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Effect of meditational practices on movement time, reaction time, anxiety and perception, anxiety and perception among elite athletes of Maharashtra

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Abstract

The paper investigate the effect of meditational practices on movement time, reaction time, anxiety and perception, anxiety and perception among elite athletes of Maharashtra. The study was formulated based on the simple random sampling. The samples were collected from the 80No.s of the elite athletes studying in class IX, X, XI, and XII in the age group of 13 to 18 years. These sample were randomly selected the boys and girls of Elite (National, International) athletes of Maharashtra Sports School. The study was based on simple random sampling. The sample consists of 60 elite adolescent athletes of 13 to 18 years. Age group of Maharashtra Sport School may divided into 2 groups boys and Girls consist of 30 in each group [30 +30 = 60] out of which one group may be controlled and another will be experimental group in each category. The meditational training for 6 weeks may be given to the experimental group and the controlled group may not be given any meditational yogic practices. The purpose of the study is to investigate the effect of meditational practices on selected personality traits viz. – movement time, reaction time, anxiety and perception, of elite athletes of Maharashtra Sport School the experiment will lost for 6 weeks, there will be one session every day of 1 hour each for both boys and girls experimented groups. The controlled group is not allowed to participate any meditational practices except their routine sports training schedule. Data for selected variable may be collected at the beginning by conducting pre-test and after 6 weeks by conducting posttest the test results may be analyzed with evaluation.

To measure movement time test: Nelson speed of movement time. To measure reaction time test - reaction time to measure the Reaction time [visual and auditory] of the Athletes. The level of significance was set at 0.05, the results of the study revealed that there was a significant difference between Experiment and Control group on selected variables.

Keywords: movement time, reaction time, anxiety, perception, elite athletes, Maharashtra etc.

Introduction

Sports an aspect of physically education recreation and competition are its two poles or axes on a common continuum. Psychology plays a key role in (elite sports highly advanced stage person) of the two teams are equally trained, nourished, but the only team wins which is (mentally) psychologically strong.

The word “Meditation” is used to describe a number of different uses of the mind from contemplation and concentration to devotion and chanting.

Sport is generally recognised as system of activities based in physical athleticism or physical dexterity, with major competitions such as the Olympic Games admitting only sports meeting this definition. Other organizations, such as the Council of Europe, preclude activities without a physical element from classification as sports. However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognises both chess and bridge as bona fide sports, and Sport Accord, the international sports federation association, recognises five non-physical sports: bridge, chess, draughts (checkers), Go and *xiangqi*, and limits the number of mind games which can be admitted as sports.

Sport is usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first. It can also be determined by judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression.

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Methodology

Sample of the Study

The study was formulated based on the simple random sampling. The samples were collected from the 80 No.s of the elite athletes studying in class IX, X, XI, and XII in the age group of 13 to 18 years. These sample were randomly selected the boys and girls of Elite (National, International) athletes of Maharashtra Sports Schools.

Procedure for data collection

The study was based on simple random sampling. The sample consists of 60 elite adolescent athletes of 13 to 18 years. Age group of Maharashtra Sport School may divided into 2 groups boys and Girls consist of 30 in each group [30 + 30 = 60] out of which one group may be controlled and another will be experimental group in each category. The meditational training for 6 weeks may be given to the group and the controlled group may not be given any meditational experimental yogic practices.

Tools used

To measure the speed of movement of the Athlete. One yard scale, Table and Two chairs. To measure the Reaction time [visual and auditory] of the Athletes. Electronic reaction timer or chronometer. Table, Two Chairs and Power Supply.

Statistical techniques used

The data collected in this study was subjected to statistical analysis with appropriate tools. The descriptive statistics was used to find out the mean, standard deviation and t – test f - test was computed. For graphical presentation excel package of MS-office was used for better compliance.

Conclusion

Meditation is one of the yogic techniques which improve the performance of the athletes by changing the psychological variables in positive manner. Research found significant change in levels of Movement Time, Reaction Time, Anxiety and Perception. Means The Movement Levels of Athletes before 6 weeks training was low than after the training (meditational).

Recommendations

Similar studies may be conducted on large scale similar studies may be conducted on other selected variables

Similar studies may be conducted at sports academics and sports training institutions.

Similar study may be conducted on adult age groups.

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