

Bashundhara Sports City

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Part A

Chapter 1 (Internship Preparation)

Overview

First off, as part of my academic program, I finished my internship at Bashundhara sports city (BSC), largest multi sports complex in Bangladesh. After joining BSC as an intern, I had the chance to obtain real-world experience that would be relevant to my studies of sports marketing. Using the data that was gathered, I conducted an analysis of the experiences of BSC athletes and their emotional stability. The motivation for the particular decision to finish an internship at BSC sports marketing includes the following reasons:

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Learning from the Best

Bashundhara Sports City (BSC) is the **nation's first, largest, and most specialized sports city in the private sector**.. This makes BSC a pioneer in sports development, offering a unique opportunity to learn from the country's leading specialists in athletics, wellness, and sports management.

2. Considering Career Options

By interning at BSC, I explored various roles in the **sports management and non-banking sector**. This helped me evaluate whether careers in sports administration, event management, or athlete development align with my interests and skill set. Internships like this provide clarity about career paths and help us decide what we might want to pursue after graduation.

3. Obtaining Real-World Experience

My internship allowed me to apply theoretical knowledge from my finance and business administration studies to the **sports industry**. I learned how concepts like organizational management, customer relations, and operational efficiency translate into real-world sports facility operations.

4. Developing a Professional Network

Working at BSC gave me the chance to connect with sports professionals, coaches, and administrators. These relationships are invaluable, as they can serve as mentors or open doors to future opportunities in sports management and related industries.

5. Key Insights from BSC Internship

Teamwork & Communication: Collaborating with colleagues and interacting with athletes and clients improved my interpersonal skills.

Sports Facility Operations: I gained a deeper understanding of how large-scale sports complexes operate, including scheduling, client services, and event coordination.

Problem-Solving: I often had to address diverse client inquiries, such as booking facilities, resolving scheduling conflicts, or assisting athletes with logistics. These experiences sharpened my ability to think quickly and provide practical solutions.

6. Managing the Internship Journey

The process of securing my internship began with preparing a professional CV. I applied through career service postings and practiced interview skills to build confidence. Although I received offers from other organizations, I chose BSC because it offered the most comprehensive learning environment. With guidance from my supervisor, I successfully joined BSC and began my internship, which officially started on 07th July 2025.

. Interview Experience

The entire interview with the recruitment officer went quite well. The interviewer began by asking some general questions in an attempt to break the ice. After that, he asked me about my hobbies, educational history, and reasons for being a good fit for the program, as well as how it would benefit others and me.

I addressed the organization's standing across the country, my expertise in the area, the necessity of looking at the workplace culture, and practical skills, among other things, in my response. I made it clear that, among other options, the sports city must give an intern a great deal of practical experience in the subject of study and explain how this will help me fulfill my graduation

requirements. The interviewer provided a brief synopsis of their organization after he was sufficiently convinced. For example, the department in which I will work in the next weeks and the overall structure of the organization.

Toward the end of the interview, I was questioned about my family and where I live in Dhaka. Further, they informed me about the office time which was 11 a.m. to 10 p.m. Overall, the interview went quite smoothly and it was a good experience.

Organization Overview: Bashundhara Sports City

Bashundhara Sports City (BSC) is the nation's first, largest, and most specialized sports city institution in the private sector. Established by the Bashundhara Group, it was envisioned as a hub to transform Bangladesh's sports landscape by providing world-class facilities and training opportunities.

BSC is recognized as the pioneer in sports infrastructure development in the country.. This achievement sets BSC apart as the most reliable and sustainable sports institution in Bangladesh.

The sports city spans over 100 acres of land and offers facilities for more than 20 different sports, including football, cricket, swimming, tennis, basketball, rugby, martial arts, and archery. It also houses Gold's Gym Bangladesh, yoga studios, and an amphitheater, making it not only a sports hub but also a center for wellness and cultural activities.

One of BSC's significant milestones has been the establishment of professional academies for football, cricket, and tennis, which train thousands of young athletes under the guidance of internationally certified coaches. These academies have already produced promising talents who are contributing to both national and international sports. As of 2024, BSC continues to expand its facilities and programs, aiming to position Bangladesh as a competitive player in global sports. It regularly hosts tournaments, training camps, and community events, generating both social and economic value.

Chapter 2 (About the Internship) My Role as an Intern

In my role as an intern at Bashundhara Sports City (BSC), I assisted the operations department and gained hands-on experience in the country's largest private sports institution. I operated in a highly organized environment with clear rules and expectations for my position.

My office was located within the BSC complex, where I was assigned to work in the Operations Division for three months. I collaborated with other employees and was expected to abide by the organization's professional behavior guidelines and dress code. The daily duties and responsibilities remained consistent, and I was specifically assigned to perform three major tasks throughout the internship:

Handling Operations and Facility Management

I was responsible for coordinating schedules for different sports facilities, ensuring smooth operations across football, cricket, and swimming arenas. This included monitoring bookings, assisting in event preparation, and ensuring compliance with organizational standards.

