The influence of information technology on attention and concentration in sports performance: A literature review

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Abstract

The basic aim of this research study is to determine the influence of information technology on attention and concentration in sports performance. This research study is based on the literature review and some portions based on the numerical analysis. For this purpose, I used SPSS software and generated informative results related to the variables. Information technology is the main independent variable, attention, and concentration. Also, sports performance are present dependent variable. The descriptive statistic, the one-way ANOVA test analysis, and the regression analysis also explain the control chart related to them. Through a variety of mental training methods, including mindfulness exercises, imagery, and focusing techniques, athletes can improve their ability to pay attention and concentrate. Athletes frequently work with coaches and sports psychologists to develop these mental abilities and enhance their sporting performance by utilizing the power of concentrated attention. The overall result found that information technology positively and significantly influences attention and concentration in sports performance.

Keywords: Information Technology (IT), Attention (A), Concentration (C), Sports performance (SP)

Introduction

Digitalization has resulted in the modernization of almost all fields of the world. The advanced technology-based techniques and equipment used in several fields of the world are increasing. The education field is among the most revolutionized field because of technology use. Digitalizing information means making information related to various fields more advanced and up-to-date with the help of technology. Information technology advances information by updating it with the latest trends in the world. To establish a progressive technology-based era, the youth of the present world are taught about the latest technological developments. by knowing about the working application of information technology, youth can make full use of this technology and can exile in every possible field of life (Abdulrahaman et al., 2020). Industrial development in the world is because of the IT techniques used in the industries. Sports industry is one of the industries positively influenced by the use of IT techniques in the working principle of these industries. Information technology brings social changes in the sports fields. These social changes then help in developing a suitable economy (York et al., 2022).

Moreover, the information technology field has been improved through Internet applications. Internet helps assess the working of technology-based systems using its unique algorithmic software. The information any student requires regarding any subject is provided through Internet services. The Internet-based portal helps sports students to get all the information regarding different types of sports using information technology. Data about the game strategies used in various sports is available on Internet portals (Chege, Wang, & Suntu, 2020). Many sports fields have a virtual imaging system that captures all the field-related Internet information activities and provides valuable information to the sports players about all the activities captured by the virtual gaming system of the modern sports field.

The sports field is one of the most influenced filed by technological modernization. The sports knowledge provide to the sports students using information technology develops a more sport-concentrated approach in athletes. Learning a new sport by a sports student is difficult and can be eased using technology-based sports training. the athlete's ability to learn sports skills enhances by teaching them about physical education using technology-based physical education applications. These physical education-based technology applications attract the athlete's attention, and athlete tends to obtain more useful knowledge from these applications (Di Natale et al., 2020). Transversal sports training becomes easy to comprehend using information technology systems. There are a lot of benefits to using IT systems in physical education providing centers. The first benefit is that this system makes sports learning easy for athletes. The second benefit is that it increases athletes' interest in e-sports, and the third benefit is that it develops motivation in athletes to perform their best (Lahart et al., 2019). The fourth benefit

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develops in athletes using IT-based physical education is that their game-playing skills level up. The last benefit of IT-based physical education is that it provides more knowledge to the athlete about sports-related aspects than any other technology can provide. All these benefits help provide focusing-based training sessions to sports athletes' development as trained players hold immense importance. In the sports industry, information technology provides great services. The first service provides wearable sensors for assessing athletes' performance and body language. The information about an athlete's body posture helps to determine his game-playing skills (Lim et al., 2021). An athlete having proper body posture while playing sports is considered a trained player. The second service of IT in the sports field is providing effective strategies to the athletes for making their game plans more strong and workable. Athletes that have effective game-playing strategies perform more confidently than athletes with no game-playing strategies. the third service of IT in the sports field is that it provides a technology-based tracking system (Papanastasiou et al., 2020). The tracking system tracks athlete performance in the game and then provides information about his game trajectory. If the trajectory graph shows an upward slope, that means the athlete's performance is improving with each game he plays, and if the slope falls downward, then that shows athlete's performance is decreasing. The next service the IT system provides in the sports field is the game-related pressure-tackling ability of the athlete (Szymkowiak et al., 2021). The technology-based system guides the athlete to control his stress and anxiety and play without fear of losing the game. By controlling athlete game anxiety, this IT software helps build self-confidence in athletes (Gao & Lv, 2022; Tallon et al., 2019). All these services provided by IT system in sports industries and fields boost the athlete game performing potential.

