

# DRAMATIC EFFECT OF MEDITATION PRACTICE ON ANXIETY AMONG COLLEGE LEVEL MEN FOOT BALL PLAYERS

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## ABSTRACT

The purpose of the present study was to find out the dramatic effect of meditation practice on anxiety among college level men football players. To achieve the purpose of the study thirty women ball badminton players were selected from colleges affiliated to M.G University, during the year 2019. The subjects' age ranges from 18 to 25 years. The selected subjects were divided into two equal groups consists of 15 men players each namely experimental group and control group. The experimental group underwent a meditation practice programme for ten weeks. The control group was not taking part in any training during the course of the study. Anxiety was taken as criterion variable in this study. The selected subjects were tested on anxiety by taking Spielberger's Trait Anxiety Questionnaire test. Pre-test was taken before the training period and post- test was measured immediately after the ten week training period. Statistical technique „t” ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to meditation practice given to the experimental group on anxiety when compared to control group.

**Keywords:** meditation practice, anxiety.

## INTRODUCTION

Meditation can be defined as a practice where an individual focuses their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state. Meditation may be used to reduce stress, anxiety, depression, and pain. It may be done while sitting, repeating a mantra, and closing the eyes in a quiet environment.

In an anxiety-related disorder, your fear or worry does not go away and can get worse over time. It can influence your life to the extent that it can interfere with daily activities like school, work and/or relationships. Fear, stress, and anxiety are "normal feelings and experiences" but they are completely different than suffering from any of the seven diagnosable disorders plus substance-induced anxiety, obsessive-compulsive disorders, and trauma- or stressor-related disorders.

## METHODOLOGY

The purpose of the present study was to find out the dramatic effect of meditation practice on anxiety among college level men football players. To achieve the purpose of the study thirty women ball badminton players were selected from colleges affiliated to M.G University, during the year 2019. The subject's age ranges from 18 to 25 years. The selected subjects were divided into two equal groups consists of 15 men players each namely experimental group and control group. The experimental group underwent a meditation practice programme for ten weeks. The control group was not taking part in any training during the course of the study. Anxiety was taken as criterion variable in this study. The selected subjects were tested on anxiety by taking Speilberger's Trait Anxiety Questionnaire test. Pre-test was taken before the training period and post- test was measured immediately after the ten week training period. Statistical technique t'ratio was used to analyse the means of the pre-test and post test data of experimental group and control group.

## ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent  $t'$  test was used with 0.05 levels as confidence.

**TABLE I**

**ANALYSIS OF T-RATIO FOR THE PRE AND POST TESTS OF EXPERIMENTAL AND CONTROL GROUP ON ANXIETY (Scores in numbers)**

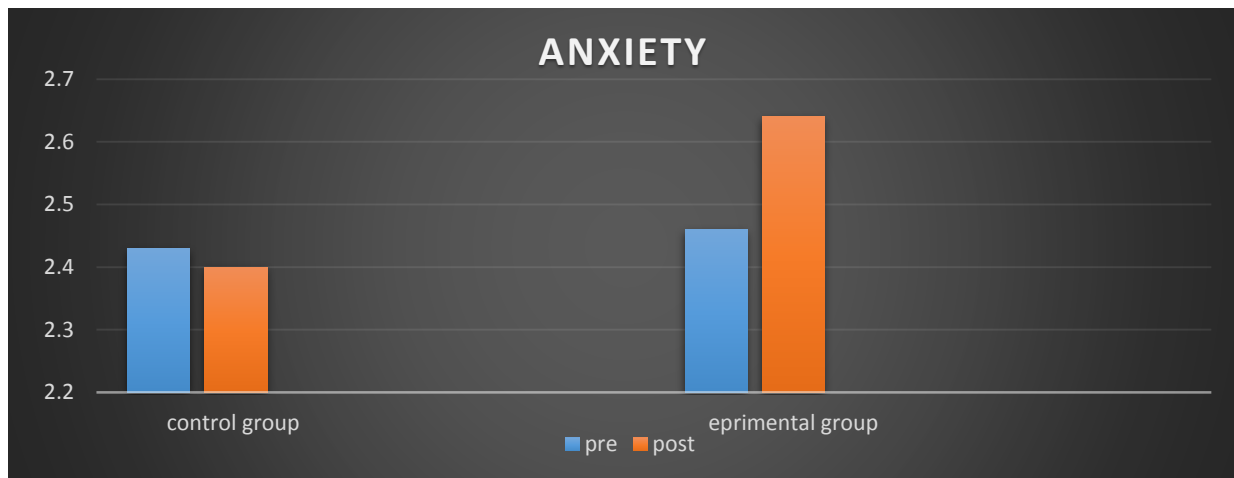
Variable	Group	Mean		SD		Sd Error		df	„t“ ratio
		Pre	Post	Pre	Post	Pre	Post		
Anxiety	Control	54.06	54.26	4.43	4.36	1.14	1.12	14	0.76
	Experimental	54.76	49.86	4.49	3.54	1.16	0.91		

\*Significance at .05 level of confidence.

The Table-I shows that the mean values of pre-test and post-test of control group on Anxiety were 54.06 and 54.26 respectively. The obtained  $t'$  ratio was 0.76, since the obtained  $t'$  ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of experimental group on resting pulse rate were 54.73 and 49.86 respectively. The obtained  $t'$  ratio was 11.48\* since the obtained  $t'$  ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in Anxiety. It may be concluded from the result of the study that the experimental group increased in Anxiety due to ten weeks of pranayama practice.

**FIGURE-1**

**BAR DIAGRAM SHOWING THE PRE AND POST MEAN VALUES OF EXPERIMENTAL AND CONTROL GROUP ON ANXIETY**



### CONCLUSIONS

- There was a significant difference between experimental and control group on Anxiety after the training period.
- There was a significant improvement in Anxiety. However the improvement was in favor of experimental group due to ten weeks of pranayama practice.

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