



Effects of Meditation Techniques on selected Psychological Variables of Attention and Concentration in Women Volleyball Players

L.Mahalingam¹, Dr. M.Rajkumar², P.Prabhu Pandian³

¹Ph.D., Research Scholar, Department of Physical Education, TNPE&SU, Chennai, Tamilnadu, India.

²Associate Professor, Department of Physical Education, Bharathiar University, Coimbatore, Tamilnadu, India.

³Head Coach cum PE teacher, KOOH Sports, Mumbai, India

Received 12th September 2014, Accepted 15th October 2014

Abstract

The study was carried out on twenty women intercollegiate volleyball players. The subjects were selected from Dr.Sivanthi Aditanar College of Physical Education, Tiruchendur. They were considered as experimental (meditation) group. For this purpose of the research, the elected psychological variables are Attention and Concentration. The experimental group (meditation) was undergone training weekly 5 days (Monday, Tuesday, Wednesday, Thursday, Friday) at early morning from 6am to 7am for six weeks. The experimental group was well acquired with their allotted meditation techniques such as Trataka, Dhwani Yoga, Ajapa-Jap, attention on charkas and a remarkable practice. The data were collected on these selected psychological variables of attention, (attention board) and concentration (mirror drawing apparatus) before training as well as immediately after six weeks of training. The significance of the difference among the means of experimental group was found out by pre-test and post test. The data were analyses dependent 't' test was used at 0.05 levels with the df 19 and the table value was 2.093. On the basis of the results there was a significant improvement in attention and concentration for women volleyball players.

Keywords: Meditation Techniques, Attention, Concentration.

© Copy Right, IJRRAS, 2014. All Rights Reserved.

Introduction

“Education is essential in order to make a living in this physical world, but in order to make living a success, in order to experience every moment of life as new, every day as a day of development and blessing, and to have lasting peace, firstly knowledge of self is of utmost importance”.

Yoga is the oldest known science of self-development; it is mental physical and spiritual control. Yoga enables man to have deep relaxation also. It does this in two ways. Firstly a person who practices meditation or a yogi does not have worries, fears of spoilt relations. Secondly, he feels detached from the world and from situations. This relaxation makes him calm and enables him to take decisions without any tension, undue haste or pressure. Further, Yoga or meditation brings about behavioral transformation of man without any therapy. The thoughts made in meditation work like mental surgery, positive virtues are implanted in him in place of negative traits. Meditation is the process of re-discovering. Enjoying and using the positive qualities already latent within you like any skill; meditation requires practice to achieve positive and satisfying results.

By doing a little every day, it soon becomes a natural and easy habit, which generously rewards you for the little effort in involve. There are many meditation techniques, and many claims made for the benefits of meditation. Basically, meditation has two functions-relaxations, and perhaps improved concentration. There are two main types. 1. Concentration meditation (Focusing), 2. Insight meditation (mind fullness). Most kinds of meditation are the concentrative type:

One simply focuses his attention upon a single physical object (such as candle flame) upon sensation (such as that felt while walking or breathing); upon an emotion (such as reverence or love); upon a mantra spoken aloud or even silently; or upon a visualization in charka meditation) concentration meditation is, simply put, a form of self-hypnosis.

Methods

For the purpose of this study twenty women volleyball players were chosen as subjects in random method. The selected subjects were studying at Dr.Sivanthi Aditanar College of Physical Education, Tiruchendur. They were considered as experimental (meditation) group. The players who participated inter collegiate were selected as subjects. For the purpose of the research, the selected psychological variables were attention and concentration. The experimental group (meditation) was undergone training weekly 5 days

Correspondence

Dr.M.Rajkumar,

E-mail:dr.rajkumarmcpe2010@gmail.com, Ph.+9198425 20099

(Monday, Tuesday, Wednesday, Thursday, Friday) at early morning from 6am to 7am for six weeks. The experimental group was well acquired with their allotted meditation techniques such as trataka, Dhvani Yoga, Ajapa-Jap, attention on charkas, and a remarkable practice for a period of six week under the personal supervision of the research scholar. The data were collected on these selected psychological variables of attention, (attention board) and concentration (mirror drawing apparatus) before training as well as immediately after six week training. The significance of

the difference among the means of experimental group was found out by pre-test and post test. The data were analyzed dependent ‘t’ test was used at 0.05 level of confidence.