- Managing Foreign Clients and Delegations
- BSC regularly hosts international coaches, athletes, and sports delegations.
- My role involved assisting foreign clients with logistics, communication, and hospitality services.
- I often acted as a liaison, helping them navigate the facilities and ensuring their needs were met professionally.

Research on Emotional Stability of Cricket Players

- I was assigned to support a research project focusing on the emotional stability and performance psychology of cricket players.
- This involved collecting data, observing training sessions, and assisting in interviews with athletes.

- The goal was to understand how emotional resilience impacts performance and to provide insights for coaches and sports psychologists.

Learning Outcomes

Soft Skills: For the first time, I was introduced to BSC's internal management systems and operational modules. I received training on using the organization's scheduling and client management software. Over time, my typing speed and ability to navigate digital systems improved significantly.

Professional Behavior & Attitude: Unlike university, communication and dress code at BSC were more formal. Conversations with colleagues and foreign clients were professional and work-related. I learned to communicate in a precise and respectful manner, which enhanced my professional demeanor.

Patience & Emotional Intelligence: While working with cricket players during the emotional stability research, I realized every athlete reacts differently under stress. Some were calm and cooperative, while others displayed frustration or anxiety. Initially, it was difficult for me to handle emotionally charged situations, but with time, I learned to remain composed and empathetic. This strengthened my patience and emotional intelligence.

Communication Skills: My fluency in both Bengali and English improved, especially when interacting with foreign clients. I became more confident in public speaking and professional communication. Handling diverse clients and athletes enhanced my ability to adapt my communication style to different contexts.

Chapter – 3 (Self-reflection)

Observations and Experiences

During my internship at Bashundhara Sports City, I encountered several situations that gave me insight into the values and culture of the organization. Both favorable and negative observations were made. Under the headings Positive Impressions and Negative Impressions, these situations have been emphasized.

Positive Impressions

- The staff members are kind, welcoming, and always ready to assist visitors and athletes.
- Colleagues and supervisors show strong teamwork, helping each other during events and training sessions.
- The environment is very friendly; athletes, coaches, and staff often address each other informally, creating a sense of family rather than hierarchy.
- The management is disciplined in organizing sports events, ensuring athletes receive proper guidance and facilities.
- Punctuality is valued — training sessions, matches, and maintenance tasks are carried out on time, reflecting professionalism.

Negative Impressions

- Frequent clashes in booking slots create confusion and sometimes lead to overlapping schedules.
- Several washrooms remain under construction, causing inconvenience for athletes and visitors.

- Due to a minimum workforce, booking confirmations are often delayed, leaving participants uncertain about their schedules.
- A sitting arrangement crisis is noticeable during large events, with insufficient seating for spectators.
- The online booking app is not updated regularly, forcing reliance on manual bookings that often cause conflicts.
- Technical issues with sports equipment and digital scoreboards occasionally disrupt practice or matches.

Insights

Speaking of my next professional job after an internship, I think I need to have more training and credentials in order to function in a managerial capacity within my field. I've been given the following quick outline of what I may work on for the next position: Career Reflection and Desired Position

Identifying Strengths

Before applying for any position, it is essential to evaluate my current abilities and traits. Based on the feedback I received during my internship, I can pinpoint the areas where I excelled, such as adaptability, punctuality, and teamwork. Recognizing these strengths will help me target positions and organizations where my skills will be valued and appreciated.

Learning from Experience

My internship provided my first exposure to a professional work environment at Bashundhara Sports City. This experience allowed me to understand organizational culture, event management, client interactions, and operational processes within a large sports complex. By reflecting on these experiences, I can identify the knowledge, abilities, and qualities I bring to the table, and seek opportunities in organizations that respect and nurture these capabilities.

Extending Network

Professional growth requires building and maintaining strong networks. During my internship, I established connections with colleagues, supervisors, and industry representatives. By continuing to interact with these contacts, as well as reaching out to alumni and professionals in the sports and event management sector, I can broaden my network. This will help me learn about new opportunities, gain industry insights, and strengthen my career prospects.

Commitment to Growth

To achieve long-term career goals, I must remain committed to acquiring knowledge and credentials in the fields of sports management and event operations. This requires a planned and reflective approach to professional development, including:

Recognizing strengths and aligning them with career goals.

Defining clear objectives for career advancement.

Learning from past experiences to improve future performance.

Remaining open to new opportunities and challenges.

Acknowledging the importance of internships and professional experiences in developing practical skills and industry knowledge.

Possible initiatives to do better Exploration and Rotation: Interns should have the opportunity to explore themselves and learn more about the organization and how it works. They should be assigned to different departments once a week — such as event management, facility operations, athlete services, and marketing — to learn how each department functions. This will enhance their knowledge and help them gain a clear idea about how a large sports complex like Bashundhara Sports City operates.

