



Psycho-Analysis of The Cricketer Javed Miandad's Behavior and Thoughts During the Famous Sharjah Last Ball Sixer

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ABSTRACT

Objective: To study how people behave under stressful conditions and how Javed Miandad behaved and thought during the famous Sharjah last ball sixer.

Method: Besides literature search a survey was conducted with 126 participants from ages 18 to 59 with half of them males and half of them females. Only one survey question was included. The question was "If you were batting instead of Javed Miandad on the last ball and 4 runs were needed and it was the same match the final India vs Pakistan. You were 110 not out and a batsman of that caliber. What would you be feeling?" The study was conducted from September 1st, 2014 to September 30th, 2015 in the San Francisco Bay Area, California including participants from different parts of the world including Pakistan and India.

Results: The results came out with 73.8 % people saying they would be confident with a belief that they can hit a six, 31 % said they would be nervous or fearful while the rest had mix feelings.

Conclusion: The study concludes that the behavior under the stressful situation when millions of people are watching is independent of the situation but depends on the individual. Some people will react with confidence while other react in a different manner. While Miandad's real behavior, feelings and thought process could not be assessed because the behavior, feelings and thought process varies and depends on person to person.

To cite this article

[Tohid, H. (2016). Psycho-Analysis of The Cricketer Javed Miandad's Behavior and Thoughts During the Famous Sharjah Last Ball Sixer. *The Journal of Middle East and North Africa Sciences*, 2(6), 34-40]. (p-ISSN 2412- 9763) - (e-ISSN 2412-8937). www.jomenas.org, 7

Keywords: Stress performance, performance anxiety, pressure performance, Javed Miandad, fear and performance, emotions and performance, stress thought process, sports confidence.

1. Introduction:

This is a scientific article addressing the psychological behavior of a person under stressful conditions especially a world renowned celebrity like Javed Miandad (Pakistani cricket player). In order to understand this research article, I recommend that the reader must familiarize himself with the basics of the sports cricket. However, I will provide a little explanation of the sports for the reader who finds it difficult to understand the basics of this sports. Cricket is a baseball like sports started in the 19th century in England (UK).

It is played with a bat and ball with 2 batsmen at the crease at a time unlike baseball, however only one batsman can face the bowling by a bowler at a time. Each team consists of 11 players (Doley, 2009). The match is supervised by 3 umpires, 2 umpires in the ground with the players while the third umpire sits outside the cricket field in the pavilion and helps

umpires make difficult decisions through a TV camera. Cricket is played in three recognized formats at the International Level; the traditional test cricket which is a 5-day match with no bowling overs limit, One Day Cricket which is a 100 over game with each team batting for 50 overs and a newly formed twenty over cricket called as T20.

One Day and T20 are more popular among the cricket fans because the game finishes in less than a day, unlike the 5-day test match. An over is a set of six balls bowled from one end of a cricket pitch. In a single over, a bowler can deliver six balls one after another from one end to the batsman at the other end. The mode and action of bowling are different from baseball (Laws of cricket, 2016). In this article, I will discuss an incident of a historical One-day cricket match played between Pakistan and India.

It is imperative for the reader to understand that in the world of cricket two rivalries are extremely

popular. First, England versus Australia rivalry and second, Pakistan versus India rivalry. Because Pakistan and India have fought 4 wars since the separation, this rivalry supersedes the Australia-England rivalry and most matches are played with immense media hype and pressure (Brett, 2004). Players and fans both take India-Pakistan match very seriously and it becomes nerve wrecking and stressful for the players and the fans to witness a Pakistan-India match. Millions of people watch this encounter between India and Pakistan on TV which makes it far more difficult for the players to perform well and keep their nerves during the match.

On the April 18th, 1986, India and Pakistan played the final of the Australasia Cup in Sharjah where India batted first and gave Pakistan a difficult target of 246 runs to chase in 50 overs. Pakistani players couldn't handle the pressure and lost their batsmen one by one and eventually, only one batsman was left on the crease to face the last ball when 4 runs were needed to win the match. That batsman was Pakistan's legendary batsman Javed Miandad. Javed handled the pressure and hit a 6 on the last ball and lead his team to a nerve wrecking victory (Miandad & Shafqat, 2003).

