

EFFECT OF DIFFERENT YOGIC MEDITATION PROGRAMME ON SELECTED PSYCHOLOGICAL VARIABLES AMONG SCHOOL LEVEL FOOTBALL PLAYERS.

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ABSTRACT

The purpose of the study was to find out the effects of various yoga based meditation techniques with subconscious mind suggestions on selected Psychological variables among school level Football players. Forty male and forty female Football 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 Football players to reduce their stress.

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

Introduction

In the pursuit of excellence in sports, the great hurdle that an athlete should overcome is his or her own functions of the mind. Of course, it is not easy to train the mind as train the body. This investigation focuses on how the the Yoga based various meditation techniques are helpful to the school level Football players for better performances in Football competitions. The tension and stress never go hand in hand with elite performances in sports. Tension will be varying according to the standard, nature and types of competition as well as participants. The nature of Football players can be modified through Psychological intervention and training in order to control tension. But training the mind and bringing the desired mindset in the sports persons is not easy as that of training the body. The main reason for this is the less receptivity of consciousness mind suggestions. Hence the tension generated in the sports persons stands as a barrier and debilitating factor for elite sports performances.

Selection of Subjects, variables and Test

After the pretest data collection forty male and forty female school level Football players from Thrissur District were 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 (1990) and Inventory for Sports Aggression (ISA) developed by Jayan and Santosh(2003) were used to measure the Psychological variables.

Training Schedule and Collection of Data

The three experimental groups were given different meditation programme for a duration of 12 weeks with three sessions in a week. The duration for each session was 45 minutes. One group was the 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 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 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 _{xx}	MSS _{xx}	F-value
Treatment group means	3	28.24	1086.74	156.24	971.86	323.95	
Error	75	416.15	320.15	86.90	302.00	4.03	80.45*
Total	78	444.39	1406.89	243.14	1273.86		

*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 80.45 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	21.47			0.52	1.35
20.95		20.32		0.63	1.35
20.95			29.11	8.16*	1.35
	21.47	20.32		1.15	1.35
	21.47		29.11	7.64*	1.35
		20.32	29.11	8.79*	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 8.16 between Cyclic Meditation and Control group, 7.64 between Yoga Nidra and Control group and 8.79 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 _{xx}	MSS _{xx}	F-value
Treatment group means	3	6.64	1027.20	17.40	1017.04	339.01	
Error	75	236.85	369.60	65.90	351.26	4.68	72.38*
Total	78	243.49	1396.80	83.30	1368.30		

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