

1: Topic

Psychology of Elite Athletes

Structure

1. Biography
2. Link between biography and study
3. Study
 - a. Introduction
 - b. Premises
 - c. Measures
 - d. Results
 - e. Conclusion
4. Implications on the average reader

2: Statement → Question

“How does religion affect sporting psychology?”

Scholars from various fields have analysed and synthesised the integration of religion and sports historically and presently. However, research on the impact of religious practices and experiences on athletes' emotional health and performance in sports is limited. The little research that exists has yielded mixed results, thus further portrayals of investigation is necessary due to the established link between religiousness and psychological well-being in other fields of psychology.

3: Data

Study - [Religiousness and Perceived God Perfectionism Among Elite Athletes](#)

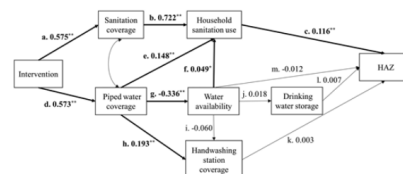
The study by Houlberg, Wang, and Schnitker (2017) examines how religious beliefs and practices affect athletes' coping with the pressures related to elite competition. Overall, findings suggest that religiousness can serve as an important resource for athletes or contribute to psychological difficulties.

Biography - [Muhamad Ali](#)

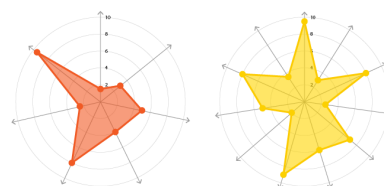
Muhammad Ali was known not only for his legendary boxing career but also for his outspokenness about his religious beliefs. As a member of the Nation of Islam and later a Sunni Muslim, Ali's faith played a significant role in his life, both inside and outside of the ring.

4: Visualisation

Path diagram & DAG (Directed Acyclic Graph) → Show correlation b/w variables



Radar Chart → Show participant's responses



Bar Graphs → Show demographic of participants

