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The Effects of Sprint Training With Meditation Practice on the Development of Agility of School Level Sprinters

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Abstract

The analysis of the research paper is to evaluate the effects of sprint training with meditation practice on the development of agility of school level elites printers. The sixty school boys sprinters are selected from Govt, High School, Dibbur, Chickballapur, Karnataka and they were equally allotted in groups. Group –I sprint training (n=15), Group –II sprint training with meditation practice (n=15), and Group –III control group (n=15). The intention was to evaluate the agility in Illinois agility test, as measured before and after a six-week training period. The subjects in each training groups were trained 2 days per week, whereas control group subjects did not participate in any training activity. The data were analyzed by t ratio, analysis of variance, analysis of co-variance, and Scheffe's post hoc test. The results showed that all the training treatments elicited significant (P<0.05) improvement in all of the tested variables of agility. However, the pranayama with sprint training showed significant improvement on agility (sprint with pranayana and control group). This study provided support for the use of a sprint training with meditation training method to improve agility.

Keywords: Sprint training, Pranayama with sprint training, agility.

Introduction

Since the happiness depends upon the experience of inner peace, which in turn depends upon the mental action of meditation. As Venerable Geshe Kelsang Gyatso says in the chapter entitled 'Inner Peace' 'The real source of happiness is inner peace," If our mind is peaceful, we will be happy all the time, regardless of external conditions, but if it is disturbed or troubled in any way, we will never be happy, no matter how good our external conditions may be. External conditions can only make us happy if our mind is peaceful. We can understand this through our own experience. For instance, even if we are in the most beautiful surroundings and have everything we need, the moment we get angry any happiness we may have disappears. This is because anger has destroyed our inner peace. We can see from this that if we want true, lasting happiness we need to develop and maintain a special experience of inner peace. The only way to do this is to train our mind through spiritual practice – gradually reducing and eliminating our negative, disturbed states of mind and replacing them with positive, peaceful states. Eventually, through continuing to improve our inner peace we will experience supreme permanent peace of mind, or "nirvana". Once we have attained nirvana we will be happy throughout our life, and in life after life. We will have solved all our problems and accomplished the true meaning of our human life".

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Methodology

The analysis of the research purpose is to evaluate the effects of sprint training with meditation practice on the development of agility of school level elites printers. The sixty school boys sprinters were Selected from Govt, High School, Dibbur, Chickballapur, Karnataka and the selected were equally allotted in the groups. Group –I sprint training (n=15), Group –II sprint training with meditation practice (n=15), and Group –III control group (n=15). The intention was to evaluate the agility in Illinois agility test, as measured before and after a six-week training period. The subjects in each training groups were trained 2 days per week, whereas control subjects did not participate in any training activity. The data were analyzed by t ratio, analysis of variance, analysis of co-variance and Scheffe's post hoc test. The results showed that all the training treatments elicited significant (P<0.05) improvement in all of the tested variables of agility. However, the pranayama with sprint training, showed significant improvement on agility (sprint with pranayama and control group). This study provides support for the use of a sprint training with meditation

training method to improve agility.

Table 1
Pre and post test mean value of Pranayama with sprint Training Group Agility

	Mean	N	Std. Deviation	Std. Error Mean	M.D	S.E.M	't'
Pre Test	17.5225	20	.81849	.18302	0.44	0.31	14.05*
Post Test	17.0785	20	.78544	.17563			

* Significant at 0.05 levels (2.14)

Table 1 shows the results of obtained 't' ratio for pre and post test mean difference PWSTG on agility of 14.05. The obtained't' ratios are higher than the table value of 2.14 for the degrees of freedom (1, 14). The result shows a statistically significant improvement at 0.05 level of confidence. It is observed that the mean gains and losses that is made from pre and post test which significantly shows improvement in agility (0.44 $p< 0.05$) in pranayama with sprint training group.