Engaging Tasks Beyond Routine Work: It is a very monotonous and boring task to keep handling repetitive paperwork or logistical duties all the time. Interns have more potential than this. They can be assigned tasks such as assisting in event coordination, communicating with athletes or visitors, or helping with promotional activities. This will boost their confidence, improve communication skills, and give them practical exposure to real-world sports management

Developing both new and current skills has been my main focus to succeed. Since the internship prepares a fresher for their professional future and has a strong connection to the sports industry, I see it as the first step towards achieving my career ambitions. The plan uses a variety of tools, including training courses, industry publications, mentorship, advanced degrees, and specialized training programs, to improve my competencies in sports management and cricket development.

This plan is meant to serve as a roadmap for me to follow while I work toward my goals and ambitions.

Goal

- Learn more about the development of sports, especially cricket.
- Improve interaction skills to strengthen communication between foreign and local players.
- Understand the procedures of field management and maintenance.
- Explore ways to improve infrastructure for cricket and enhance facilities for athletes.

Actions

- Look for a job or internship in the sports industry, particularly in cricket management, to gain hands-on experience.
- Begin establishing a network of contacts in the sports sector, including coaches, athletes, event organizers, and facility managers.
- Complete an IELTS course and enroll in a Master's degree in Sports Management or related fields to strengthen academic knowledge.
- Take online courses on sports facility management, event coordination, and communication skills to improve professional competencies.
- Learn technical aspects of cricket infrastructure, such as turf management, pitch preparation, and stadium operations.
- After gaining sufficient expertise in the field, aim to secure a role in a multinational sports organization or cricket board to build a long-term career.

PART B

Abstract (Focused on Emotional Stability of Cricket Players)

Emotional well-being plays a critical role in an athlete's performance, decision-making, and long-term career development. In competitive sports such as cricket—where pressure, expectation, and public scrutiny are constant—maintaining emotional stability becomes essential for sustaining consistent performance. As professional and aspiring cricketers in Bangladesh increasingly participate in high-intensity domestic and international matches, understanding their emotional responses during both successful and challenging periods has become more important than ever. Preliminary observations suggest that players often experience fluctuations in confidence, motivation, and mental resilience depending on match outcomes, workload, and external pressures. This study aims to explore and analyze the emotional stability of cricket players during both good and bad performance days. By examining key emotional patterns, stress triggers, and coping mechanisms, the research seeks to identify factors that influence players' mental balance. The findings are expected to contribute to improved psychological support, performance management, and athlete well-being initiatives within Bangladesh's cricket ecosystem

Chapter 1

“EMOTIONAL STABILITY’ OF BASHUNDHARA SPORTS CITY ATHLETES”

Research Context (Background of the Study)

Sports have become an integral part of modern society, contributing not only to physical development but also to emotional and psychological well-being. With the rising popularity of cricket in Bangladesh and the growing number of young athletes entering competitive pathways, the demand for structured training environments and professional support systems has increased significantly. Bashundhara Sports City, one of the largest and most advanced sports complexes in the country, plays a central role in supporting athletes by providing world-class facilities, training grounds, and performance-enhancement services.

As competitive pressure intensifies within domestic leagues and national-level cricket, players are increasingly exposed to emotional highs and lows that arise from performance outcomes. Cricket, in particular, is a game where confidence, focus, and mental resilience are tested continuously. On successful days, players often experience elevated motivation and confidence, whereas poor performance days may trigger stress, frustration, self-doubt, or emotional fatigue. These fluctuations can significantly influence long-term performance, team dynamics, and overall athlete well-being.

Recognizing the importance of mental stability in sports, Bashundhara Sports City has taken initiatives to promote athlete welfare through structured training programs, coaching support, and communication channels that allow players to express their concerns. However, despite these efforts, the emotional experience of cricketers—especially how they cope with good and bad performance days—remains underexplored.

This study aims to investigate the emotional stability of cricket players who train or participate at Bashundhara Sports City. By analyzing their emotional responses, coping strategies, and the

factors influencing mental resilience, the research intends to identify areas where psychological support, training practices, and player management can be improved. The findings of this study will contribute to enhancing athlete well-being and strengthening the overall sports development ecosystem in Bangladesh.

Problem Statement

Although Bashundhara Sports City has rapidly expanded its facilities and training programs to support the growing number of cricket players in Bangladesh, a comprehensive understanding of players' emotional experiences throughout their performance cycles remains limited. Initial observations indicate that cricketers often encounter significant emotional fluctuations—from heightened confidence on successful days to frustration, stress, or self-doubt during poor performances. These emotional shifts may influence not only individual performance but also overall well-being, team dynamics, and long-term athlete development. Despite the importance of mental resilience in competitive sports, the specific challenges and emotional pressures faced by players within this environment have not yet been systematically examined. Therefore, the primary aim of this study is to identify and analyze the key difficulties that cricket players experience in maintaining emotional stability during both good and bad performance days.

