

## Multi-Tasking- A Bane or Boon in Sports

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### ABSTRACT

People who attempt many chores at a time are being more productive, they just derive emotional satisfaction from it, says research. May be it's time to now get back to the one-task-a-time mode. It also hampers memory as the simultaneous processing of the tasks, the brain switches attention back and forth between activities. Such task-switching comes at a cost of performance, according to San Francisco based neurologist Adam Gazzaley, who studies how attention and memory change as people age. As long as people keep focus front-and-center and do their best to minimize distractions, they will be getting at the heart of single-tasking. One major myth is that music is multi-tasking. The fact is that a special part of our brain is chalked out for music, so we can listen to music while we do other things. Researchers say that our brain is not meant for multi-tasking. It actually splits the brain creating something called spotlights. So if people are having lunch while watching the news and trying to send an email at the same time, your brain trying to frantically switch between eating, writing e-mails and answering chats. Multi-tasking can be a major source of anxiety and frustration when an individual is not able to concentrate well and focus. Such individuals are urged to first acquire to ability to focus on one task at a time and do this using full attention. People are pretty good at switching back and forth quickly, so people THINK they are actually multi-tasking, but in reality they are not.

### INTRODUCTION

To work efficiently people have to do single task no multitasking and yet, they let it slip. People end up eating lunch in front of the TV with our laptop open. People browse Twitter and Facebook while sending emails, and probably chatting in Google+ too. If people should be focusing on just one assignment, blog post, or proposal...why is it so hard to focus? The word multi-tasking originated from computer multi-tasking, the human brain is not for multi-tasking is the fact that word itself did not originate because of

human behavior. It is a term coined in 1965 to describe a computers ability to process several task at one time. But ever since it came to be used to describe people who undertake several activities simultaneously, it has given rise to some myths as well. One of them being that women were better at multi-tasking, although research proves that there's not much difference between the sexes.

### **Multi-Tasking Compromises Memory**

People show poorer performance on a variety of tasks when they try to juggle activities at the same time. For example talking with one friend outside the field and concentration on the game play. It also hampers memory as the simultaneous processing of the tasks, the brain switches attention back and forth between activities. Such task-switching comes at a cost of performance, according to San Francisco based neurologist Adam Gazzaley, who studies how attention and memory change as people age. While studies show multi-tasking compromises your ability to store information over short periods of time, it is worse for older adults.

### **Why we multi-task.**

1. It gives an emotional boost and a positive feeling. People feel more emotionally satisfied from their work when they do multi-task.
2. It makes them more satisfied because of a combination of activities.
3. Habits play an important role in the use of media multi-tasking. Once people get used to multi-tasking, it makes people more likely to continue. Experts call a dynamical feedback loop. It further strengthening the behavior over time.

### **Single-tasking is the solution.**

As the name suggests, single-tasking means doing one activity at a time with as few distractions as possible. As long as people keep focus front-and-center and do their best to minimize distractions, they will be getting at the heart of single-tasking.

### **Tips to ace single-tasking.**

**Plain in the evening:** Sit down in a quiet place and write down about the next day. Make a simple to-do list for the next day. Do not leave this till the morning. Manage to-do lists, enlist a friend to brainstorm for 10 minutes through the tasks of the next day. Feel like you have done half the work in your head already. The next days, all have to do is look at the task and get it done.

**Listen to music:** One major myth is that music is multi-tasking. The fact is that a special part of our brain is chalked out for music, so we can listen to music while we do other things.

**Single activity:** Limit yourself to only one activity while playing. That way, people have to really priorities the most important task. This habit lets through peoples skills to perform the task in the play.

**Brain is not meant for multi-tasking.**

Researchers say that the brain is not meant for multi-tasking. It actually splits the brain creating something called spotlights. So if people are having lunch while watching the news and trying to send an email at the same time, your brain trying to frantically switch between eating, writing e-mails and answering chats. It jumps back and forth as people focus on each task for a few seconds at a time. When people need to pay attention, an area at the front of the brain called the prefrontal cortex springs to action. It is the brains motivational system which helps to focus peoples attention on a goal. While the right and left sides of the prefrontal cortex work tighter when focused on a single task, the sides work independently when people attempt to perform two tasks at once. Try to do more than things, and your mind is split into chaos.

**Multi-task in sports**

Multi-tasking can be a major source of anxiety and frustration when an individual is not able to concentrate well and focus. Such individuals are urged to first acquire to ability to focus on one task at a time and do this using full attention. Then adding an additional task one at a time. Gradually working over weeks or months to achieve a form of multi-tasking.

The players showed strong dual-task interference, a slowing down of one or both tasks, when they attempted to perform them together. However, as a result of practice and training, the individuals became quicker at doing each of the two tasks separately and also at performing them together effectively becoming efficient at multi-tasking.

When attempting activities requiring concentration, avoid multitasking and interruptions, research shows it takes us at least 20 minutes to regain our previous concentration level after an interruption.

### **Multi-task Psychology**

**One thing at a time** -- For many years the psychology research has shown that people can only attend to one task at a time. The research shows that people can attend to only one cognitive task at a time. People can only be thinking about one thing at a time. Individual can only be conducting one mental activity at a time. So people can be talking or Individual can be reading or you can be typing. People can be listening or reading.

**We fool ourselves** -- People are pretty good at switching back and forth quickly, so people THINK they are actually multi-tasking, but in reality they are not.

**The one exception** -- The only exception that the research has uncovered is that if you are doing a physical task that people have done very often are very good at, so if human are an adult and have learned to walk then he can walk and talk at the same time.

### **Conclusion**

#### **If multi-tasking is not effective what should a person do?**

1. Work on your most important tasks
2. Use concentrated time
3. Leave blank spaces
4. Go off grid to re-calibrate
5. Less task switching = more happiness

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