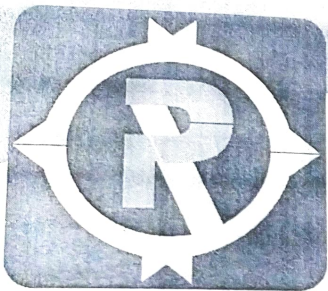


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EXPERIMENT STUDY ON EFFECT OF CYCLIC MEDITATION ON SELECTED PHYSIOLOGICAL VARIABLES AMONG SPORTS PERSONS

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The world of sports has always been the world of competition too and the beauty of sports lies in its competitions. But as the days go by, the intensity of competition is getting more and tougher and the sports arena has become a battlefield for the sports persons. Hence, no competition leaves the sports persons without creating mental turmoil in their minds, as a matter of fact steadiness and the presence of mind are two essential prerequisites for excellence in performance in sports and games. Hence the present study was intended to find out how the application of the ancient wisdom of *Vedas* and Yoga could be helpful to the sports persons. In the pursuit of excellence in sports, the great hurdle that a sports person should overcome is his or her own functions of the mind. This investigation focuses on the effect training of the ancient wisdom of Yoga based Cyclic Meditation on sports persons for better performances in sports competitions. Sports persons should learn how to relax and harmonize their body and mind to be successful in the field of competition. It is not possible to relax completely through ordinary sleep or relaxation but it is possible through the methods such as Cyclic meditation.

Cyclic Meditation

Cyclic Meditation is a meditative programme based of *Taittiriya* and *Mandukya Upanishads* and consisting of a combination of successive stimulation and relaxation techniques in order to solve the complex problems of the mind (Nagendra 2003). It consists of combination of successive stimulations and relaxation techniques. Seven *asanas* such as Tadasana, Ardhakati Chakrasana, Pada Hasthasana, Ardha Chakrasana, Vajrasana, Sasankasana and Ustrasana are used for stimulation and three relaxation programme such as Instant Relaxation Technique (IRT), Quick Relaxation Technique (QRT), and Deep Relaxation Technique (DRT) are used for relaxation.

Selection of variables and tools

The following Physiological variables were selected for the study and standard medical diagnostic equipment were used for collecting the data. The five physiological variables selected for the study were:-

Physiological Variables

- a) Pulse Rate
- b) Respiratory Rate
- c) Systolic Blood Pressure
- d) Diastolic Blood Pressure

The selected variables and their respective tests and instruments used are presented in table I.

Analysis of Data and Results of the study

The pre and post test means of the selected Physiological variables on of Pulse Rate, Respiratory Rate, Systolic Blood Pressure and Diastolic Blood Pressure were statistically analyzed by Analysis of Covariance. To compare the mean differences on the selected physiological variable among the four groups, ANCOVA was employed. The LSD post hoc test was used, wherever the F-ratio was found to be significant. The level of confidence chosen was 0.05.

Table-2
ANCOVA ON PULSE RATE AMONG EXPERIMENTAL GROUPS

Source of variations	Df	SS _x	SS _y	SS _{xy}	SS _{yx}	MSS _{yx}	F-value
Treatment group means	3	4.53	1815.73	52.27	31803.28	601.09	99.29*
Error	55	163.20	333.20	6.13	332.97	6.05	
Total	58	167.73	2148.93	46.13	2136.24		

*Significant at 0.05 level as $F_{0.05}(3, 55) = 2.74$

Table 2 of analysis of covariance done on Pulse Rate indicates a significant F ratio, as the calculated F value of 99.29 is greater than the tabulated F-value of 2.74, required for significance at 0.05 level. Hence, in order to find out the most effective group, the LSD post hoc test was applied for pair wise comparison analysis on final means of the Post test data.

Table-3
LSD POST HOC TEST FOR DIFFERENCES IN PAIRED FINAL MEANS

FOOT BALL	VOLLEY BALL	BASKET BALL	ATHLETICS	Mean Difference	CD at 5% level
50.09	49.99			0.10	1.35
50.09		48.41		1.68*	1.35
50.09			58.91	8.82*	1.35
	49.99	48.41		1.59*	1.35
	49.99		58.91	8.92*	1.35
		48.41	58.91	10.50*	1.35

*Significant at 0.05 level

Table 3 of LSD Post hoc test on Pulse Rate indicates significant values of 1.68 between football group and basketball group, 8.82 between football and athletics group, 1.59 between volleyball and basketball group, 8.92 between volleyball and athletics, 10.50 between basketball and athletics. Those values were much higher than 1.35. CD needed to be significant at 0.05 level of confidence.

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Table 9 of LSD Post hoc test on Diastolic Blood Pressure indicates insignificant values of 0.22 between football group and volleyball, 0.79 between football and basketball, 0.65 between football and athletics, 0.57 between volleyball and basketball, 0.43 between volleyball and athletics and 0.14 between basketball and athletics as those values were much lower than 1.35. CD needed to be significant at 0.05 level of confidence.

Result and Conclusions

On the basis of the results of the study the following conclusions were drawn. Training of yoga and cyclic meditation showed significant improvement and change from pre to post test means on Physiological variables namely Pulse Rate, Respiratory Rate, Systolic Blood Pressure and Diastolic Blood Pressure. It was also found that yoga and cyclic meditation training were less effective in Athletic sports persons while comparing with Football, Volleyball and Basketball players. It might be due to the reason that athletics is an individual sport whereas the other groups namely Football, Volleyball and Basketball are team events. This study was useful to found out the effect of Cyclic meditation for sports persons. Hence it is recommended that Cyclic meditation programme can be incorporated in the training schedule for reducing the stress and tension of the sports persons so as to improve the performance.

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