Research Question

Good days

- I stay calm even when I am performing really well
- I stayed focused and avoid getting carried by success
- I manage my excitement effectively during good moments
- I maintain control over emotions when the game is in my favor
- I continue following my routine and discipline despite good momentum
- I can balance aggressiveness and caution effectively

Off form days

- I stay calm even if I am not performing well
- Clearly I can define my emotions during tough phrase
- I avoid getting frustrated after making mistakes
- I can refocus quickly after a poor shot, over or fielding error
- I avoid self talks when things are not going well
- I stay patient when my performance is below expectations

SHORT Q/A

What support would help you to improve emotional stability?

Research Objective

The purpose of this study is to assess and analyze the emotional experiences of cricket players during both successful and challenging performance periods. The study aims to identify the key factors that influence emotional stability, understand how players cope with pressure and performance outcomes, and provide practical recommendations to enhance psychological support and overall well-being within the sporting environment.

Specific Objectives:

- To identify the emotional challenges cricket players face during both good and bad performance days.
- To evaluate the factors—such as pressure, expectations, environment, and personal coping mechanisms—that influence emotional stability.
- To assess how fluctuations in emotional states impact performance, motivation, and overall well-being.
- To suggest strategies or support systems that can help players maintain emotional balance in competitive situations.

Significance of the study Significance of the Study

Understanding the emotional stability of cricket players is essential in a sport where performance is heavily influenced by mental resilience, focus, and psychological well-being. This study holds significant value as it sheds light on the emotional experiences of players during both successful and challenging performance periods, offering insights that can contribute to improved athlete management and long-term performance consistency.

For athletes, the study provides a clearer understanding of emotional patterns, stress triggers, and coping mechanisms, helping them become more self-aware and better equipped to handle competitive pressure.

For coaches and trainers, the findings can support the development of more effective training methods that incorporate mental conditioning and emotional support alongside physical preparation.

For sports psychologists and support staff, the research offers evidence-based insights that can guide the creation of targeted interventions, counseling strategies, and structured wellness programs tailored to cricket players' needs.

For Bashundhara Sports City, the study can help improve its athlete support ecosystem by highlighting areas where emotional and psychological services can be strengthened, ultimately enhancing player satisfaction and performance outcomes.

On a broader scale, the study contributes to the growing field of sports psychology in Bangladesh, offering valuable academic and practical knowledge that can aid national sports organizations in building a more holistic approach to athlete development

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Industry Trend and Outlook

Inclusion of Richard Pybus as Head Coach

Bashundhara Sports City's academy has recently taken a major step toward international-standard athlete development by appointing Richard Pybus, a renowned international cricket coach, as its first head coach. Pybus brings extensive global experience, having coached national teams such as West Indies, Pakistan, and Bangladesh, as well as several elite T20 and first-class franchises around the world. His appointment marks a significant milestone for the academy, reflecting its ambition to offer world-class training, modern performance methodologies, and a professional environment aligned with international cricketing standards.

Pybus's expertise in player psychology, mental toughness, and high-pressure performance environments is particularly valuable for addressing the emotional stability of young and emerging cricketers. His presence strengthens the academy's ability to integrate mental conditioning and emotional resilience training into regular coaching activities—an essential component given the competitive and emotionally demanding nature of cricket.

Current Trends

The modern cricket landscape is undergoing significant transformation as training centers and academies incorporate holistic approaches to player development. One of the emerging trends is the growing emphasis on mental conditioning and emotional resilience, acknowledging that performance is influenced as much by psychological stability as by technical skill. Cricket academies around the world are integrating sports psychology sessions, mindfulness training, and structured emotional support to help players handle pressure, expectations, and performance fluctuations.

Another key trend is the integration of internationally experienced coaches who bring global methodologies, advanced training philosophies, and a stronger focus on mental toughness. Bashundhara Sports City's appointment of Richard Pybus as its first international head coach reflects this shift toward adopting global best practices. His experience in coaching elite national teams aligns with the growing demand for professional-level mentorship for young cricketers in Bangladesh.

Technology-driven training methods are also shaping the industry. Tools such as performance analytics, video breakdowns, wearable monitoring devices, and mental fatigue trackers are increasingly used to assess both physical and emotional readiness. These innovations enable coaches to identify stress patterns, burnout risks, and performance-linked emotional fluctuations more effectively.

There is also a noticeable trend toward building player-centered environments where emotional well-being, open communication, and individualized support are prioritized. With players facing intense competition and public scrutiny, academies are now focusing on creating supportive ecosystems that allow athletes to express challenges, seek help, and develop stronger coping mechanisms.