The mobile-based technology used by sports athletes helps them in tracking their Calorie intake. Calories intake is a crucial thing for maintaining athletic physical health. athletes are given proper diet plans for maintaining their weight, and the wearable sensors track the calorie intake of athletes and help them maintain a balanced weight. Information about the amount of calories burned out while playing or while performing any physical activity is provided through the mobile apps. Maintaining the athlete's physical health is very important for making the athlete's sports career flourish. Athletes that are physically less active develop various health-related disorders that negatively impact athletes' careers in sports-related fields. moreover, maintaining an athlete's mental health is as crucial as maintaining his physical health (Vrontis et al., 2022). The mentally ill athlete develops stress and anxiety problems that make these athletes unable to play with full self-determination. Grooming athletes both physically and mentally using a technology-based system in sports training programs greatly helps athletes. Moreover, most of the sports organizations working around the globe ensure that modern technology and sports equipment are provided in every sports field and sports-based training institutes. To advance the physical education system and to promote sports-related education acquisition among students, various strategies are adopted by sports organizations .to attract the athlete's attention towards sports playing and to make them concentrate on their game technology systems employed in sports grounds (Wang, Sun, & Chen, 2023). Moreover, the athlete's adaptability towards modern sport technology depends on the training provided to him by his coaches on how to appropriately use modern sport technology. Only the proper use of IT in sports can benefit the athlete (Fereidoon et al., 2021).

Research Objectives

The research objective of this article is to comprehend the effect of the influence of information technology in developing attention and concertation factors in athletes towards sports The improvement in athletes playing abilities by using information technology has also been dissuaded in the Research article.

This research study is divided into five specific sections first portion describes the introduction and objective of the research. The second portion describes the literature review also that defines some hypothesis development. The third portion represents the research methodology, includes research participants, and also explains the tools and techniques related to the variables. The fourth section describes the result and descriptions

Literature review

Researchers explain that using new and innovative teaching ways in the education system provides students with an improved learning experience. The e-learning education system has replaced traditional teaching methods. the social and motivational feature of the student learning more about the subject of their interest increases using e-learning teaching methodology. The student's relational identity strengthens the relation between the student's autotelic experience and innovative ideas by using the e-learning system (Akbari et al., 2023). Studies claim that eye-tracking systems are used in most training and teaching sessions for assessing individuals' non-conscious movement during video-based learning. Personal as well as environmental factors influence a person learning