Table 2
Pre and post test mean value of sprint Training Group Agility

	Mean	N	Std. Deviation	Std. Error Mean	M.D	S.E.M	't'
Pre Test	18.3335	20	.69375	.15513	0.26	0.85	3.05*
Post Test	18.0730	20	.47349	.10588			

* Significant at 0.05 levels (2.14)

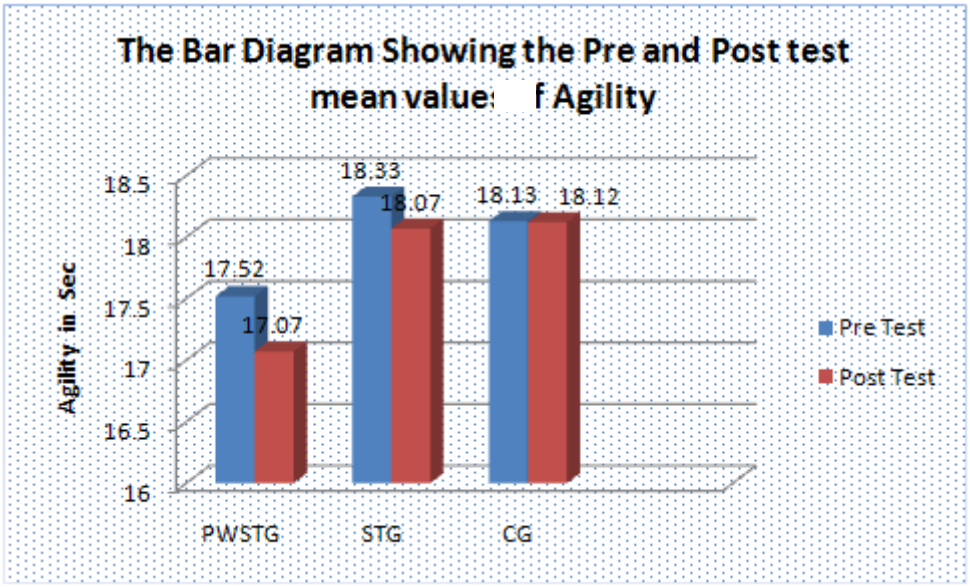
Table-2 shows the obtained 't' ratio for pre and post test mean difference STG on agility of 3.05. The obtained 't' ratios are higher than the table value of 2.14 for the degrees of freedom (1, 14). The result shows a statistically significant improvement at 0.05 level of confidence. It is observed that the mean gains and losses that is made from pre and post test which significantly shows improvement in agility (0.26 $p< 0.05$) in sprint training group.

Table 3
Pre and post test mean value of Control Group on Agility

	Mean	**N**	**Std. Deviation**	**Std. Error Mean**	**M.D**	**S.E.M**	**'t'**
Pre Test	18.1325	20	.50172	.11219	0.01	0.006	1.45
Post Test	18.1225	20	.49470	.11062			

* Significant at 0.05 levels (2.14)

Table-3 shows the obtained 't' ratio for pre and post test mean difference CG on agility of 1.45. The obtained 't' ratios are not reached the table value of 2.14 for the degrees of freedom (1, 14). The result shows a statistically not significant improvement at 0.05 level of confidence.



Analysis of variance in pre and post tests on Agility of PWSTG, STG and CG

The data on agility of the pranayama with sprint training group, sprint training group and control group are collected before and after the experimental period are analyzed statistically and presented in Table 4.

Table 4

Analysis of variance on agility of sprint training with meditation group, sprint training group and control groups

ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
Agility Pre test	Between Groups	7.135	2	13.567	2.628	.001
	Within Groups	26.656	57	.468		
	Total	33.791	59			
Agility post	Between Groups	13.876	2	6.938	19.169*	.000
	Within Groups	20.631	57	.362		
	Total	34.507	59			

* Significant at 0.05 level

Table 4 results shows that the obtained Pre test F ratio of 2.62 is lesser than the necessary table value of 3.22. The result indicates that there is no considerable development. The post test values of the 'f' ratio on agility of sprint training group, sprint training group and control group are presented respectively. The obtained F ratio of 19.16 is higher than the required table value of 3.22 which indicates that there is a significant improvement at 0.05 level of confidence for the degrees of freedom 2 and 57.

Table 5

Analysis of co variance on agility of sprint training with meditation group, sprint training group and control groups

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	2.551	2	1.275	30.104*	.000
Within Groups	2.373	56	.042		

The adjusted post test means f ratio of agility of sprint training with meditation group, sprint training group and control group are presented respectively and the obtained F ratio of 30.104 is greater than the F ratio of 3.22 which indicates that there is a significant improvement at 0.05 level of confidence for the degrees of freedom 2 and 57.

Conclusion

1. It was concluded that the sprint training with meditation training improved agility on the school level sprinters.
2. It was concluded that the sprint training improved agility on the school level sprinters.
3. It was finally concluded that the sprint training group showed greater agility than the sprint training with meditation training and control group of school level sprinters.

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