Results and Discussion

The following tables illustrate the statistical results of the effect of meditation on attention and concentration among women players and the ordered differences between means of the groups under study.

Table I. Computation of mean, standard deviation and ‘t’ ratio for attention (co-efficient)

Tests	Mean	Subjects	Standard deviation	‘t’ ratio
Pre test	0.227	20	0.089	4.581*
Post test	0.170	20	0.094	

* Significance at 0.05 levels. Table value at 0.05 = 2.093, df = 19

The table I indicated that the obtained ‘t’ ratio was 4.581. But the tabulated table value for significance at 0.05 level of confidence with the df 19 was 2.093. Since the obtained ‘t’ value was greater than the table value at 0.05 level of confidence, it was clearly that there

was a significant effect of meditation technique on psychological variable of attention for women volleyball players. The mean values of pre and post tests on attention (co-efficient) shown in figure I.

Figure I. Mean value of pre and post tests on attention (co-efficient)

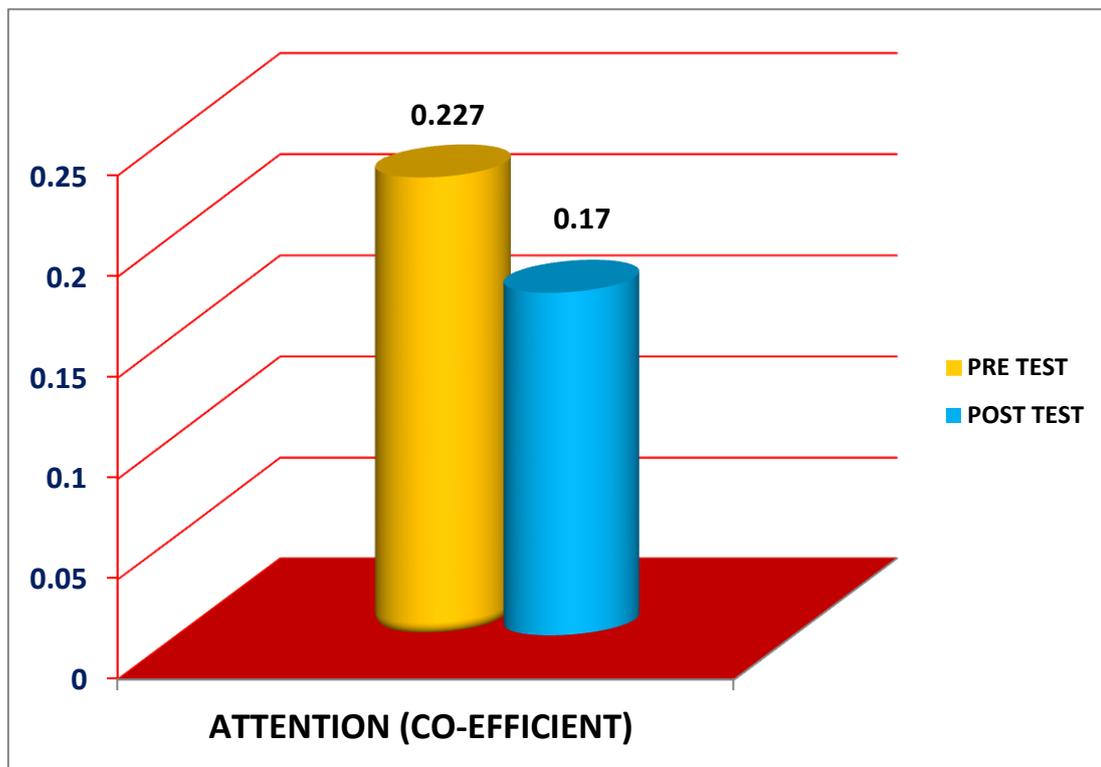


Table II. Computation of mean, standard deviation and ‘t’ ratio for concentration - error (In Numbers)

Tests	Mean	Subjects	Standard deviation	‘t’ ratio
Pre test	17.51	20	5.08	8.382*
Post test	13.387	20	4.90	

* Significance at 0.05 levels. Table value at 0.05 = 2.093, df = 19

The table II indicated that the obtained ‘t’ ratio was 8.382. But the tabulated table value for significance at 0.05 level of confidence with the df 19 was 2.093. Since the obtained ‘t’ value was greater than the table value at 0.05 level of confidence, it was clearly indicated

that there was a significant effect of meditation technique on Concentration (Error) for women players. The mean values of pre and post tests on Concentration - Error (In Numbers) shown in figure II.

