



Influence of Transcendental Meditation on Selected Psychological Variables among University Men Students

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Abstract

The purpose of the study was to find out the effect of Transcendental Meditation on selected psychological variables such as sports competition anxiety and aggression. To achieve this purpose of the study, thirty men students studying in Department of Physical Education, Annamalai University, Annamalai Nagar, Tamil Nadu, India were selected as subjects at random. The age of the subjects were ranged from 18 to 20 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as Transcendental Meditation group (Group I) and control group (Group II). The Transcendental Meditation group (Group I) underwent their respective training programme for five days per week for twelve weeks. Group II acted as control in which they did not undergo any special training programme apart from their regular physical education programme. All the subjects of two groups were tested on selected criterion variable such as sports competition anxiety test questionnaire and Smith's Aggression Test questionnaire respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any in-between the groups. The level of significant to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate. The results of the study revealed that there was a significant difference between Transcendental Meditation group and control group on selected psychological variables such as sports competition anxiety and aggression. Significant changes on selected criterion variables namely sports competition anxiety and aggression were also noticed due to Transcendental Meditation.

Keywords: Transcendental Meditation, Psychological Variables, Men Students.

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Introduction

Transcendental meditation, also known as TM for short, is a simple and effective form of meditation that is shown by research to be quite effective at minimizing anxiety, helping people manage stress, and even lowering blood pressure and carrying other benefits. Unlike mindfulness-based meditations that focus on clearing the mind of thoughts and gently bringing the attention back to the present moment when you notice that your mind has wandered (as it will), TM is based around focusing on a single mantra, repeated silently. This mantra can be different for every person, and those who complete training programs are generally assigned mantras based on their personal characteristics and are expected to be a good fit.

Methodology

The purpose of the study was to find out the effect of Transcendental Meditation on selected

psychological variables such as sports competition anxiety and aggression. To achieve this purpose of the study, thirty men students studying in Department of Physical Education, Annamalai University, Annamalai Nagar, Tamil Nadu, India were selected as subjects at random. The age of the subjects were ranged from 18 to 20 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as Transcendental Meditation group (Group I) and control group (Group II). The Transcendental Meditation group (Group I) underwent their respective training programme for five days per week for twelve weeks. Group II acted as control in which they did not undergo any special training programme apart from their regular physical education programme. All the subjects of two groups were tested on selected criterion variable such as sports competition anxiety and aggression at prior to and immediately after the training programme by using sports competition anxiety test questionnaire and aggression test questionnaire respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any in-between the groups. The level of significant to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of

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confidence, which was considered as an appropriate.

Analysis of the Data

The influence of Transcendental Meditation on each psychological variable were analyzed separately and presented below.

Sports competition anxiety

The analysis of covariance on sports competition anxiety of the pre and post test scores of Transcendental Meditation group and control group have been analyzed and presented in Table 1.

Table 1. Analysis of covariance of the data on sports competition anxiety of pre and post tests scores of transcendental meditation group and control group

Test	Transcendental Meditation Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	28.07	28.13	Between	0.03	1	0.03	0.03
S.D.	1.00	0.85	Within	28.67	28	1.02	
Post Test							
Mean	21.93	27.87	Between	264.03	1	264.03	25.43*
S.D.	0.96	1.02	Within	290.70	28	10.38	
Adjusted Post Test							
Mean	21.95	27.85	Between	260.36	1	260.36	404.93*
			Within	17.36	27	0.64	

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.21 respectively)

The table 1 shows that pre-test means on sports competition anxiety of Transcendental Meditation group and control group are 28.07 and 28.13 respectively. The obtained "F" ratio of 0.03 for pre -test means is less than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on sports competition anxiety. The post-test means on sports competition anxiety of Transcendental Meditation group and control group are 21.93 and 27.87 respectively. The obtained "F" ratio of 25.43 for post-test means is more than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on sports competition anxiety.

The table 1 further shows that the adjusted post-test mean values on sports competition anxiety of

Transcendental Meditation group and control group are 21.95 and 27.85 respectively. The obtained "F" ratio of 404.93 for adjusted post-test means is greater than the required table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on sports competition anxiety. The results of the study indicated that there was a significant difference between the adjusted post-test means of Transcendental Meditation group and control group on sports competition anxiety.

Aggression

The analysis of covariance on aggression of the pre and post test scores of Transcendental Meditation group and control group have been analyzed and presented in Table 2.

Table 2. Analysis of covariance of the data on aggression of pre and post tests scores of transcendental meditation group and control group

Test	Transcendental Meditation Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	17.73	17.87	Between	0.13	1	0.13	0.15
S.D.	0.93	0.91	Within	24.67	28	0.88	
Post Test							
Mean	14.80	17.73	Between	64.53	1	64.53	21.55*
S.D.	0.88	0.68	Within	83.87	28	3.00	
Adjusted Post Test							
Mean	14.83	17.70	Between	61.22	1	61.22	128.86*
			Within	12.83	27	0.48	

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.21 respectively)

The table 2 shows that pre-test means on aggression of Transcendental Meditation group and control group are 17.73 and 17.87 respectively. The obtained “F” ratio of 0.15 for pre -test means is less than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on aggression. The post-test means on aggression of Transcendental Meditation group and control group are 14.80 and 17.73 respectively. The obtained “F” ratio of 21.55 for post-test means is more than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on aggression.

The table 2 further shows that the adjusted post-test mean values on aggression of Transcendental Meditation group and control group are 14.83 and 17.70 respectively. The obtained “F” ratio of 128.86 for adjusted post-test means is greater than the required table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on aggression. The results of the study indicated that there was a significant difference between the adjusted post-test means of Transcendental Meditation group and control group on aggression.

Conclusions

1. There was a significant difference between Transcendental Meditation group and control group on sports competition anxiety.
2. There was a significant difference between Transcendental Meditation group and control group on aggression.
3. And also it was found that there were significant changes on selected criterion variables such as sports competition anxiety and aggression due to Transcendental Meditation.

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