Javed Miandad's performance was appreciated and discussed all over the world and in fact still is considered the most popular innings of his career (Rizvi, 2014; Aprameya, 2015; Caesar, 2011; Miandad, 2015). Often it was discussed what was in his mind and what was Miandad's feelings before facing the last ball. In this psychoanalytic research article, I will discuss what Javed Miandad's mental and psychological condition was and how he felt before that ball. This article will help us to explore how people behave under immense pressure especially when millions of people are watching us. If we could understand the exact feelings and how those feelings are developed than it would be easy for the people to tackle immense stressful and nerve wrecking conditions like what Miandad faced in that cricket match.

2. Methods:

A comprehensive review of published literature was conducted in PubMed, Embase, MEDLINE, Science Citation Index, JAMA Neurology Journal of Clinical Neuroscience, Journal of Neurology, Neurosurgery, and Psychiatry, Neuropsychiatric Disease and Treatment, Neuropsychology Review, Adaptive Behavior, American Behavioral Scientist, American Journal of Psychology, Annual Review of Psychology, Athletic Insight: The Online Journal of Sport Psychology, Basic and Applied Social Psychology, Behavioral and Brain Sciences, British Journal of Sports Medicine,

British Journal of Psychology, Canadian Journal of Behavioral Science, Canadian Psychology, Health Psychology, The International Journal of Psychoanalysis, Psychological Reports, Bulletin of the Menninger Clinic and various journals of psychiatry and sports medicine.

Some psychiatry journals included British Journal of Psychiatry, Canadian Journal of Psychiatry, Archives of general psychiatry, American Journal of Psychiatry, Journal of Psychiatric research, Psych Info, the Cochrane Library Controlled Trial Registry Databases, some websites and various newspapers. No date restrictions were used. Article relevant to behavior and feelings in stressful situations were searched. Terms for search included but not limited to stressful condition, stressful behavior, fear and performance, anxiety and performance, confidence and performance, confidence and stress, stress in sports, social phobia, pressure and sports performance, Javed Miandad, Miandad last ball six.

I reviewed reference section for additional relevant articles. Article titles and abstracts were reviewed to ascertain if they were applicable to the theme of the stressful condition. Data on stressful and pressured condition appears in a wide range of studies, case series, project descriptions and program evaluations to more formal research trials.

Selected articles were reviewed to identify additional articles that may have been missed by the keyword search. In total, over 500 articles were initially reviewed, with 473 excluded because of little information data on the subject of individual performance in a stressful condition. The study was conducted in the San Francisco Bay Area, California from September 2014 to September 2015 and does not include the involvement of any institution as it was conducted solely by me independently.

Furthermore, I created a questionnaire and collected the answer from 126 people of age group 18 to 59. I made sure all the people I interview are familiar with the sports cricket so that they will be in a better position to understand what Javed Miandad was going through. The survey question was as follows,

Title:

"How people react to pressure and stressful situation?"

The question is,

If you were batting instead of Javed Miandad on the last ball and 4 runs were needed and it was the same match the final India vs Pakistan. You were 110 not out and a batsman of that caliber. What would you be feeling?

A) Fear

B) Anger towards the bowler Sharma

C) Belief and confidence that yes I can hit a sixer

- D) Anger towards your team mates that I wish at least some batsman was playing with me
- E) Nervousness
- F) Happy
- G) Emotionless
- H) Sad - and wish I was not the last man left
- I) Hatred towards your team and the Indian team of putting you in this trouble
- J) Confusion

The results were collected and the data was analyzed and incorporated into the results section of this article.

4. Results:

The results were collected from 126 random people of different age group from 18 to 59 years of age. All the participants in the study were familiar with the sports cricket, Javed Miandad and the incident of the Miandad’s last ball victory and were either Pakistani nationals or Pakistanis living in other countries. Participants were allowed to choose multiple answers. The total of 126 research participants chose 155 responses with some participants choosing more than 1 option. Six participants chose the option “fear” which accounts for 4.8 % of the participants with 3.87 % of the responses out of 155 responses.

Four participants chose anger towards the bowler which is 3.2 percent of the participants and 2.6 % of the total responses. Ninety-three participants chose the option “Belief and confidence that I can hit a six” which is 73.8 % of the participants (60 % of responses). Four participants chose “anger towards your own team mates” which is 3.2 percent of the participants. Thirty-three participants chose nervousness which is 26.2 % of the responses which accounts for 21.2 % of the responses.