adaptability during a video-based learning program. These changes in behavior are detected through eye-tracking IT technology-based software (Deng & Gao, 2023; Ng & Joung, 2020). Studies claim that in the sports field, Sport concussion assessment tools are used for assessing the sports injury an athlete faces after any sports accident. The SCAT has limited utility value and is used for para-athletes (Echemendia et al., 2023). Studies claim that athletes with proper sleeping patterns are less stressed and feel more energetic .coaches consider sleeping therapy as a recovery process for an athlete to regain their game-playing strength after a minimum of 8-hour sleep .sleep loss in athletes causes various neurological problems. Athletes that lack proper sleep patterns lack the strength to play with full enthusiasm.by diverging athletes' attention towards a proper sleep pattern, they are provided with sleep therapies (Fullagar et al., 2023). Studies claim that athletes having cognitive load are at higher risk of developing cruciate ligament injury. the cognitive load on the athlete is because of the decision-making burden and the burden of performing multiple tasks at once.by timely assessing the possible risk of ACL injury in athletes, the chances of this injury occurrence minimizes (Hughes & Dai, 2023). Randomized studies explained that by using cognitive-motor-dual-task training in sports, the performance of athletes can be enhanced. The cognitive functioning of basketball athletes improved using the CMDT approach .improved cognitive functioning due to CMDT results in improved brain functioning and thus helps athletes in decision-making (Lucia, Bianco, & Di Russo, 2023). Studies claim that most educational training institutes use artificial intelligence to advance their sports field.using artificial intelligence in educational fields is made on ethical principles for reducing the chances of error in the educational services of training institutes (Nguyen et al., 2023). Studies explain that in most educational institutes around the globe, physical training programs are taught to the students.these physical exercise-based programs improve students' physical health and make them physically active and mentally strong.the muscle strength of individual students getting physical education training improves greatly (Ruzmatovich & Shohbozjon G'ayratjon o'g, 2023). Studies predict that virtual reality is the immersive technology used to improve an athlete's performance as a player.virtual reality guides the athletes to maintain their focus on their game. also, the main benefit of VR is that it increases the attention-related brain activity of athletes (Yen-Yin Wang et al., 2023). Studies explain that information technology in sports provides athletes with memorable experiences. technology bases imaging apps are used in the present era of technology that provides athletes with recreational activity. sports-related apps influence the performance of athletes in the real world and help them to become better at their game-playing skills (Gallucci et al., 2021; Won, Chiu, & Byun, 2023). Studies show athletes' performance in the sports field is influenced by their sleep patterns. athletes with a proper sleeping routine are more likely to play with full determination than athletes without proper sleep.the mental well-being of athletes having proper sleep patterns gets improved.the good mental health of an athlete aids him to improve his game-playing skills, and as a result, his performance in the sports field gets enhanced (Charest & Grandner, 2022). Studies reveal that social and environmental sustainability maintenance abilities are taught to students in various educational sports training fields.sports education providing sectors sustainability maintenance approach is taught to students through sports sceinces (Cuenca-Soto et al., 2023). Studies claim that athletes' neuromuscular strength and its functioning determine athlete performance in games.if the neuromuscular health of Athelte is not good, then his game-playing ability gets disturbed.by assessing player readiness through various indicators, the neuromuscular functioning of athletes can be predicted (Guthrie, Jagim, & Jones, 2023). Studies suggest that using sports medicine for athletes' health is good for athletes.if the metabolic activity gets disturbed by any means, then they are provided with metabolic therapy along with sports medicine. sports medicine makes athlete health improved and fastens the sports stress recovery phase for athletes (Guyokhon, 2022). Studies show that special motor training is provided to athletes to develop their strength.in gymnasium sports, young athletes and women are given motor training that polishes their skills and strengthens their game-playing abilities (Mamasoliyevich, 2023). Studies claim that human loop control is a robotics system based on technology used in various sectors.this technology helps in improving human activities (Samad, 2023). Studies explain that knowledge management practices are used in educational institutes to make the process of useful knowledge deliverance to the students easier.the information technology system is used in the management of knowledge-based services (Shea et al., 2023). Scholars highlighted the importance of cognitive-motor training in enhancing athletes' open skills and sport-related performance.the cognitive function development of athletes gets stimulated by motor training.the improvement in athletic cognitive and motor functioning due to motor training is assessed through various fitness tests.Studies predict that the seven weeks of cognitive and motor skill training improves athletes performing skills as young athletes (Silvestri et al., 2023). Furthermore, to ensure the

development of novel education-providing institutes, the technology-based technique is used in education sports training centers.technology helps improve the teaching way of sports coaches and modernize sports-related traditions. To teach rugby players about their sports, they are given proper sports training using information technology-based systems.effective coaching abilities develop exceptional game-playing skills in their athletes.the justice factor should also be considered seriously while providing training to athletes.equal training opportunities are provided to each player in sports educational training centers to ensure that each player gets equal training opportunities.the equality factor in sport-based education training sectors makes these sectors the novel education-providing sectors (Ramirez-Ubillus et al., 2020; Smith et al., 2023). Studies predict that using training systems in sports-related sectors improves the efficiency of the sports sectors. Most of the sports sectors and institutes use tracking systems to track their athletes and behavioral and game-playing tactics.The profile of athletes as players improves by training the athlete using an effective tracking system in the framework of sports education-based training desings (Torres-Ronda et al., 2022).

