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EFFECT OF CYCLIC MEDITATION AND YOGA NIDRA ON SELECTED PSYCHOLOGICAL VARIABLES AMONG SPORTS PERSONS

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EFFECT OF CYCLIC MEDITATION AND YOGA NIDRA ON SELECTED PSYCHOLOGICAL VARIABLES AMONG SPORTS PERSONS.

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We are living in the cybernetic world, where everything can be controlled by fingers and buttons. Of course, this is the world of machines. Human live in this universe may stand still if the machines stop its work. In the pursuit of excellence in sports, a large number of highly sophisticated machines have been using for training purpose. Most of these machines have been using for training the body and assessing and interpreting the performance and training. But what are the machines for training the mind? Mind matters a lot in sports. If you can conquer the mind, you can conquer the world. The great hurdle that a sports person faces is controlling and mastering of his or her on emotions and stress. It is not easy to train the mind as one train the body. This investigation focuses on how to overcome the emotions and stress accumulated in the human mind to improve the sports performance. How the ancient wisdom of Yoga and meditation helpful to overcome the stress of a sports person. The tension and stress never go hand in hand with elite performances in sports Tension will be varying according to the nature of the athlete and the goal of the athletes. The nature of the athletes can be modified through psychological intervention and training in order to control tension. Hence this study focuses on how an athlete will be looked in the tracksuit of yogi?

Selection of Subjects, Variables and Test

After the pretest data collection fifty male and fifty female sports persons from the Centre for physical education, Calicut University were finally selected as subjects for the study. The psychological Variables selected for the study was cognitive Anxiety, somatic Anxiety, self-confidence, instrumental aggression and hostile aggression. Competition State Anxiety Inventory (CSAI-2) developed by Martens et al and Inventory for Sports Aggression (ISA) developed by Jayan and Santosh were used to measure the psychological variables.

Training Schedule and Collection of Data

The three experimental groups were given different meditation programme for duration of twelve weeks with three sessions in a week and one group served as a Control group and was not given any specific meditation programme. The data on selected variables were collected as a pre test before the commencement of the experimental training programme and as a post test after the completion of the training programme.

Statistical Techniques

To compare the significance of difference among the three experimental groups and one control group the analysis of covariance was applied. The LSD post hoc test was applied wherever the F-ratio was found to be significant in order to find out whether there existed any significant differences among the paired adjusted post means. The level of significance chosen was 0.05.

Analysis of study and results of the data

The pre and post-test means of the selected psychological variables such as Cognitive Anxiety, Somatic Anxiety, Self Confidence, Instrumental Aggression and Hostile Aggression were analyzed to compare the mean differences by the analysis of covariance. The LSD post hoc test was used, wherever the F-ratio was found to be significant. The level of confidence chosen was 0.05.

ANALYSIS OF COVARIANCE ON COGNITIVE ANXIETY

Source of variations	df	SS_x	SS_y	SS_{xy}	$SS_{y.x}$	$MSS_{y.x}$	F-value
Treatment group means	3	26.90	1095.54	153.00	994.28	331.43	
Error	75	366.10	288.45	54.25	280.41	3.74	88.65*
Total	78	393.00	1383.99	207.25	1274.69		

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***Significant at 0.05 level as $F_{0.05}$ (3, 75) = 2.74**

Analysis of covariance done on Cognitive Anxiety indicates a significant F ratio, as the calculated F value of 88.65 is greater than the tabulated F-value of 2.74, required for significance at 0.05 level. Subsequently, in order to find out the most effective training programme and also to explore whether any significant differences existed among the final means of Experimental and Control groups, the LSD post hoc test was applied for pair wise comparison analysis on final means of the Post test data.

LSD POST HOC ON COGNITIVE ANXIETY

Cyclic Meditation	Yoga Nidra	Combined Meditation	Control group	Mean Difference	CD at 5% level
20.95	21.02			0.67	1.35
20.95		19.86		0.49	1.35
20.95			28.72	8.38*	1.35
	21.02	19.86		1.16	1.35
	21.02		28.72	7.70*	1.35
		19.86	28.72	8.86*	1.35

***Significant at 0.05 level**

LSD Post hoc test on Cognitive Anxiety for differences in paired final means among the different Experimental and Control groups indicates significant values of 8.38 between Cyclic Meditation and Control group, 7.70 between Yoga Nidra and Control group and 8.86 between Combined Meditation and Control group as those values were much higher than 1.35, the critical difference (C.D) needed to be significant at 0.05 level of confidence.

ANALYSIS OF COVARIANCE ON SOMATIC ANXIETY

Source of variations	Df	SS_x	SS_y	SS_{xy}	$SS_{y.x}$	$MSS_{y.x}$	F-value
Treatment group means	3	7.24	1031.24	32.89	1012.67	337.56	72.13*
Error	75	230.15	362.65	51.85	350.97	4.68	
Total	78	237.39	1393.89	84.74	1363.64		

***Significant at 0.05 level as $F_{0.05}$ (3, 75) = 2.74**

Analysis of covariance done on Somatic Anxiety indicates a significant F ratio, as the calculated F-value of 72.13 is greater than the tabulated F-value of 2.74, required for significance at 0.05 level. Furthermore, in order to find out the most effective training programme and also to explore whether any significant differences existed among the final means of Experimental and Control groups, the LSD post hoc test was applied for pair wise comparison analysis on adjusted final means of the Post test data.

LSD POST HOC TEST ON SOMATIC ANXIETY

Cyclic Meditation	Yoga Nidra	Combined Meditation	Control group	Mean Difference	CD at 5% level
20.34	19.97			0.37	1.35
20.34		20.54		0.20	1.35
20.34			28.50	8.16*	1.35
	19.97	20.54		0.57	1.35
	19.97		28.50	8.53*	1.35

Analysis of covariance done on Instrumental Aggression indicates that the calculated F-value of 0.82 is lesser than the tabulated F-value of 2.74, required for significance at 0.05 level. Hence that all the treatments are not significantly effective in improving Instrumental Aggression. exist no significant differences among the experimental groups namely Cyclic Meditation, Nidra and Combined Meditation group and Control group.

ANALYSIS OF COVARIANCE ON HOSTILE AGGRESSION

Source of variations	df	SS_x	SS_y	SS_{xy}	$SS_{y.x}$	$MSS_{y.x}$	F-value
Treatment group means	3	23.45	31.25	21.50	11.58	3.86	
Error	75	583.30	724.30	510.25	277.95	3.71	1.04
Total	78	606.75	755.55	531.75	289.53		

Significant at 0.05 level as $F_{0.05}$ (3, 75) = 2.74

Analysis of covariance done on Hostile Aggression indicates a significant F ratio ,as the calculated F-value of 1.04 is lesser than the tabulated F-value of 2.74, required for significance at 0.05 level. Hence, there is no significant differences exist among the final means of Experimental and Control groups.

Results and Discussions

All the three experimental training groups of Cyclic meditation, Yoga Nidra meditation, Combined meditation groups showed significantly better performance and change 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. Training and suggestions given for the experimental groups might have influenced the sub conscious mind of the sports persons and act as a causative factor to reduce the accumulation of tension and anxiety and increase the self confidence of sports persons. As this study have revealed the yoga and meditation programme are use full for the sports persons to reduce their stress, it can be used in the sports training programme for the sports persons.

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