



EFFECTS OF MEDITATION AND YOGA TRAINING ON MENTAL TOUGHNESS AMONG FEMALE VOLLEYBALLERS OF LUCKNOW

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ABSTRACT :

The purpose of the study was to investigate the effects of meditation and yoga training among female volleyballers of Lucknow. It was hypothesized that there would be significant difference on mental toughness due to training of 12 weeks of meditation and yoga training. The present study was conducted on 100 female volleyballers selected randomly from Lucknow district, Lucknow Uttar Pradesh. The subjects were divided into two groups (experimental and control group). The age of the subjects were ranging between 17-21 years to assess the selected psychological variable mental toughness. To assess the mental toughness, questionnaire (1995) prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 questions based on handling pressure, concentration, mental rebounding and winning attitude. Each question has two possible responses i.e. true and false. In the present study pre-test and post test scores were taken, to compare the effects of meditation and yoga training on psychological variable mental toughness among female volleyballers. 50 subjects were assigned randomly to both the group. The training for experimental group was administrated at Lucknow. The experimental group met six days in a week for a period of 12 weeks. Each experimental session was of 50 minutes duration. The training commenced with meditation and different asanas for the experimental group. With the help of the questionnaire related to psychological variable mental toughness necessary data were collected. The test was conducted on 100 female volleyballers to collect data for psychological variable. The data was analyzed by applying **Analysis of Co-Variance (ANCOVA)** to find out the effects of meditation and yoga training on Psychological Variable among female volleyballers of Lucknow. **The level of significance was set at 0.05. The data was analyzed by SPSS (Version 17).** The results of present study indicate that the experimental group trained by meditation and yoga training for 12 weeks program has shown slightly better in handling pressure, concentration, mental rebounding and winning attitude as compare to control group in case of female volleyballers. It also found that meditation and yoga training gives mental peace and promotes healthy and happy life.



KEYWORDS : *Mental Toughness, Meditation, Yoga and Volleyballers.*

INTRODUCTION

Sport is all about movements. Athletes can learn a lot of physical and psychological skills through the practice of meditation and yoga. Yoga and meditation can be interrelated – each practice is different in its own way, but both are grounded in spirituality and their benefits on the mind and the body. The practice of yoga and meditation has been around for centuries. Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance and enhancing overall health and well being. Meditation is a practice where an individual uses a technique – such as mindfulness or focusing the mind on a particular object, thought or activity. The earliest records of meditation (Dhyana), come from the Hindu traditions of Vedantism. Some research suggests that practicing meditation may reduce blood pressure, anxiety, depression and insomnia. Practicing yoga is known to improve flexibility, balance, strength and endurance. Mental toughness as the ability to produce consistent results in practices and in games regardless of the situation. Whether it's poor weather, an injury, or a pressure situation, athletes with mental toughness find a way to produce the same or positive results. We cannot overlook the physical and psychological benefits meditation and yoga can bring to any athlete. It is a holistic practice that encourages a body and mind connection through the breath.

Considering the role of Psychology variable (Mental Toughness), the present study was undertaken.

STATEMENT OF THE PROBLEM

The main purpose of the study was to investigate the effects of meditation and yoga training on mental toughness among female volleyballers of Lucknow.

DELIMITATIONS

1. The study was delimited to the female volleyballers of Lucknow District only.
2. The study was further delimited to those female players who have participated in Inter-collegiate or Inter-university level.

HYPOTHESIS

It was hypothesized that there will be significant difference on mental toughness among female volleyballers due to training of 12 weeks of meditation and yoga training.

RESEARCH METHODOLOGY:

The present study was conducted on 100 female volleyballers selected randomly from Lucknow district, Lucknow Uttar Pradesh. The subjects were divided into two groups (experimental and control group). The age of the subjects were ranging between 17-21 years to assess the selected psychological variable mental toughness. To assess the mental toughness, questionnaire (1995) prepared by Allen Goldberg was administered. The questionnaire was comprised of 60 questions based on handling pressure, concentration, mental rebounding and winning attitude. Each question has two possible responses i.e. true and false. In the present study pre-test and post test scores were taken, to compare the effects of meditation and yoga training on psychological variable (mental toughness) among female volleyballers. 50 subjects were assigned randomly to both the group. The training for experimental group was administrated at Lucknow. The experimental group met six days in a week for a period of 12 weeks. Each experimental session was of 50 minutes duration. The training commenced with meditation and different asanas for the experimental group. With the help of the questionnaire related to psychological variable mental toughness necessary data were collected. The test was conducted on 100 female volleyballers to collect data for psychological variable. The data was analyzed by applying **Analysis of Co-Variance (ANCOVA)** to find out the effects of meditation and yoga training on

Psychological Variable among female volleyballers of Lucknow. **The level of significance was set at 0.05. The data was analyzed by SPSS (Version 17).**

RESULTS AND DISCUSSIONS

The results pertaining to analysis of co-variance between Experimental group and Control group on psychological variable (mental toughness) among female volleyballers for pre and post tests respectively have been presented in table 1.