Hypothesis development

H1= There is a positive influence of information technology on the attention in sports performance.

H2= There are a negative influence of information technology on attention in sports performance.

H3= There is a significant relationship between information technology on attention and concentration in sports performance.

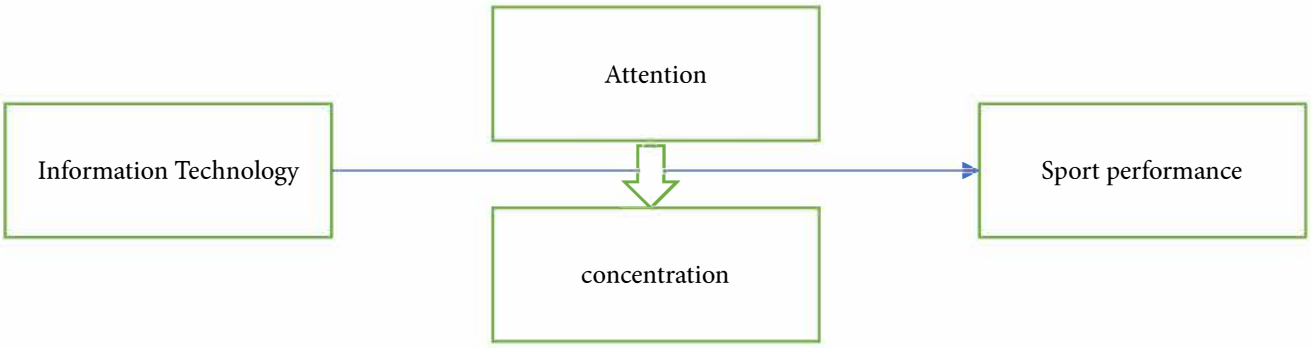
Research methodology

This research study describes the influence of information technology on attention related to sports performance. This research, based on the primary data analysis for this purpose, develops different questions related to information technology, attention, and sports performance. These questions fulfill by different participants related to the sport.

Research tools, techniques, and methods

This research study depends upon primary data analysis to determine whether the research study used SPSS software and generated informative results related to the independent and dependent variables. The descriptive statistic, the one-way ANOVA test analysis, the reliability, regression analysis, also the graphical analysis related to the variables. the sportsmen, coaches, audience, employees of the sports team, and players are all considered research participants. This research study represents the theoretical framework related to the variables, including independent and dependent.

Theoretical Framework



As they directly affect an athlete's capacity to process pertinent information, make decisions, and execute abilities, attention and focus play a significant part in sports performance. Maintaining a laser-like focus is essential for the best performance throughout practice and competition. There are some ways that focus and attention affect athletic performance:

1. Better Performance Execution: Competitors who can maintain attention are more likely to carry out their techniques precisely and accurately. Better performance results are achieved when people can maintain full engagement in the work at hand while blocking out distractions.

2. Improved Situational Awareness: Athletes can improve their situational awareness by paying attention to the game's dynamics and their opponents' moves. They can foresee and react to changing situations more swiftly and strategically because of their increased awareness.

3. Making Decisions: Making decisions in a fast-paced, unpredictable sport requires attention and concentration. A focused mind makes it easier for athletes to quickly analyze pertinent information and decide on the best course of action.

4. Lessened Errors and Blunders: In athletics, lack of concentration can result in errors and blunders. Focused attention reduces the possibility of having mental lapses, which can lead to expensive mistakes during competitions.

