



Effect of Transcendental Meditation on Playing Ability of Hockey Players

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Abstract

The purpose of the study was to find out the effect of transcendental meditation on playing ability of hockey players. To achieve the purpose of the present study, twenty male hockey players from the affiliated colleges of Tamil Nadu Physical Education and Sports University, Chennai were selected as subjects at random and their age ranged between 18 and 25 years. The subjects were randomly divided in to two equal groups and named as experimental group and control group. The experimental group underwent transcendental for three days a week for a period of eight weeks in addition to their regular hockey practices, whereas the control group did not involve in any experimental training during the training period. Before the training pre test was conducted to assess the playing ability through subjective rating. After the training period of eight weeks, the post test was conducted. The collected data was statistically analyzed with paired 't' test to determine the significant difference between the groups. The level of confidence was fixed at $P < 0.05$ levels for all the cases. The result reveals that the transcendental meditation group showed better performance on playing ability than the control group.

Keywords: Transcendental Meditation, Playing Ability, Hockey.

Introduction

The Transcendental Meditation (TM) technique is a simple, natural, effortless procedure whereby the mind easily and naturally arrives at the source of thought, the settled state of the mind Transcendental Consciousness pure consciousness, self referral consciousness, which is the source of all creative processes. Transcendental meditation is practised for 15–20 minutes in the morning and evening, while sitting comfortably with the eyes closed. During this technique, the individual's awareness settles down and experiences a unique state of restful alertness. As the body becomes deeply relaxed, the mind transcends all mental activity to experience the simplest form of awareness, Transcendental Consciousness, where consciousness is open to itself. This is the self-referral state of consciousness. The experience of Transcendental Consciousness develops the individual's latent creative potential while dissolving accumulated stress and fatigue through the deep rest gained during the practice. This experience enlivens the individual's creativity, dynamism, orderliness, and organising power, which

result in increasing effectiveness and success in daily life. The Transcendental Meditation technique is scientific, requiring neither specific beliefs nor adoption of a particular lifestyle. The practice does not involve any effort or concentration. It is easy to learn and does not require any special ability. People of all ages, educational backgrounds, cultures, and religions in countries throughout the world practice the technique and enjoy its wide range of benefits (Gupta, 2007).

Field Hockey is played on a field which is 91.40m long and 55m wide. Top-level field hockey is played on synthetic surfaces, which makes the ball run faster and more smoothly, but most high school games in the United States are played on grass. The high school game consists of two 30-minute halves. Each team is permitted two time-outs per game. The game is started and re-started after every goal by a center pass. The player taking the center pass puts the ball into play in any direction using a hit, push, or selfpass. Playing ability is the performance of the players on the field during practice and during competition. When the players get mastery over the fundamental skills, may put them into a specific game. To play better, the fundamental as well as advanced skills need to be worked on and perfected. The team with high offensive and defensive skills is capable of winning high percentage of competitive matches.

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Biomechanics is the study of the mechanics of living things. It demands knowledge of both biology and various branches of physics and engineering which comprises of mechanics. Biomechanics is a sciences that examined the internal and external forces acting on a human body and the effects produced by these forces. The push starts with an attacker standing close to the goal line with at least one foot outside the field of play. The left shoulder points in the direction of the push. The hook of the stick rests against the ball. The push-in movements involves a rapid rotation of the hip, shoulders and arms in the direction of the trapper while the body weight is being transferred from the back foot to the front foot. The ball is dragged or pushed over the playing surface by the Hockey stick for some distance and then released in the direction of the trapper. In the artificial surface dragging action is used frequently. The trap phase follows when the ball reaches top of the circles and is trapped by another attacking player just outside the circle the trapper propels the ball back into the circles for the phase three to commence, the phase three consists of a third attacker striking the moving ball towards the goal or another attacking player. Some researchers have focused on penalty corner push-in techniques in field hockey (Kerr & Ness, 2006 and Viswanath & Kalidasan 2012). Push-in part in penalty corner plays critical role in conversion of penalty corner. If push-in is with great speed, the striker has extra time before defender reach the penalty circle. However there is a paucity of research on the kinematics of the penalty corner push-in execution, for this purpose successful execution of the push-in is defined as pushing the ball accurately with in the 0.60 meters line in front of the first

post and the unsuccessful execution is defined as ball which deviate beyond the 0.60 meters and limited to 2 meters is referred as a unsuccessful penalty corner push-in. The purpose of the study was to investigate the inter-relationship among the biomechanical factors in Penalty corner push-in.

Methods

The purpose of the study was to find out the effect of transcendental meditation on playing ability of hockey players. To achieve the purpose of the present study, twenty male hockey players from the affiliated colleges of Tamil Nadu Physical Education and Sports University, Chennai were selected as subjects at random and their age ranged between 18 and 25 years. The subjects were randomly divided in to two equal groups and named as experimental group and control group. The experimental group underwent transcendental for three days a week for a period of eight weeks in addition to their regular hockey practices, whereas the control group did not involve in any experimental training during the training period. Before the training pre test was conducted to assess the playing ability through subjective rating. After the training period of eight weeks, the post test was conducted. The collected data was statistically analyzed with paired ‘t’ test to determine the significant difference between the groups. The level of confidence was fixed at P<0.05 levels for all the cases.

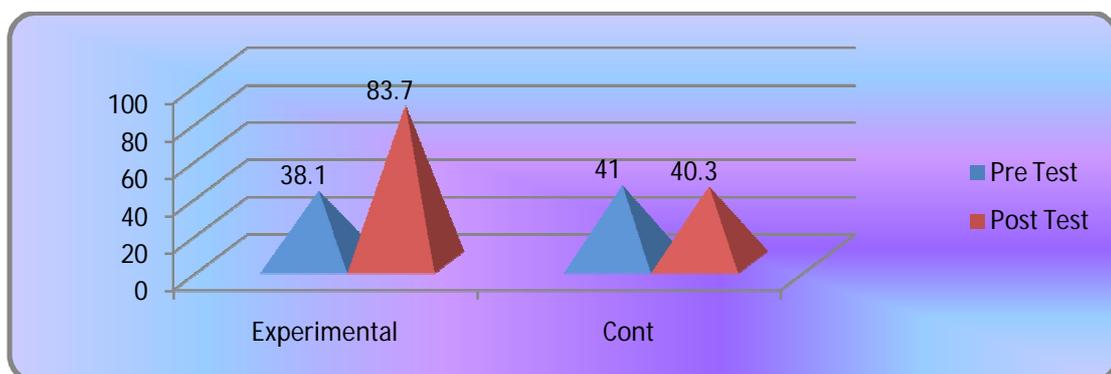
Results and Discussion

From the analysis of the data, the following results were drawn.

Table 1. Mean and Standard Deviation of Biomechanical Characteristics on University Hockey Players

S.No	Playing Ability	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Experimental	38.10	83.70	45.60	3.97	1.25	36.25*
	Control	41.00	40.30	0.70	7.76	2.45	0.28

Figure – I. Pre and Post Test Differences on Playing Ability of Experimental and Control Groups



Conclusions

In case of playing ability the results between pre and post (8 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that eight weeks of transcendental meditation group had significant influence on playing ability of hockey players. The result reveals that the transcendental meditation group showed better performance on playing ability than the control group.

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