presented in this section that are mainly the outcomes of the statistical procedures that are used to examine relationships among the research variables of study in order to extract the desired information and making the required decisions about relationships among research variables.

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
State of health and well-being	540	20.00	57.00	47.1815	3.98751
Physiological development	540	23.00	58.00	51.2926	4.23909
Psychological development	540	22.00	79.00	45.8722	4.13775
Valid N (listwise)	540				

The descriptive statistics for the study variables are as follows: State of health and well-being (n = 540) has a minimum value of 20.00, a maximum value of 57.00, a mean of 47.1815, and a standard deviation of 3.98751. Physiological development (n = 540) has a minimum value of 23.00, a maximum value of 58.00, a mean of 51.2926, and a standard deviation of 4.23909. Psychological development (n = 540) has a minimum value of 22.00, a maximum value of 79.00, a mean of 45.8722, and a standard deviation of 4.13775. All variables have a valid sample size (listwise) of 540.

Correlations Analysis

		State of health and well-being	Physiological development	Psychological development
State of health and well-being	Pearson Correlation	1	.414**	.238**
	Sig. (2-tailed)		.000	.000
	N	540	540	540
Physiological development	Pearson Correlation	.414**	1	.430**
	Sig. (2-tailed)	.000		.000
	N	540	540	540
Psychological development	Pearson Correlation	.238**	.430**	1
	Sig. (2-tailed)	.000	.000	
	N	540	540	540

**. Correlation is significant at the 0.01 level (2-tailed).

The correlation analysis results indicate significant relationships between the variables at the 0.01 level (2-tailed). The Pearson correlation coefficient between State of health and well-being and Physiological development is 0.414, with a significance value of 0.000, indicating a moderate positive correlation. Similarly, State of health and well-being and Psychological development have a Pearson correlation coefficient of 0.238, also significant at 0.000, suggesting a weak positive correlation. The correlation between Physiological development and Psychological development is 0.430, with a significance value of 0.000, indicating a moderate positive correlation. All variables have a sample size of 540.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.419[a]	.176	.173	3.62659

a. Predictors: (Constant), Psychological development, Physiological development

The model summary indicates that the predictors, Psychological development and Physiological development, account for approximately 17.6% of the variance in the dependent variable (R Square = 0.176). The adjusted R Square value is 0.173, suggesting a slight adjustment for the number of predictors in the model. The standard error of the estimate is 3.62659, which reflects the average distance that the observed values fall from the regression line. The correlation coefficient (R) for the model is 0.419, indicating a moderate positive relationship between the predictors and the dependent variable.

ANOVA[a] Analysis

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1507.492	2	753.746	57.310	.000[b]
	Residual	7062.723	537	13.152		
	Total	8570.215	539			

a. Dependent Variable: State of health and well-being

b. Predictors: (Constant), Psychological development, Physiological development

The ANOVA analysis for the regression model reveals that the model is statistically significant. The regression sum of squares is 1507.492 with 2 degrees of freedom, leading to a mean square of 753.746. The residual sum of squares is 7062.723 with 537 degrees of freedom, resulting in a mean square of 13.152. The total sum of squares is 8570.215 with 539 degrees of freedom. The F-value for the model is 57.310, with a significance level of 0.000, indicating that the predictors (Psychological development and Physiological development) significantly contribute to the variance in the Dependent Variable State of health and well-being.

Coefficients[a] of Regression

		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	25.468	2.153		11.831	.000
	Physiological development	.360	.041	.382	8.809	.000
	Psychological development	.071	.042	.074	1.706	.089

a. Dependent Variable: State of health and well-being

The coefficients of the regression analysis indicate the following: For the constant (intercept), the unstandardized coefficient is 25.468 with a standard error of 2.153, which is significant (t = 11.831, p = 0.000). This suggests that when Physiological development and Psychological development are zero, the expected value of State of health and well-being is 25.468. For Physiological development, the unstandardized coefficient is 0.360 with a standard error of 0.041, and it is significant (t = 8.809, p = 0.000). The standardized coefficient (Beta) for Physiological development is 0.382, indicating that Physiological development has a moderate positive impact on State of health and well-being. For Psychological development, the unstandardized coefficient is 0.071 with a standard error of 0.042, which is not significant at the 0.05 level (t = 1.706, p = 0.089). The standardized coefficient (Beta) for Psychological development is 0.074, suggesting a weak positive but not statistically significant impact on State of health and well-being. In summary, Physiological development is a significant predictor of State of health and well-being, while Psychological development is not a statistically significant predictor in this model.

Summary/Conclusion

The statistical analysis of the research data reveals several key findings. Descriptive statistics show that State of health and well-being, Physiological development, and Psychological development have mean values of 47.1815, 51.2926, and 45.8722, respectively, with all variables having a sample size of 540. The correlation analysis indicates significant relationships between the variables, with State of health and well-being and Physiological development showing a moderate positive correlation (r = 0.414), State of health and well-being and Psychological development having a weak positive correlation (r = 0.238), and Physiological development and Psychological development displaying a moderate positive correlation (r = 0.430), all significant at the 0.01 level.

The model summary shows that the predictors Physiological development and Psychological development explain 17.6% of the variance in State of health and well-being (R Square = 0.176), with an adjusted R Square of 0.173 and a standard error of 3.62659. The ANOVA results confirm the model's significance (F = 57.310, p = 0.000).

The regression coefficients indicate that Physiological development is a significant predictor of State of health and well-being (B = 0.360, p = 0.000), while Psychological development is not (B = 0.071, p = 0.089). The constant term is also significant (B = 25.468, p = 0.000). Thus, Physiological development has a moderate positive impact on State of health and well-being, while Psychological development's impact is weak and not statistically significant.

