



A COMPARISON OF MEDITATION TECHNIQUES AMONG INDIVIDUAL AND TEAM SPORTS ATHLETES

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Abstract

The study's objective was to ascertain and contrast the meditation levels of athletes participating in various individual and team sports. Forty-five athletes from Savitribai Phule Pune University (20 participating in individual sports and 25 in team sports) had their meditation levels evaluated using the modified Awareness Scale (Brown and Ryan, 2003). Sportspeople who play individual and team sports have had their meditation levels compared using the "t" test. There were no discernible differences between the athletes participating in team and individual sports.

All athletes, whether they play team or individual sports, have a similar state of meditation since they must complete both mental and physical training in order to compete at the greatest levels.

Keywords: *attentive attention awareness scale, sportspeople, and meditation.*

Introduction:

One of the founders of meditation, Kabat-Zinn, defined it as a person's mental condition to remain in the present moment without passing judgment. A person who possesses a certain trait or who practices awareness through yoga, meditation, etc. can achieve meditation, which can be thought of as a mental state or a developmental ability. Thus, meditation can be learned through consistent practice or it can be inherited.

Consistent meditation practice can improve a person's cognitive function, attention, ability to concentrate, etc. In order to stay calm and concentrated, he or she would be able to appropriately assess the current circumstances and events. People who use meditation

techniques, such as meditation, are able to better manage their emotions and become cool and collected, which enables them to deal with a variety of negative emotions, such as fear, grief, rage, etc., in an intelligent manner.

Studies have demonstrated that despite receiving the right physical and skill training, athletes were unable to compete at the greatest level because they lacked attention, confidence, emotional regulation, and stress management. The three pillars of meditation—acceptance, awareness, and situation-appropriate action—proved useful in this case.

Studies have demonstrated that athletes who are conscious will have greater self-awareness and self-realization and will be sufficiently confident in their ability to make decisions in challenging practice and competition scenarios. Studies have shown that certain mental training programs are highly successful in resolving particular issues pertaining to athletic performance, and meditation exercises improve athletes' psychological health.

Based on this knowledge, the current researchers aimed to determine the meditation status of various athletes who represented Visva Bharati University's sports teams in university-level contests and played solo and team sports.

Aim & Objectives: The purpose of the study was to determine and compare the meditation status of athletes participating in various individual and team sports.

Materials and Procedures : Selection of Subjects: Using purposive random sampling, a total of forty-five (twenty in individual sports and twenty-five in team sports) Savitribai Phule Pune University athletes who have competed at least at the university level in the previous three years were considered.

Study Design: A modified Attention Awareness Scale with 14 item questions was used to evaluate the athletes' meditation levels. The five-point Likert scale was used for scoring. A respondent uses the following scoring system to indicate how much they agree or disagree with each item: 1 = Almost always; 2 = Very frequently; 3 = Somewhat regularly; 4 = Very frequently; and 5 = Almost never. Items with negative wording receive a reverse score of one to five. The sum of the 14 answers for a single person has been used to determine the final score. The data was gathered using a questionnaire.

Utilized Statistical Tools: Sportspeople who participate in individual and team sports have had their meditation levels assessed using descriptive statistics. Table 2 displays the mean difference and "t" test result between the athletes who participate in individual and team sports. The t-test for independent samples was utilized to ascertain the differences. With a man

difference value of 0.15, the team sports mean score of 43.25 on the meditation status is higher than the individual sports mean score of 41.58 both groups' state of attentiveness. We have maintained the significance level at the 0.05 level of confidence. To illustrate the breadth of the score distribution, a graphic representation of each group has been provided.

Result:

Table 1 displays the descriptive statistics of the meditation status of the chosen athletes who play a variety of team and individual sports. A sportsperson participating in solo or team sports can score as many as 42 or 43 points, respectively, while the lowest possible score is 29 or 24. In terms of mean and standard deviation, athletes participating in individual sports have scores of 41.58 and 7.45, respectively, while those participating in team sports have scores of 43.25 and 7.62, respectively. Because the computed "t" value (0.09) is less than the tabulated "t" value (.05), or 1.24, the mean difference between individual and team sports is not significant. Figure 1 illustrates the variations in meditation level between team and individual athletes.

Table 1: Descriptive Statistics

S. No.	Group	Maximum	Minimum	Mean	SD
1	Individual Sports N = 20	42	29	41.58	7.45
2	Team Sports N = 25	43	24	43.25	7.62

Table 2: Results of t-Test of Individual and Team Sports

Group	N	Mean	MD	Cal 't'	Tab 't' (.05)
Individual Sports	20	41.58	0.14	0.18*	1.24
Team Sports	25	43.25			

**Not Significant at .05 levels*

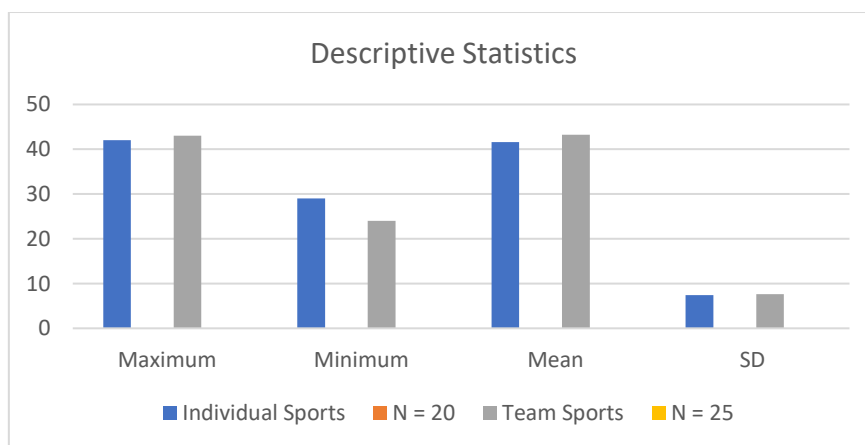


Figure 1: Illustrates the variations in meditation level between team and individual athletes.

Discussion

Based on participant responses and statistical analysis, it was determined that there is no significant difference between individual and team sports in terms of meditation status and that there is very little difference between athletes participating in these sports.

Thus, it is evident that awareness is a crucial quality that all athletes exhibit, regardless of whether they play team or individual sports. One of the requirements for athletes is meditation in order to perform better at the highest level of competition. Researchers would prefer to credit the aforementioned observations and findings to a variety of factors and facts. Regardless of individual or team sports, optimal physical and mental development—which includes focus, attention, awareness, motivation, etc.—are necessary for sports success at the highest levels of competition. Meditation practice can help cultivate these skills. Despite the unique characteristics of each sport, several types of meditation exercises are necessary, which will assist athletes in focusing on their sport-specific responsibilities.

Various studies examining the relationship between meditation and athletic performance show that practicing meditation can improve athletes' perceptions and particular skills, regardless of whether they play team or individual sports. The athletes may have gained different facets of meditation as a result of the mental training. This could be the cause of the lack of notable differences between athletes who play team or individual sports in terms of their level of awareness. Mamassis and Doganis's investigation, which found that mental training programs are very effective in removing sports-specific issues and contribute to the psychological well-being of athletes, has validated the current researchers' theories. In their review study, Rivera, Quintana, and Rincon also came to a similar conclusion.

Conclusions

It is possible to draw the conclusion that, regardless of whether they play team or individual sports, all athletes have a similar state of meditation because, in order to compete at the highest level, athletes must complete both mental and physical training.

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