5. Optimal Learning: Paying attention during practice and training is crucial for learning and skill development. Athletes can incorporate new tactics and strategies more successfully if they pay close attention to their coaches' feedback and directions.
6. Performance under Pressure: In high-pressure situations, such as crucial junctures in a game or significant competitions, concentration is essential. The likelihood that an athlete would perform well under pressure increases with their ability to remain composed and pay attention.
7. Consistency in Performance: Consistent performance levels are influenced by attention and concentration. Sportspeople who can continually concentrate on their craft are more likely to repeat their top performances throughout a variety of competitions or events.
8. Mind-Body Connection: Focusing helps athletes fine-tune their movements and coordination by strengthening the mind-body connection. The performance of physical abilities is smoother and more effective as a result of this improved mind-body connection.
9. Mental Toughness: A trait of mental toughness is the capacity to concentrate and retain attention in the face of difficulties and distractions. Athletes that are mentally tough can overcome obstacles and continue to play the game.
10. Performance in Endurance Sports: Pacing, regulating tiredness, and preventing mental burnout are all important aspects of endurance sports like long-distance running or cycling.

Result and Descriptions

Descriptive Statistic Analysis

Table-1

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
information Technology 1	54	1.00	3.00	1.5741	.63251
information technology 2	54	1.00	3.00	1.7037	.69035
attention 1	54	1.00	3.00	1.4815	.57432
attention 2	54	1.00	3.00	1.5926	.71424
concentration 1	54	1.00	3.00	1.4815	.60628
concentration 2	54	1.00	3.00	1.6667	.64428
sport performance 1	54	1.00	3.00	1.4074	.56697
sport performance 2	54	1.00	3.00	1.5185	.63664
Valid N (listwise)	54				

The above result represents that descriptive statistic analysis results describe the minimum values, maximum values, also that mean value, and standard deviation. Information technology is the main independent variable. Its mean value is 1.5741, and 1.7037 shows the positive average value of man. The standard deviation rates of information technology are 0.63 and 0.69, shows that 63% and 69% deviate from mean values. Similarly, attention 1 and attention 2 play a mediator role between information technology and sports performance. According to the result, its mean values are 1.48 and 1.59, respectively. The standard deviation rates are 0.57 and 0.71, showing 57% and 71% deviation from the mean. Concentration 1 and concentration 2 is another mediator variable. Its mean values are 1.48 and 1.666, showing positive rates. The standard deviation rate is 0.60 and 0.64, showing that 60% and 64% deviate from mean values. Sports performance is the main dependent variable, according to the result. Its mean value is 1.40 and 1.51 the standard deviation rate is 0.56 and 0.63, showing that there is a 56% and 635 deviations between information technology and sports performance. According to the descriptive statistic, its minimum value is 1.000, the maximum value is 3.00, and the total observation is 54, showing the influence of information technology on attention and concentration in sports performance. Depending on how it is used and the person, information technology can have a positive or negative impact on attention and concentration. Information technology can affect focus and attention in the following ways:

Optimistic Effects

1. Productivity and Organisational Tools: Calendars, to-do lists, and task management software are just a few of the tools offered by information technology that can help people organize their daily activities and increase productivity. By offering structure and reminders, these tools, when utilized properly, can improve attention and

focus.
2. Educational Resources: A wide range of educational resources are available thanks to technology, including e-books, online courses, and instructional apps. As users may easily access information and study materials, these resources can encourage focused learning and participation.
3. Mental Exercises and Brain Training Apps: A few programs and games are made to test cognitive skills and enhance attention, memory, and focus. Cognitive function may be enhanced by using these mental activities in a responsible and balanced way.
4. Virtual Reality (VR) and Simulation Training: VR and simulation technologies can be used to create immersive, compelling settings that call for more focus and attention in training scenarios.
5. Information technology applications that assist mindfulness and meditation practices are available. These can help with enhancing attention, focus, and general mental health.

Adverse Effects

1. The potential for digital diversion is one of the major difficulties presented by information technology. Attention can be drawn away from crucial jobs and activities by social media, notifications, and the constant availability of entertainment.
2. Excessive multitasking can lower the level of attention and concentration on specific tasks due to the ease with which digital tasks can be switched between.
3. Shorter Attention Spans: Frequent exposure to information that is fast-paced and continuously changing through technology might result in shorter attention spans and trouble maintaining focus on lengthier tasks.
4. Sleep Disruption: Using electronics, particularly right before bed, can cause sleep disruptions, which can impair alertness and concentration during the day.
5. Internet Addiction: Excessive use of technology and the internet, which results in internet addiction, can have a negative impact on focus, attention, and general health.