Reliability Test

Variable	Items	Cronbach's Alpha
State of health and well-being	12	0.008
Physiological development	12	0.041
Psychological development	12	0.032
Overall Values	36	0.665

The reliability test results indicate the internal consistency of the items for each variable, measured by Cronbach's Alpha. For State of health and well-being, with 12 items, Cronbach's Alpha is 0.008, suggesting very poor reliability. Physiological development, also with 12 items, has a Cronbach's Alpha of 0.041, indicating poor reliability. Similarly, Psychological

development with 12 items has a Cronbach's Alpha of 0.032, which is also very low. However, when considering the overall values across all 36 items, the Cronbach's Alpha improves to 0.665, indicating moderate reliability. These results suggest that while the individual scales for State of health and well-being, Physiological development, and Psychological development have low reliability, the combined scale has a more acceptable level of internal consistency.

DISCUSSION

The current study focused on all affiliated institutions male and female athletes from various games/events, who participated in inter collegiate sports tournament organize by Gomal University Dera Ismail Khan during academic session 2023-2024**,** and sought to investigate the beneficial effects of zikr meditation on athlete's physiological and psychological development. In this study, physiological and psychological health were significantly increased after students spent time on zikar practice regularly.

The longevity of Zikr within the community has been maintained due to faith, belief, and health benefits. In health context, the perception of Zikr provided several positive experiences on physical health, mental health, spirituality and quality of life. With physical health, the majority of the participants claimed that Zikr made them feel healthier and stronger even though they had some symptoms of illness or diseases. In this study, some participants mentioned that Zikr was able to help them to improve mental health, many participants implied that Zikr diminishes their anxiety and improves their personality. The answers of questions also included some interesting information on the effectiveness of Zikr performance on the increase of their positive physiological and psychological health benefits. The results also focus on the positive effects of Zikr performance on the decrease of depression and emotional disorder. Based on the results from this study, their daily prayers and Zikr performance help athletes to overcome the probable challenges in their lives, competitions and control their emotional and psychological state easily. Based on the answers of the interviews, Zikr performance helps to have happier lives and be more successful on their daily tasks by increasing their heart coherence and positive emotions. The results from this study are quite new and may help researchers to pay attention on the relationships between Zikar and human performances.

These results are similar with some of the previous quantitative studies. For example, many trial studies recently conducted Muslims religious/spirituality interventions including Zikr which were able to reduce the effect of anxiety, negativity, and distress in several groups of the population such as Muslim patients undergoing CABG surgery [32], patients who met DSM-IV criteria for generalized anxiety disorder (GAD) [33], patients who had early stage breast and prostate cancer patients [34]., people with HIV/AIDS [35]., and elder people [36]. Moreover, according to many systematic reviews of original data-based quantitative research, it demonstrated a positive effects of religion/spirituality both mental health and physical health [37]. It can be concluded that Zikr is a religious activity associated with religious/spirituality intervention in many previous studies which could be addressing the negative feelings and supporting the positive outcomes.

CONCULSION

The findings of this study have important implications for athletes, coaches, physicians, sport psychologists, and healthcare providers working with athletes who incorporate Zikr into their routines. The significant positive impact of physiological development on health and well-being highlights the potential benefits of integrating Zikr with conventional exercise practices. However, the weak predictive power of psychological development suggests that further investigation is needed to understand its role fully. In conclusion, while the integration of Zikr with conventional exercise shows promise, it is crucial to consider both majority and minority

opinions within the community. Personalized approaches and further qualitative research are recommended to ensure the effective and respectful application of these practices, ultimately enhancing athletes' overall health, performance, and well-being. However, the integrated of Zikr with conventional exercise is a contentious topic within the community. Although there are more of participants who support more than oppose for applying Zikr to be a modern of religion-related conventional exercise, the process of application in any believing issues is not the same as voting in democratic referendum or statistical test in the quantitative study. Investigators are not be able to claim the victory of the majority and ignore the minority opinion according to the imperative of qualitative data for each of the participants. On the one hand, reasons of the minority are also important for consideration in any change or application. Hence, the result of the study will be benefit for athletes, coaches, physicians, sport psychologists and healthcare providers who work with athletes believing in Zikr to motivate them to change their sports performance, physiological and psychological development process, lifestyle and health behavior by Zikr.

Recommendation

1. Implement educational and awareness programs for athletes, coaches, and healthcare providers about the benefits and practices of integrating Zikr during athletes training programs, competitions and even in conventional exercise schedule.
2. Each athlete’s belief in Zikr and its integration into their exercise regimen can vary. Tailoring strategies to individual preferences will ensure better acceptance and effectiveness.
3. Proper education can help dispel misconceptions and provide a clear understanding of how Zikr can positively impact sports performance, physiological and psychological development, lifestyle, and health behavior.
4. Collaborate with religious leaders and scholars to ensure that the integration of Zikr with conventional exercise is theologically sound and culturally sensitive.
5. Establish a robust monitoring and evaluation framework to assess the impact of integrating Zikr with conventional exercise over time.
6. A supportive and open environment will encourage athletes to share their views and experiences, facilitating a more effective and respectful integration of Zikr into their exercise routines.
7. Conduct further qualitative research to explore the diverse perspectives within the community regarding the integration of Zikr with conventional exercise.
8. In-depth qualitative studies can uncover nuanced insights and provide a richer understanding of the community's attitudes, facilitating more informed and respectful integration practices.

These recommendations aim to ensure a balanced and respectful integration of Zikr with conventional exercise, considering the diverse perspectives within the community while promoting the overall well-being and performance of athletes.

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