Overall, the current trends show a clear shift toward holistic athlete development, where technical training, emotional stability, mental conditioning, and world-class coaching work together to prepare cricketers for high-performance environments.

Outlook

the future outlook for cricket development in Bangladesh, particularly within structured training environments like Bashundhara Sports City, is highly promising. With increasing investments in modern sports infrastructure, the introduction of internationally renowned coaches such as Richard Pybus, and a growing recognition of the importance of athlete mental health, the sector is expected to move toward more holistic and professional development models.

In the coming years, emotional stability and mental resilience will likely become core components of athlete training programs. As competitive pressures continue to rise in domestic and international cricket, academies will need to integrate sports psychology, individualized mental conditioning plans, and continuous emotional support systems to ensure consistent performance and player well-being.

Bashundhara Sports City is well-positioned to lead this shift, as its advanced facilities, structured training ecosystem, and access to global coaching expertise create a strong platform for comprehensive athlete development. The growing awareness among players, coaches, and sports organizations about the psychological demands of cricket suggests that demand for mental coaching and emotional resilience programs will continue to increase.

Furthermore, with Bangladesh's cricketing talent pool expanding rapidly, the focus will likely shift toward preparing players not just physically but mentally to meet international standards. As a result, the outlook indicates a long-term movement toward integrated development—where physical performance, emotional stability, and psychological preparation work together to shape more balanced, confident, and competitive cricketers.

Chapter Two: Research Methodology

Type of Research

This study is descriptive and analytical, aiming to assess the emotional stability of cricket players during both good and bad performance days. To achieve this, the research focuses on observing patterns of emotional responses, coping mechanisms, and factors affecting mental resilience among players.

A survey-based approach was employed as the primary data collection method. The survey consisted of a combination of multiple-choice questions to quantify emotional trends and short-answer questions to capture players' personal reflections, experiences, and coping strategies. This mixed-question format allows for both quantitative analysis of general patterns and qualitative insights into individual experiences.

Overall, this research seeks to provide a detailed understanding of players' emotional stability, identify the key challenges they face, and offer practical suggestions for improving psychological support and performance management in a professional cricket training environment.

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Research Design

A survey method was employed to collect primary data from the players. The survey included multiple-choice questions to quantify common emotional trends and short-answer questions to capture personal reflections, coping strategies, and experiences that cannot be measured numerically. This combination allows for both quantitative analysis of emotional patterns and qualitative insights into individual players' mental states

Population and Sample

The population for this study includes cricket players and trainers associated with Bashundhara Sports City, covering a wide range of competitive experience levels. The participants were selected using purposive sampling to ensure relevance to the research objective of assessing emotional stability during good and bad performance days.

The sample includes:

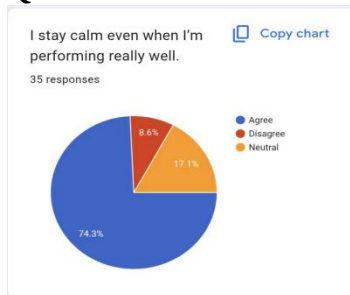
- Former national players with experience in international matches.
- Current national players representing Bangladesh in domestic and international competitions.
- Bangladesh U19 players, including those preparing for youth international tournaments.
- Dhaka League domestic players, participating in competitive domestic cricket.
- Richard Pybus, the first international head coach of Bashundhara Sports City Academy.
- Richard Stonier, trainer of the Bangladesh U19 cricket team.
- Corporate cricket players, representing companies and organizations in structured cricket competitions.

Limitations

- Limited sample size
- Time constraints
- Lack of longitudinal tracking
- Limited psychological tools
- Only local cricket players included
- Less involvement of foreign players

Chapter Three: Findings and Discussion

Question -1



Agree (74.3%): The majority of respondents reported that they remain calm even during strong performance periods. This suggests that most cricket players in the sample exhibit good emotional control and are able to maintain composure despite positive performance outcomes.

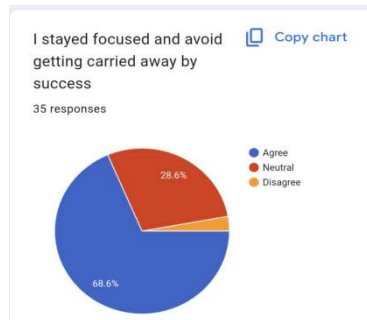
Neutral (17.1%): A smaller portion of respondents are uncertain or feel that their emotional stability varies. This group may include players who sometimes experience excitement or overconfidence during peak performance.

Disagree (8.6%): A minor fraction of players admitted that they do not stay calm when performing well. This indicates a few players may struggle with managing emotions even during positive moments, which could influence decision-making and focus on the field.