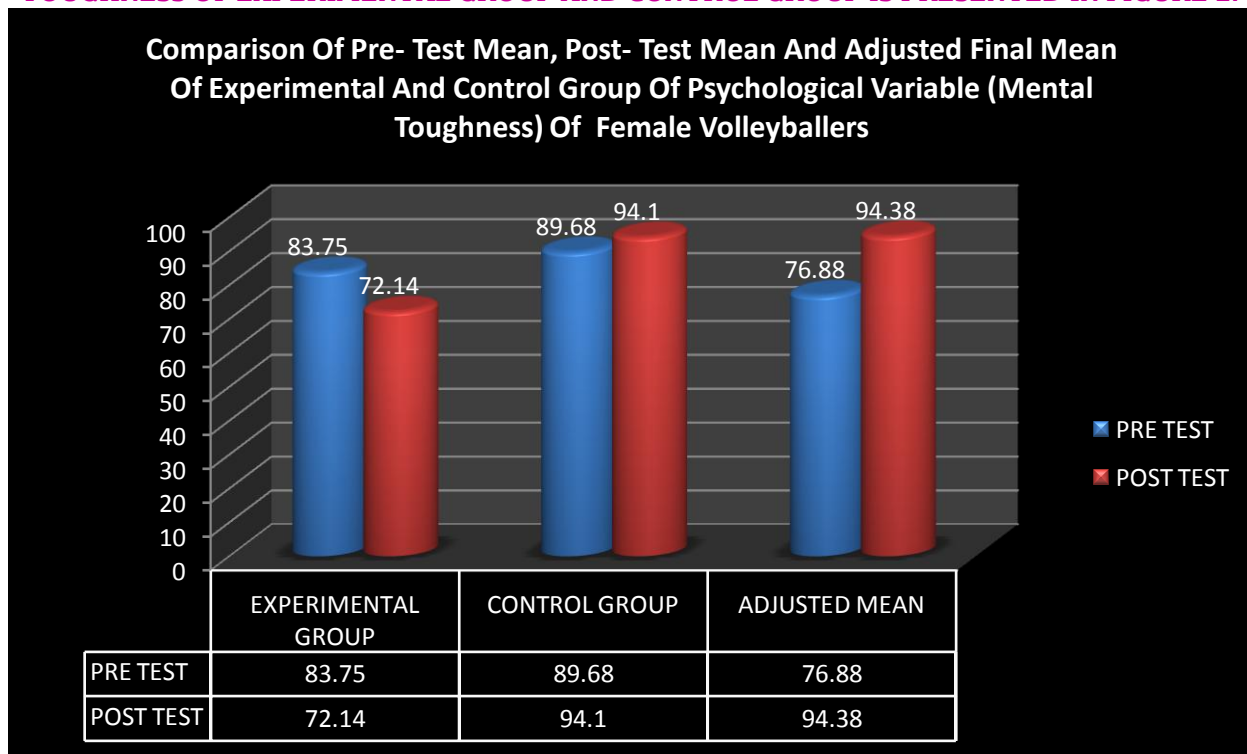
**TABLE 1
ANCOVA BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP ON PSYCHOLOGICAL VARIABLE (MENTAL TOUGHNESS) AMONG FEMALE VOLLEYBALLERS OF LUCKNOW**

Sources of Variation	Degree of Freedom	Sum of Squares YX	Mean Sum of Squares YX	F- Value
Treatment Group Means	2-1 =1	7989.86	7989.86	392.68*
Error	100-2-1= 97	1506.28	16.184	
Total	98			

*Significant F.05 (1,97) = 3.94

Table No.1 revealed that the obtained ‘F’ value of 392.68* was found to be highly significant at 0.05 level with 1,97 degree of freedom as the tabulated value of 3.94 was required to be significant at 0.05 level with 1,97 degree of freedom. The same table indicated that there was a significant difference in adjusted means of selected psychological variable (Mental Toughness) among female volleyballers between experimental group and control group.

GRAPHICAL REPRESENTATION OF MEAN VALUE OF PRE TEST AND POST TEST OF MENTAL TOUGHNESS OF EXPERIMENTAL GROUP AND CONTROL GROUP IS PRESENTED IN FIGURE 1.



CONCLUSIONS:

The results of present study indicate that the experimental group trained by meditation and yoga training for 12 weeks program has shown slightly better in handling pressure, concentration, mental rebounding and winning attitude as compare to control group in case of female volleyballers. It also found that meditation and yoga training gives mental peace and promotes healthy and happy life.

RECOMMENDATIONS:

1. Similar study may be undertaken to find out the effects of meditation and yoga training on Psychology variables between female athletes and female non athletes.
2. Similar study may be undertaken to find out the effects of meditation and yoga training on mental toughness among team games athletes.
3. Similar Study may be undertaken to find out the effects of meditation and yoga training on Psychological variables among middle age athletes.
4. Similar Study may be undertaken to see the effects of meditation and yoga training on other variables like anxiety, self – esteem, depression, achievement motivation etc. among different age group of men and women.
5. Similar study may be undertaken to find out the effects of meditation and yoga training on Psychology variables among adolescents.

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