Figure II. Mean value of pre and post tests on concentration - error (In Numbers)

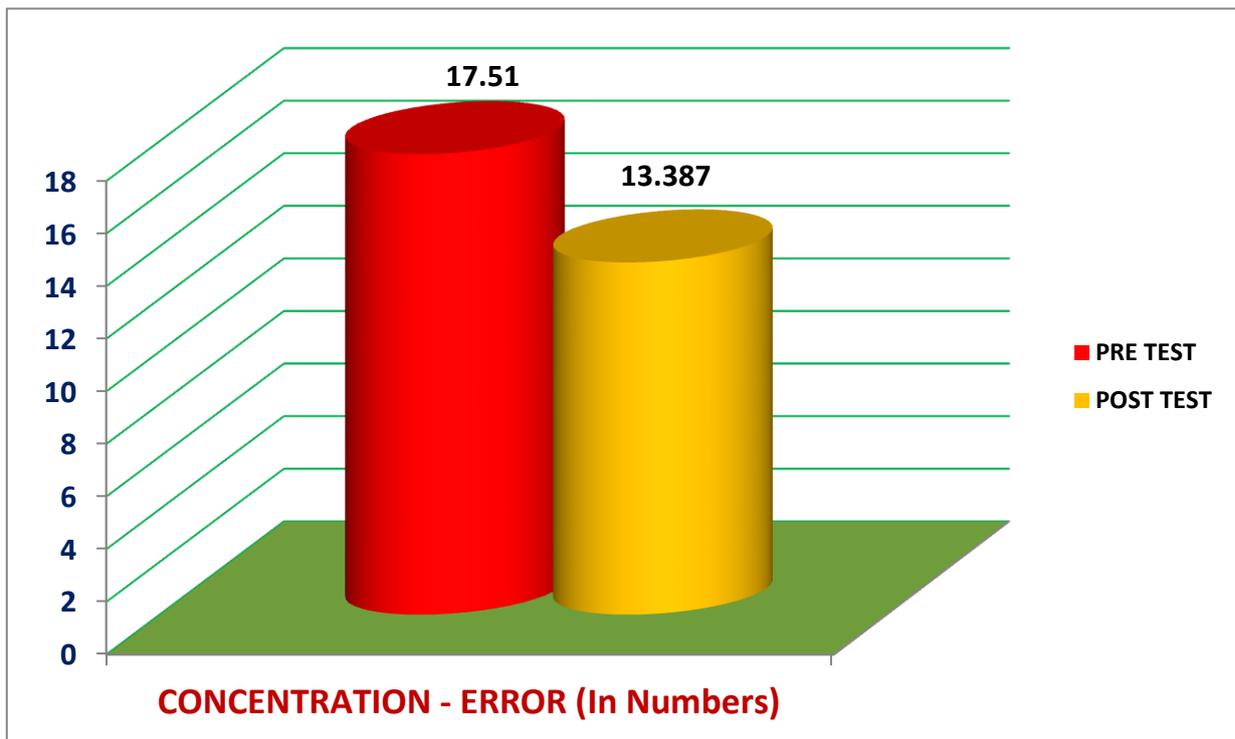


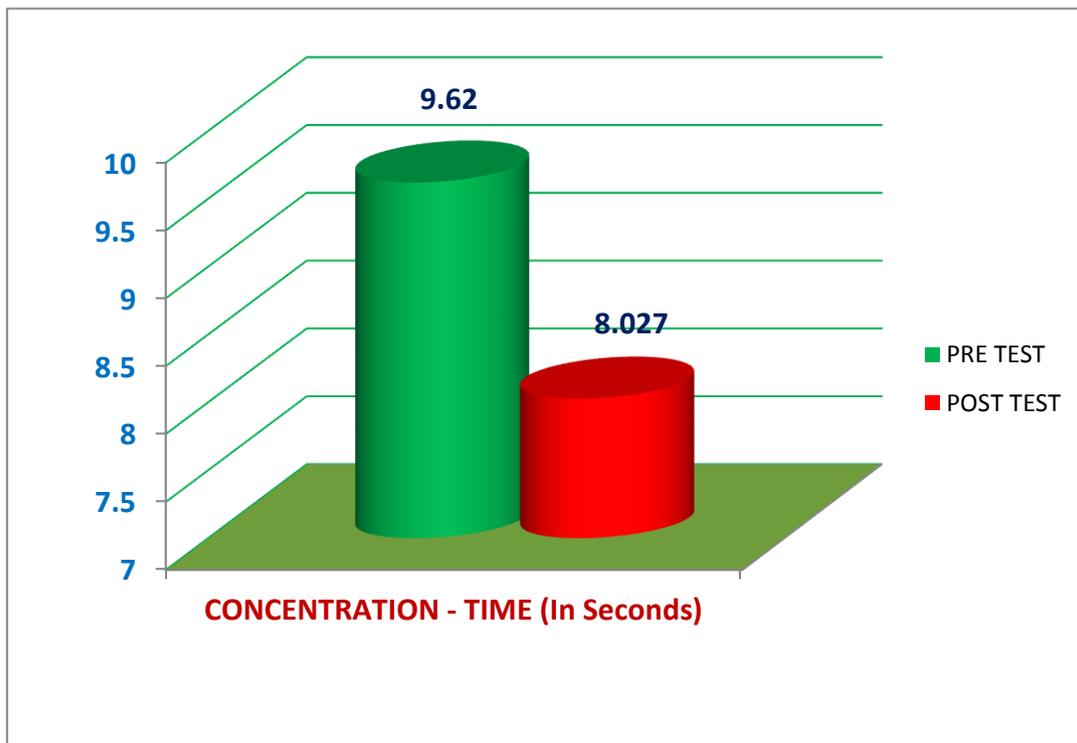
Table III. Computation of mean, standard deviation and ‘t’ ratio for concentration - time (in seconds)

Tests	Mean	Subjects	Standard deviation	‘t’ ratio
Pre test	9.62	20	3.45	3.349*
Post test	8.027	20	2.65	

* Significance at 0.05 levels. Table value at 0.05 = 2.093, df = 19

The table III indicated that the obtained ‘t’ ratio was 3.349. But the tabulated table value for significance at 0.05 level of confidence with the df 19 was 2.093. Since the obtained ‘t’ value was greater than the table value at 0.05 level of confidence, it was clearly indicated

that there was a significant effect of meditation technique on Concentration (Time) for women players. The mean values of pre and post tests on Concentration - Time (In seconds) shown in figure III.

Figure III. Mean value of pre and post tests on concentration - time (In Seconds)

Discussion on Findings

The meditation method was one of the effective methods to improve attention and concentration. The performance of a game has been influenced not only by the skill alone. But also, it needed other psychological qualities like attention and concentration etc. In this study it was concluded that attention and concentration were significantly improved for women players. In this study it was also concluded that the attention and concentration was improved only by the meditation technique such as trataka, Dhvani Yoga, Ajapa-Jap, attention on charkas, a remarkable practice for women player.