Interpretation:

Overall, the findings indicate a high level of emotional stability among players during good performance days, with nearly three-quarters able to remain calm. However, the presence of neutral and disagree responses suggests there is room for mental conditioning and training to help all players achieve consistent emotional control under varying performance conditions.

Question 2



Agree (68.6%): A majority of players reported that they were able to stay focused and not let success affect their concentration. This indicates strong self-regulation and the ability to maintain mental discipline even after good performances.

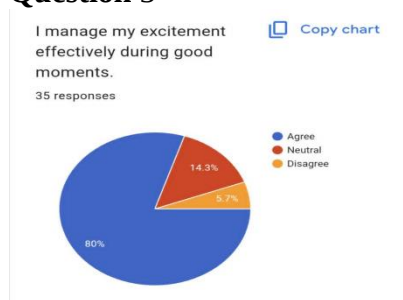
Neutral (28.6%): Around one-third of respondents were unsure or partially felt they could maintain focus. This group may experience occasional lapses in concentration or varying responses depending on the level of success.

Disagree (2.8%): A very small portion of players admitted that they struggle to stay focused when performing well, suggesting some vulnerability to overconfidence or distraction after success.

Interpretation:

The findings show that most players at Bashundhara Sports City have good focus and emotional regulation during successful periods, which is crucial for maintaining consistent performance. However, the notable neutral responses highlight an opportunity for mental conditioning programs to further enhance concentration and reduce susceptibility to complacency among all players.

Question 3

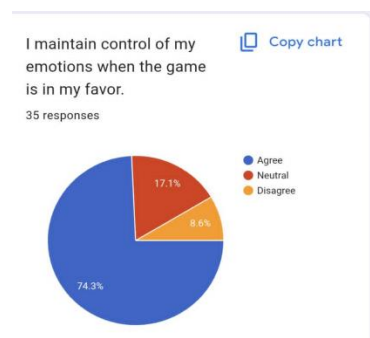


The data indicates that 80% of the players believe they can manage their excitement effectively during positive moments, which is a strong sign of emotional stability. In sports, maintaining composure even during successful or high-adrenaline situations is crucial for decision-making, consistency, and maintaining focus. This majority suggests that most players possess a mature level of emotional control, preventing excitement from affecting their performance.

The 14.3% who responded neutrally may be players who experience fluctuating emotional control — they handle excitement well at times but may struggle occasionally. This group may benefit from mental skills training or mindfulness exercises to strengthen consistency.

The 5.7% who disagreed represent players who find it difficult to regulate their excitement during good moments. This may lead to impulsive decisions, loss of focus, or performance dips under high emotional arousal.

Question -4



Agree – 74.3% (≈26 players)

A strong majority of players believe they can maintain emotional control when the game is going well. This indicates high confidence and emotional stability during positive game situations.

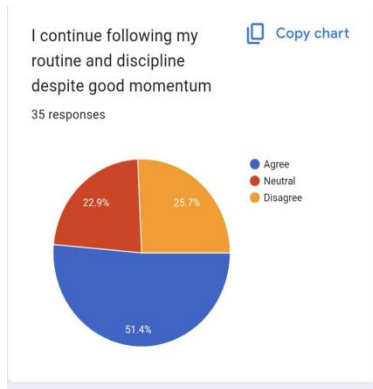
Neutral – 17.1% (≈6 players)

A moderate portion remains uncertain about their emotional control. These players may experience mixed feelings or inconsistent emotional responses during favorable situations.

Disagree – 8.6% (≈3 players)

A small group feels they struggle to stay emotionally composed even when the game is in their favor. This could reflect over-excitement, pressure, or difficulty in staying focused

Question 5



Agree – 51.4% (≈ 18 players)

Slightly more than half of the respondents report maintaining their routines and discipline even when the team or their own performance gains momentum. This indicates that a majority possess stable self-regulation and do not get carried away by positive game flow.

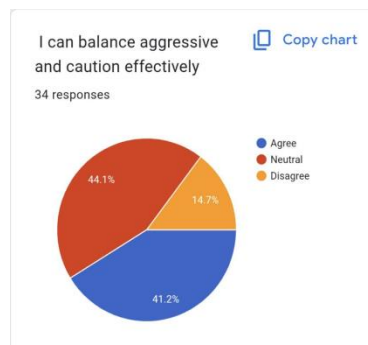
Neutral – 22.9% (≈ 8 players)

A considerable portion remains unsure. These players may sometimes follow routines but may also deviate depending on pressure, excitement, or match conditions. Their consistency in discipline may fluctuate.

Disagree – 25.7% (≈ 9 players)

Nearly one-fourth of the players admit they struggle to maintain discipline when momentum is good. This suggests that positive performance might lead to overconfidence, relaxation of discipline, or deviation from planned routines.

Question 6



Agree – 41.2% (≈ 14 players)

A significant portion of players believe they can find the right balance between aggression and caution. This suggests that many players feel confident in adapting their play style according to match situations.