One-way ANOVA

Table-2

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
information Technology 1	Between Groups	1.187	2	.594	1.512	.230
	Within Groups	20.017	51	.392		
	Total	21.204	53			
information technology 2	Between Groups	2.409	2	1.205	2.689	.078
	Within Groups	22.850	51	.448		
	Total	25.259	53			
attention 1	Between Groups	.015	2	.007	.022	.979
	Within Groups	17.467	51	.342		
	Total	17.481	53			
attention 2	Between Groups	3.120	2	1.560	3.327	.044
	Within Groups	23.917	51	.469		
	Total	27.037	53			
concentration 1	Between Groups	.031	2	.016	.041	.960
	Within Groups	19.450	51	.381		
	Total	19.481	53			
concentration 2	Between Groups	1.950	2	.975	2.480	.094
	Within Groups	20.050	51	.393		
	Total	22.000	53			
sport performance 1	Between Groups	1.070	2	.535	1.709	.191
	Within Groups	15.967	51	.313		
	Total	17.037	53			

The above result describes that the one-way ANOVA test analysis result presents the sum of square values, mean square values, F statistic values, and significant values of each variable included between the group and within the group, also the total group. Information technology is the main independent its sum of square values are 1.187,

20.017, 2.409, and 22.850. All values show the positive sum of the square values of the independent variable. Its mean square value is 0.59 and 0.392, showing that 59% and 39% average square rates, and the significant value is 0.230, showing that 23% significant level between them. The attention shows the sum of square rates are 3.120, 23.917, and 27.037, the mean square values are 1.560 and 0.469, the F statistic rate is 3.327, and the significant rate is 0.044, showing that the positive and 4% significant level between them. The concentration also describes that the sum of the square rates of each group is 0.031, 19.450, and 19.481. The mean square value is 0.016, and 0.381 shows positive rates. Similarly, the F statistic value is 0.041, and 2.480 shows positive f statistic rates between them. The significant level is 0.960, showing a 96% significant value of concentration with sports performance. The dependent variable is sports performance result represent that the sum of the square value of sports performance is 1.070, 15.967, and 17.037, the mean square value is 0.535 and 0.313, the F statistic rate is 1.709, showing positive rates, also that its significant value is 0.191, shows that 19% significantly level between them.

Table-3

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	information Technology 1 & attention 1	54	.367	.006
Pair 2	information technology 2 & attention 2	54	.248	.071
Pair 3	information technology 2 & concentration 1	54	-.104	.456
Pair 4	information Technology 1 & concertration 2	54	-.031	.825
Pair 5	information Technology 1 & sports performance 1	54	-.086	.538
Pair 6	attention 1 & sports performance 2	54	.027	.848
Pair 7	concentration 1 & sports performance 1	54	.022	.872

The above result describes that paired correlation between dependent and independent variables resulted in the link between information technology and sports performance. The first pair is information technology, and attention shows that the correlation value is 0.367 and a significant value is 0.006 result shows a positive and 100% significant level between them. The second pair is information technology and attention2. Its correlation value is 0.248, showing that there is a 24% positive relation between them. Its significant value is 0.071 it's presented that 7% significant level between them. Pair 3 shows the link between information technology and attention correlation value is -0.104, and the significant value is 0.456, showing that there is 45% significant relation between them. Similarly, pair five presents that information technology one and sports performance one show that the correlation value is -0.086 and its significant value is 0.538, showing that there is a 53% significant level between them. Pair 6 shows that attention and sports performance link a correlation value is 0.027 and a significant value is 0.848. The pair 7 represent that Concentration one and sports performance one show that correlation value is 0.022, respectively positive correlation between them.