Four participants chose the option “happy” (3.2 % participants and 2.6 % responses), 7 chose “emotionless” (5.5 % of participants and 4.5 % of total responses), one person chose “sad feeling” (0.8 % of the participants 0.6 % of the responses), no one chose hatred towards your team and the Indian team while 3 chose confusion 2.3 %, which is 1.9 % of the responses) See Table 1.

Survey Question: If you were batting instead of Javed Miandad on the last ball and 4 runs were needed and it was the same match the final India vs Pakistan. You were 110 not out and a batsman of that caliber. What would you be feeling?

Table 1: shows the questionnaire and the result collected in the survey.

Options	Count
Fear	6 4.8%
Anger towards the bowler Sharma	4 3.2%

Options	Count
Belief And confidence that yes I can hit a sixer	93 73.8%
Anger towards you team mates that I wish at least some batsman was playing with me	4 3.2%
Nervousness	33 26.2%
Happy	4 3.2%
Emotionless	7 5.6%
Sad - and wish i was not the last man left	1 0.8%
Hatred towards your team and the Indian team	0 0%
Confusion	3 2.4%

The results clearly show that most people either are confident when exposed to the high stressed situation as faced by Miandad or perceive Miandad to be confident. The second most popularly selected response was nervousness and the third was emotionless respectively. The results demonstrate that not everyone would react in the same manner. Some people react with confidence (according to their own chosen response) while the others would react with anxiety and nervousness while few claimed that they will be emotionless and some would be happy to face that kind of situation, some sad, angry or confused. Therefore, it could be said that what Javed Miandad was going through totally depends on his personality, not on the situation.

5. Discussion:

This is a scientific study which addresses a question “how people would behave and respond in stressful or pressured situation, especially when millions of people are watching.” What is going on in the mind of a person? These are the scenarios mostly seen by sportsmen or someone who has to perform in front of millions of people like a singer or a stage performer. The stage performer’s mental condition who has to perform in front of a small crowd of few hundred people could be far different than the performer who has to perform in front of millions of people. It is also needed to be studied that if the performance is shown live on TV then will the person feel any different or his feeling would be the same as if he is performing in front of a small crowd.

The subject of this study which is “how people behave in stressful situation” has long been in debate. Whether it is in sports or any other aspect of life. The situation discussed in the introduction and result section is a scenario seen mostly in competitive sports. However, observing this kind of scenario is not very common and is not seen on an everyday basis. Therefore, we could expect that even an experienced sportsman who is habitual of performing in front of a huge crowd in a game which is being broadcasted live,



could feel different if the situation he is exposed to is similar to the one faced by Javed Miandad. For example, in 2004 Euro Cup football (soccer), the world renowned British player David Beckham who is considered as one of the best players in the history of the sports, missed a penalty kick against Portugal and lost the game. As a result, England got knocked out of the Euro Cup. A penalty kick which he would probably never miss in an ordinary match. However, in that match millions of people were watching him and the result of the match was totally dependent on his penalty kick. As a result, Beckham could not endure the pressure and stress and missed an easy penalty (Millward, 2004; McNulty, 2004). The same situation is seen in many other competitive sports where a superstar couldn't endure the stress. This kind of situation is studied in various other sports, for example, De Pero et al studied that the psycho-physiological stress response before and during a competition can affect performance outcome in sports like Team Gym (De Pero et al., 2015). However, some studies showed that physical and psychosocial stress and recovery are key determinants of performance in some other sports (van der Does et al., 2015).

It is still a subject of debate if it depends on the individual sports or it depends on upon the mental make-up of the person facing the situation. For example, Javed Miandad successfully managed to hit a six and lead to a historical victory of his team. However, in the same sports cricket other cricket players who faced the same situation could not hit a six, such as Moin Khan an ex-Pakistani captain under a similar condition in a One Day match in Karachi, Pakistan in March 2004 versus the same opposition India. He could not hit a six despite the match not being a final of any big tournament, as a result, Pakistan lost the game on the last ball (BBC Sports, 2004).

The data collected also point towards this idea that different people would react differently under different conditions. Most people answering, confidence and belief could be due to few reasons. First, that because the research survey question asked "if you were the batsman of that caliber", therefore most people think that to perform at that level you have to be a world-class sportsman of that level and caliber. Moreover, it is also possible that it is their perception of Miandad because Miandad was famous for his fighting spirit. It is also possible that really 73.8 percent people feel confident and this type of scenario brings a motivation and energy which makes people confident.