Neutral – 44.1% (≈15 players)

This is the largest group. These players are uncertain about their ability to balance aggression with caution consistently. This indicates variability — sometimes they get the balance right, but not always. It also shows room for improvement in decision-making and emotional regulation.

Disagree – 14.7% (≈5 players)

A smaller but important group admits difficulty in adjusting their level of aggression or caution. These players may tend to either play too aggressively or too defensively, which could affect performance under pressure.

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The data reveals mixed confidence among players regarding balancing aggression and caution.

With over 58% (neutral + disagree) not fully confident, this suggests that decision-making under pressure is an area that needs development.

This could be influenced by:

- Emotional reactivity
- Pressure situations
- Lack of strategic clarity
- Difficulty maintaining composure during rapid game changes

Implications:

- Players may benefit from mental skills training, such as:
- Situational awareness drills
- Controlled aggression training
- Emotional regulation strategies
- Scenario-based practice sessions

Question 7



the survey shows that most players are able to stay calm even when they are not performing well.

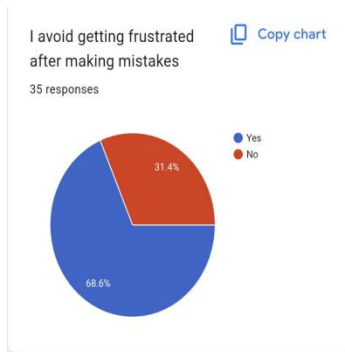
34.3% strongly agree and 28.6% agree, meaning over 62% of players feel emotionally stable during bad form.

A smaller group remains unsure (20% neutral), showing mixed confidence.

Only 8.6% disagree and 8.6% strongly disagree, indicating that a few players struggle to stay calm under pressure.

Overall, the majority demonstrate strong emotional control, while a minority experience difficulty maintaining composure

Question 8



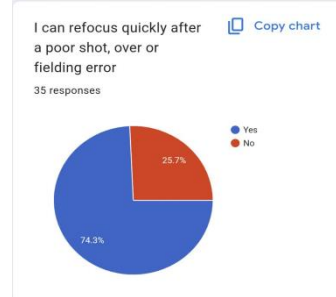
most players demonstrate strong emotional control even after making mistakes:

68.6% answered “Yes”, meaning they are able to avoid getting frustrated and maintain composure.

31.4% answered “No”, showing that about one-third of players still struggle with frustration after errors.

A clear majority of players show resilience and emotional maturity, but a significant minority may benefit from mental conditioning, confidence-building activities, and supportive feedback to reduce frustration during performance setbacks.

Question 9

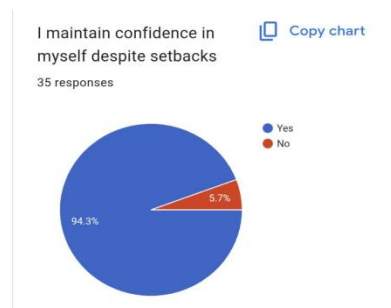


74.3% responded “Yes,” indicating strong mental recovery and the ability to regain focus rapidly.

25.7% responded “No,” showing that about one-quarter of players struggle to refocus immediately after an error.

The majority of players demonstrate quick mental recovery, which is crucial for consistency in performance. But a notable minority still needs guidance in developing stronger refocusing techniques during pressure moments.

Question 10

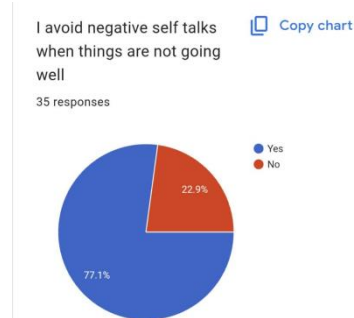


94.3% (blue) answered “Yes”, meaning the vast majority feel they do maintain confidence even when facing setbacks.

5.7% (red) answered “No”, indicating only a small portion feel they struggle with confidence during challenges.

Overall, the chart suggests very strong self-confidence within the group that participated.

Question 11



77.1% (blue) answered “Yes”, meaning most people do avoid negative self-talk during difficult times.

22.9% (red) answered “No”, showing that nearly a quarter still struggle with slipping into negative self-talk.

Compared to the previous chart you shared, this one suggests that while confidence during setbacks is very high overall, managing negative self-talk is a bit more challenging for a noticeable minority of the group.

Question 12



Agree – 37.1%

The largest group of players feel they do stay patient despite poor performance.

Neutral – 25.7%

A significant portion are unsure or neither agree nor disagree, indicating mixed or situational patience.

Disagree – 17.1%

These players feel they struggle with patience when playing below expectations.

Strongly disagree – 11.4%

A noticeable minority clearly indicates difficulty maintaining patience.

Strongly agree – 8.6%

A small group feel very confident in their emotional stability and patience.

