

## **THE WORD WITH**

**R. KIRTHANA**

**National Triple Jumper**

**By : Zulaika Zull Kafli & Nurul Ezzaty Mohd Azhari**



**National Triple Jumper athlete who just got qualified to join the World University Game and Youth Olympic Game, R. Kirthana, 22, keep striving towards the better through various stages that has shaped her into a professional athlete while dealing with the revolving image of an athlete in technology world.**

## INTERVIEW QUESTIONS:

**1. Tell us a bit about yourself.**

Hi, my name is Kirthana Ramasamy. I am 22 years old. I am a National Triple Jumper and also a communication student from Universiti Putra Malaysia, UPM.

**2. Share with us how you get started to become an athlete.**

It all started in my secondary school where I discovered my passion in sports. At the age of 9 years old, I entered many sports games in school. One day, my coach guides me to pick one sports that I want to focus more. Since then, I start to prepare and train myself as a national triple jumper.

**3. At what age do you start representing Malaysia as National Triple Jumper?**

At 14 years old, I started representing Malaysia in 100 and 200-meter-long jump. At 16 years old, I became professional triple jumper for Malaysia.

**4. Who inspired you to pursue your dream as an athlete?**

Olga Rypakova. She is an Olympic gold medallist in this sport. I inspire to be like her. Maybe, one day!

**5. What is the biggest challenge you encountered as an athlete?**

A lot...It is not an easy journey. I have sacrificed a lot of things to become who I am today. My family, my hometown. There are times when I got injured and lost momentum in my performance. Not to forget my emotional state. I did receive negative assumption from people because I could not perform well. Also, as a student, I need to manage my time to fit with my busy schedule as an athlete. Time is really matter for me.

**6. What was the proudest achievement you ever achieved as an athlete?**

Winning Asian Junior Gold Medallist in 2016 and qualified for World University Game and Youth Olympic Game.

**7. What is the greatest experience that is unforgettable to you?**

I went for many tournaments but one that I would not forget is the experience of competing with my idol. Also, I would not forget the time where I faced with injury where I sprained my ankle that made me missed my tournament.

**8. What plans do you have in future?**

I always dream to play in Olympic game one day. I also want to set my unbreakable own record. At the same time, I want to make it as a motivation to other players to challenge my record as well.

**9. How has digital and social media impacted the course of your career and your life?**

I can see that social media play an important role. Some write up motivates me. Some said the wrong thing about me. I did experience the negative impact of it – fake news and gossips. But I also get exposure and popularity through social media.

**10. Do you think your rights as the communications and multimedia consumer being protected?**

Umm...I would say 50-50.

**11. As an end user, what do you think that should be improved in the communications and multimedia industry?**

I think regulation for fake news should be improve. Media should be fair in reporting news about athletes in future.

**12. Have you encountered with scam before?**

Yes, I have. I have received a phone call saying that I apply for loan and I need to do some money transaction. But I ignore it.

**13. Your opinion on the level of maturity of internet users in Malaysia especially in social media platform.**

I think it goes back to the level of mind of the people. What they think at the moment is what would be their reaction. If they think they want to make comments regarding any situation, they will do.

**14. What do you think one must do to avoid from becoming the scam victim?**

One must not easily trust scamming propaganda. Nowadays, there are apps to detect scammers such as *Truecaller*. I think everyone must have it in their phone. It is easy for us to detect scammers.

**15. Five of your favorite apps that you have in your smartphone.**

*Instagram*

*Lazada*

*Whatsapp*

*Telegram*

*Youtube*

**16. Three things you cannot live without...**

Music

Movie

Food

**17. Your life “mantra”.....?**

I always said to myself “*It does not matter if you lose or win a competition, what matters is to not give up for your dreams. If you win, appreciate the winning as your motivation. But if you do not succeed, just don’t easily give up to your dreams*”.

**18. What is your next project after Sea Games 2019?**

Training never stop for me! I will continue to train more for upcoming games to achieve my target to break and renew my personal record as well as national record. Now, my personal record is 13.48 meters. I am aiming to achieve 14.50 meter for personal record and 13.90 meter for national record.