To study the same phenomena Piacentini et al. studied that endurance competition is a great stressor for psycho-physiology of athletes. They observed that the performance of each athlete is directly correlated

with the cortisol levels in the body. Therefore, it suggests that it is highly likely that Javed Miandad had high levels of cortisol in his body. However, could the same be said about Moin Khan or Beckham? What would be the cortisol level of the person who was under the same situation as Miandad's and was not able to perform well? These are the questions need more research in the future (Piacentini et al., 2015).

6. Confidence and performance:

Javed Miandad and various players playing the same match with him often in TV interviews talked about his confidence (YouTube, 2015). It is said he was confident right from the beginning of the match. The data collected for this research article also suggested that most people either perceived Miandad as confident or most people really are confident under the same or similar situation.

Levy et al conducted a study and demonstrated that that sports confidence had a mediating influence upon the achievement source of confidence-performance relationship. Moreover, cognitive and motivational imagery types were found to be essential sources of confidence, as sports confidence mediated imagery type- performance relationship. They concluded that athletes who construed confidence from their achievements and report multiple images on a more recurrent basis may benefit from augmented levels of state sports confidence and performance (Levy et al., 2014).

It is known that team confidence is beneficial for optimal team functioning and performance. However, little is known about the predictors of team confidence. According to Fransen et al. team enthusiasm was perceived as a most predictive determinant (Fransen et al., 2015). In another study self-confidence has been described as one of the determinants of high performance in sportsmen along with skills (Chidley et al., 2015). This does suggest that it is possible that Miandad really was confident while before the last ball was bowled. However, these kinds of studies point towards another question that whether skill level is associated with the confidence level and ultimately helps to perform well or not. In my opinion, future research will uncover this mystery. In addition, in another study, it is also observed that confidence estimations are effected by opponents' score-related nonverbal behavior (Furley & Schweizer, 2014).

Sports specific theory of confidence was proposed by Vealey in 1986. According to this theory sports confidence could be defined as "the belief or degree of certainty individuals possess about their ability to be successful in sport". This theory measures two factors: trait sports confidence (SC trait) and state sports confidence (SC State). Trait sports confidence

(SC trait) is inherent and considered as a natural character and is relatively stable. Moreover, it relates to a belief of a person about the extent to which their ability brings success in any sports. Therefore, trait confidence is considered global.

On the other hand, state sports confidence (SC State) is a learned behavior and is unstable and changeable. It relates to a person's belief about the extent to which their ability will bring success at one particular moment. Because of this, it is also situation specific.

Vealey (1986) identified a number of strategies to improve state sports confidence (SC State) which are described below.

- Mastery of skill. - When a skill has been developed and the performer perceives progress.
- Styling. Confidence increases if the athlete can demonstrate a highly skilled performance in significant others.
- Physical and mental preparation will increase the chances of successful performance.
- Social reinforcement. Praise and approval by significant others will increase confidence.
- Effective leadership leads to confidence in team members.
- Environmental comfort. People who lack self-confidence will be helped if the working conditions are suitable, for example, the novice should not be observed when learning a new skill.

This model helps in explaining the relationship between general sports confidence and situation-specific sports confidence. Therefore, an athlete who is very successful at one sports transfers much of the confidence derived from his success to other sports situations (Vealey, 1986). This model hints towards an idea that confidence could be present innately or it could be developed. Therefore, the same could be said about Miandad or the people who voted in the study. If he really was confident during that encounter, then the theory of sports confidence could help us understand the reasons for his confidence.

7. Fear, social phobia, and performance:

Around 31 percent (26.2% and 4.8 %) of participants in this study voted that if they were in the same situation as Javed Miandad was, then they would have been nervous or fearful. Why some people answered nervousness and fear are studied in relation to Stage fright or performance anxiety. It is the anxiety, fear, or phobia which may be triggered in an individual when one has to perform in front of an audience. In the context of public speaking, this may precede or accompany participation in any activity involving public self-presentation. Another condition is social anxiety which is a form of anxiety characterized by a fear or discomfort when a person

interacts with others in a social gathering. Usually, the person has a concern of being judged or evaluated by others (Blair et al., 2008).