Overall Interpretation

The responses suggest that most cricket players report moderate to high emotional stability, with nearly 46% (Agree + Strongly agree) saying they remain patient even when not performing well. However, 28.5% (Disagree + Strongly disagree) experience impatience under pressure, indicating that a meaningful portion of players may struggle with emotional regulation when performance drops.

The 25.7% neutral group suggests many players' patience may vary depending on context (match importance, personal expectations, coaching pressure, etc.).

What This Indicates About Emotional Stability

- Generally positive emotional stability among players.
- But a considerable minority struggles, suggesting a need for:
- Mental conditioning
- Coping strategies
- Confidence-building training
- Support during performance slumps

Question 13

What support would help you to improve emotional stability?

Here are some individual thoughts of players responding to survey struggling to redeem form

- Gentle behavior
- Family support
- Believing in myself
- You have a capabilities to do more better those type of word help me out
- I am the best..confident
- Need A good women to support
- Team Support
- I think not only me, the enrichment of Sports Psychology should be prominent for every cricketers. There should be an Athlete counseling center in the country
- I don't know
- Opening bowling

- Someone reminding me that I am the best every time I feel I am not good enough
- Believe in Allah .
- Listen to music and say your prayers
- My teams confidence in me
- Namaz
- Bhatia
- Support from the dugout. and I think the game is all about execution and if a coach or someone from the dugout keeps motivate you and remembering you what you should do in the ground it definitely improve the emotional stability.
- Thanks
- Focus more on the moment, present and ball by ball, other than situations.
- Namaz
- Clear feedback and encouragement from coaches and teammates.
- Getting runs in 1st over
- Yes
- Clear calls and decisions about me and my role from team management and captain.
- Purpose of playing cricket, except Love for the game
- Yoga
- Nothing to lose, enjoy the game

Players rely on a mix of self-belief, spiritual practices, and strong support systems to maintain emotional stability during off-form days. Confidence boosters—such as reminders of their abilities, focusing on the present moment, and trusting Allah—help them stay grounded. Support from family, teammates, coaches, and clear role communication also plays a major role. Many players feel that professional psychological support and better counselling structures are needed. Small performance triggers, like a good first over, along with routines like music, yoga, and prayers, further help them regain composure and confidence

Chapter -4 Recommendations.

Strengthening Mental Conditioning Support

Establish a Sports Psychology Unit or Athlete Counselling Centre accessible to all cricketers.
Hire trained sports psychologists to offer regular sessions, not only during crises.
Conduct workshops on confidence building, stress management, and emotional regulation.

2. Build a Strong Team Support Environment

- Ensure clear communication from team management and captains about each player's role.
- Encourage coaches to give specific, constructive feedback and continuous motivation.
- Maintain a culture where teammates uplift one another during off-form phases.

3. Promote Personal Mental Wellness Routines

- Encourage players to use practices like prayer, meditation, yoga, and music to stay calm.
- Teach techniques such as mindfulness and ball-by-ball focus.
- Support the development of personal affirmations and self-belief habits.

4. Provide Strong Social Support

- Engage families in the support system when possible.
- Provide players access to mentor figures who can remind them of their strengths.
Encourage healthy personal relationships that enhance emotional stability.

5. Celebrate Small Wins and Process Goals

- Help players set short-term, controllable goals rather than outcome-based ones.
- Reinforcing the impact of small confidence triggers like a good first over, successful execution, or even consistent effort.

6. Integrate Routine Emotional Check-ins

- Introduce pre- and post-match brief emotional check-ins to track players' mental states.
- Normalize talking about mental struggles so players feel safe expressing concerns.

Chapter-5 Conclusion

The survey findings reveal that players' emotional stability during off-form periods is shaped by a combination of self-belief, spiritual grounding, supportive team environments, and clear communication from coaches and management. Many players highlighted the importance of structured psychological support, underscoring the need for dedicated sports psychology and athlete counselling services within the cricketing ecosystem. These insights show that emotional resilience is not an individual responsibility alone—it must be nurtured through systematic support, positive team culture, and professional guidance.

Similarly, my internship at Bashundhara Sports City demonstrated how a modern sports organization can play a transformative role in an athlete's overall development. Throughout my experience, I observed how strategic planning, operational efficiency, world-class facilities, and athlete-centric services contribute to both performance and well-being. By working closely with management, coaches, and operational teams, I gained a practical understanding of how holistic development—physical, mental, and emotional—is built into the foundation of a high-performance environment.

Overall, the combination of the survey insights and internship experience reinforces a key message: to develop emotionally stable, high-performing athletes, Bangladesh needs integrated support systems that combine professional sports psychology, structured communication, and modern training infrastructure. Bashundhara Sports City stands as a strong platform in this direction and has the potential to set new standards for athlete development in the country.

Appendix



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