

## BÖLÜM 5

# KAVRAMSAL BAKIŞ AÇISI İLE SPORDA ÜSTÜN BAŞARI İÇİN ZİHİNSEL DAYANIKLILIK

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### GİRİŞ

Amerikan Profesyonel Basketbol Ligi' inde (NBA) 6 kez şampiyonluk yaşamasının yanı sıra, 6 kez finallerin (MVP) ve 5 kez NBA' in en değerli oyuncusu olmuş (Wikipedia, n.d.) basketbolun yaşayan efsanesi Michael Jordan (MJ) başarısının sırrını şu sözlerle açıklamaktadır: “Doksan binden fazla atış kaçırdım. Neredeyse üç yüz maç kaybettim. Yirmi altı kez maçın kaderini değiştirecek atışı yapma şansına sahip oldum ve kaçırdım.”(Syed, 2010). Böyle bir kariyere sahip sporcunun başarısızlıklarından inşa ettiği başarılarla dolu imparatorluğunun sırrı yalnızca sahip olduğu atletizm olamazdı... Onu diğerlerinden farklı kılp tarihe geçiren, çok yüksek isabet ile attığı şutlar mı? Ya da sahip olduğu takım arkadaşları mıydı? Sadece fiziksel ve teknik faktörler onu bu noktaya taşıyamazdı. Belki de görmemiz gereken detaylardan biri başarısızlığın yarattığı olumsuz psikolojik atmosfer ile baş etme becerisidir.

MJ için kariyerinin erken safhalarındaki dönüm noktası, fiziksel yetersizlik gerekçesi ile lise ikinci sınıfta as takıma seçilemeyerek bir alt takım olan Junior Varsity ekibinde oynamasıdır. Belki de antrenörü için hiçbir zaman NBA'de oynayabilecek po-

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