It is characterized by an immense fear of what others will think about them. It could be referred to as a fear of embarrassment or humiliation, rejection or criticism. This could result in the individual feeling fearful, doubtful, insecure and not good enough (Detweiler et al., 2010). Another kind of anxiety is developmental social anxiety which occurs early in life and is a stage that most children grow out of, but it may persist and grow into chronic social anxiety during their teenage years or in adulthood (National Collaborating Centre for Mental Health, 2013). The chronic social anxiety that causes marked distress and impaired functionality in some parts of daily life are called social anxiety disorder (SAD) (Stein & Stein, 2008) SAD is the most common anxiety disorder, prevalent in 12 % of American adults (Leitenberg, 2013). Common adult forms of social anxiety include performance anxiety, public speaking anxiety, stage fright, and timidity. All of these have a tendency to become anxiety disorders. Clinical and non-clinical forms of social anxiety exist. Both conditions could be differentiated by the intensity and the level of discomfort and the anticipatory nature of fear. The clinical forms are also divided into general social phobia (i.e., social anxiety disorder) and specific social phobia (Stein & Gorman, 2001).

Physical symptoms are commonly seen with social anxiety disorder. These symptoms include blushing, sweating, trembling, palpitations, nausea or stammering. Panic attacks can also occur under intense fear. SAD is considered as an 'illness of lost opportunities' by few authors because many a times sufferers make vital life choices to deal with their illness (Shields, 2004). Participants in this study who chose nervousness and fear or the sportsman who could not endure the pressure situation do they have anxiety or it's a normal feeling in that situation for many people (who do not have any kind of anxiety disorder) is a question which needs to be explored further. However, considering the results produced by Miandad it could be said that it is highly likely that he was not suffering from any anxiety or if he had any kind of anxiety, his confidence overcame that anxious feeling.

Another noticeable thing is the consequences of defensive approach and fear, while Miandad reportedly mentioned by several experts to be confident, the Indian bowler Chetan Sharma in his own interview said he was "so scared". According to him, he didn't want to lose the game for his country (YouTube, 2015). This shows that the fearful feelings with a defensive approach where you try to avoid defeat rather than trying to win leads to a

disappointment. While if you are confident and want to win, most probably you win.

Although 31 percent of research participants claimed that they would be anxious, nervous or fearful under the same circumstances. Javed Miandad according to his fellow players and according to himself was very confident right from the beginning. This showed that to produce good results successfully it is imperative to be confident with a firm belief that "yes I can do it". The discussion and the result section demonstrates that although Miandad who was world renowned sportsman was confident and successfully performed well and lead to a victory of his team due to his confidence and 73.8 % of research participants also voted that they would be confident while being in the same situation, it is also observed that many other world renowned sportsmen when were under the same situation could not perform well and in fact lead to their team's defeat. Some participants in the research claimed to be fearful, anxious and nervous pointing toward social phobia or anxiety. Therefore, it is likely that not everyone would react the same under the similar sort of circumstances.

8. Conclusion:

The behavior under stressful conditions is independent of the situation but is dependent on the individual personality. Some people would react with confidence while the others would react with fear and nervousness under the same situation. However, most people in my survey sample answered that they would react with confidence which could be due to two reasons, either they really are confident in all of their life tasks or it is their perception of Miandad, may it be fearful, confident or fearless. Another limitation of the study could be that the interviewee was shy enough to report their true feelings because if they really are fearful, they are shy to confess that they are actually fearful. Another limitation of the study could be that all the 126 participants in the study were either Pakistani nationals or Pakistanis living in other countries, which could bring the patriotism factor while answering the question.

I believe that this kind of biased in answering the question could affect the data and this research. Moreover, it is also a possibility that most people interviewed knew that to perform at your best under stressful conditions you need to be confident and fearless to produce results like Miandad produced. There are too many possibilities due to the data collected therefore, I believe more research must be conducted on the same topic with a far bigger pool and sample size of participants to get a better idea of how people would react under immense stressful situation especially when millions of people are watching. Why doesn't everybody react the same way

under the same circumstances is a challenging question which I believe would be answered after immense research in the next few decades. Furthermore, Miandad's exact psychological feelings cannot be assessed because it depends on from person to person.

9. Compliance with Ethical Standards:

The author respected compliance with all ethical standards where applicable.

10. Acknowledgement:

The author acknowledges the support by Owais Khan (University of Windsor, Canada), Rashid Hameed (UC Berkeley, UT Austin), and Muhammad Hammad Ayaz (NED University Karachi). From Fremont, California, in helping collect the data.

11. Funding Source:

None.

12. Conflict of Interest:

None.

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