Conclusions

Within the limitation of the study, the following conclusions were drawn.

1. On the basis of the results obtained by statistically analyzing the data, there was a significant improvement in attention for women players.
2. There was a significant improvement in concentration for women players.

References

1. Gore.M.M. “ Effect of Trataka on various psycho-physiological functions”, Journals of Yoga Mimamsa, Kaivalyadhama Lonavia, Maharashtra, Vol29, P30-31, Oct 1990.
2. Bogal, R.S and Bera, T.K. “Effect of Trataka on Attentional fluctuation, neuroticism, Psycho physiological stability and relaxation capacity-A Pilot study”, Journal of Yoga Mimamsa, Kaviyaladhama, Lonavla, Vol 35 , P170, Jan -2004
3. Miller J.J.et al, “Three-year follow -up and clinical implications of a mindfulness meditation-based stress reduction invention in the treatment of anxiety disorders”. Pubmed, [Http://WWW. ncbi.nlm.nih.gov](http://WWW. ncbi.nlm.nih.gov) Feb 2005.
4. Desiraju T. “Effect of meditations and Pranayamas in promoting Homeostasis in normal individuals” Journal of Yoga Mimamsa, Kaivaly adhara Lanuvla Publication, Maharashtra , 28.2, P1-2, July 1989.
5. Subramanyan, “Yoga for health” Journal of Yoga Mimamsa Kaivalyadhama. Lonavla, Vol22 P60-61, April 1989.