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Study on Yogic Meditation Techniques on Selected Psychological Variables Among College Level Volleyball Players

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Abstract

The study was conducted to find out the effects of various yoga based meditation techniques with subconscious mind suggestions on selected Psychological variables among college level volleyball players. Forty male and forty female volleyball players from Thrissur Districts of Kerala were selected for the study. The Psychological Variables selected for the study was cognitive anxiety, somatic anxiety, self-confidence, instrumental aggression and hostile aggression. Subjects were randomly divided into four groups of 20 each. They were namely Cyclic Meditation group, Yoga Nidra Meditation group, Combined Meditation group and Control group. The study was conducted for twelve weeks of three sessions in a week. Each session consists of 45 minutes duration. Results shown that all the three experimental training groups such as Cyclic Meditation, Yoga Nidra Meditation, Combined Meditation groups showed better performance as compared to Control group on all the variables except instrumental aggression and hostile aggression. No experimental groups showed significantly better results than any other experimental groups in any of the Psychological variables. No significant differences were found in instrumental aggression and hostile aggression between pre and Post-test means of experimental and control groups. As this study have revealed the yoga and meditation programme with subconscious mind suggestions are useful for the volleyball players to reduce their stress, it can be used in the sports training programme for the sports persons.

Keywords - Yoga Nidra Meditation, Cyclic Meditation, Combined Meditation, Anxiety, Aggression, Self-confidence.