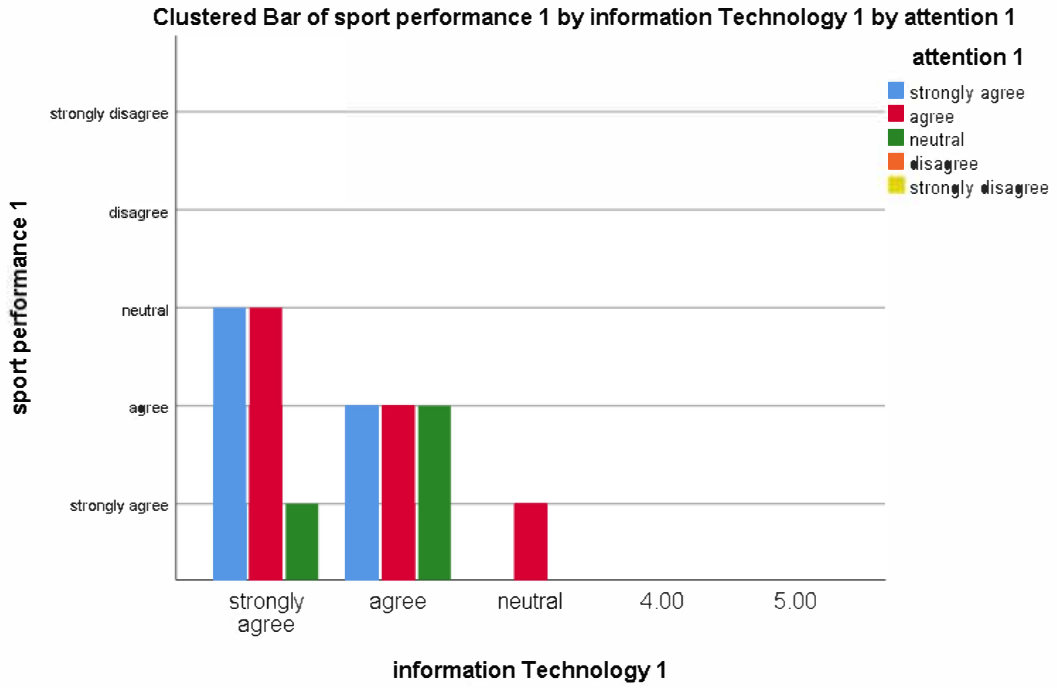
Table-4

Total Variance Explained

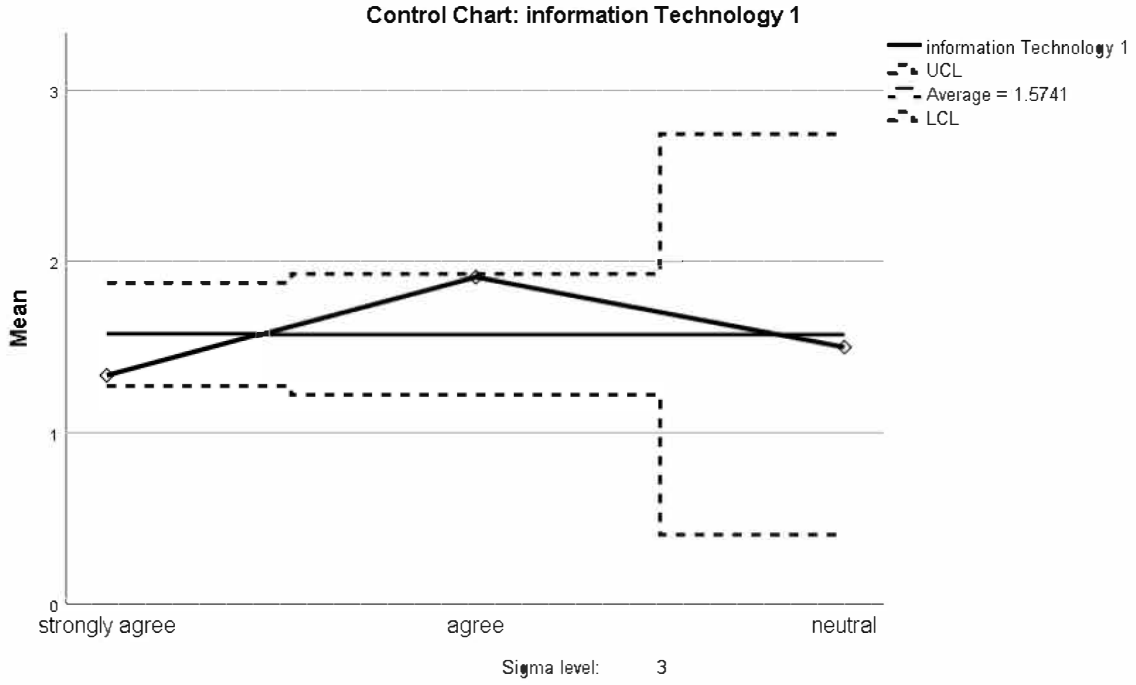
Component	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% Variancence	Cumulative %	Total	% Variancence	Cumulative %
1	1.787	22.336	22.336	1.787	22.336	22.336
2	1.599	19.989	42.325	1.599	19.989	42.325
3	1.216	15.198	57.523	1.216	15.198	57.523
4	1.078	13.479	71.001	1.078	13.479	71.001
5	.791	9.893	80.894			
6	.714	8.925	89.819			
7	.437	5.465	95.285			
8	.377	4.715	100.000			

Extraction Method: Principal Component Analysis.

The above result describes that totVariancence explained result present that initial eigenvalues included % Variancence and % of cumulative value result also describe the extraction sums of squared value included % variance and % cumulative. According to the result, the total values are 1.787, 1.599, 1.216, 1.078, 0.791, 0.714, 0.437. Also that 0.377 shows positive component rates of Variancence. The values of % variance are 22.336, 19.989, 15.198, 13.479, 9.893, 5.465. All values show positive variance rates between them. The % of cumulative are 22.336, 42.325, 57.523, and 71.001. All values show a positive rate between them.



The above graph represents that histogram analysis results represent bar lines. The vertical side shows sports performance. Its presents strongly agree, agree, disagree, and strongly disagree. The horizontal side shows 4.00 and 5.000 agree and strongly agree on rates between sports performance and information technology. The blue bar line shows strongly agree on factors. The red line present agrees factors between dependent and independent variables.



The above graph represents that control chart, The vertical side shows the mean value, and the horizontal side shows strongly agree, agree, and neutral factors. The average rate is 1.5741 between information technology and sports performance.

Conclusion

In conclusion, an athlete's capacity to focus, process information, and successfully use skills is greatly impacted by attention and concentration, which has a significant impact on sports performance. To achieve the best outcomes and reach your athletic potential, you must keep your attention concentrated during practice and competition. Some of the immediate advantages of focused attention and concentration include improved performance execution, better situational awareness, and better decision-making. Focused athletes are less prone to make mistakes and are better able to handle stressful conditions. The mind-body link is further enhanced by concentrated attention, which results in more fluid and effective physical skill performance. this research study determines the influence in between information technology and sport performance with attention and concentration role between them. this research study based on the primary research data for determine the research used SPSS software and generate informative results related to the variables. this research study accepts the all-alternative hypothesis included H1, H2 and reject null hypothesis. The overall research concluded that there are positive and significant relation in between information technology and sport performance. the attention shows significant link with sport performance. the concentration shows positive link with sport performance. It is crucial for people to acquire healthy digital habits and use technology responsibly in order to maximize the good effects of information technology on attention and focus while minimizing the negative effects. In the digital era, establishing boundaries, controlling digital distractions, taking frequent breaks, and implementing mindfulness practices can all assist in fostering greater attention and concentration. The prevalence of distractions and the digital age, however, make it difficult for athletes to focus and pay attention. Digital distractions from smartphones and continual connectivity can make it difficult for athletes to stay focused and give their all to their activity. Athletes can use mental training methods like imagery and mindfulness exercises to improve their focus and attention while playing sports. The development of these mental abilities and the development of mental durability in athletes is greatly assisted by coaches and sports psychologists. In the end, athletes are more likely to produce consistent and high-level performances if they prioritize and improve their attention and concentration. Athletes can reach their full potential and achieve success in their chosen sports by realizing the importance of attention and focus in athletic performance and using techniques to promote these mental qualities.

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