

EFFECT OF SIX WEEKS MEDITATION PRACTICES ON SELF CONFIDENCE AMONG VOLLEYBALL PLAYERS

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Abstract: The purpose of the present study was to find out the effect of meditation practices on self-confidence among volleyball players. For achieving the purpose of the study total of 30 men inter collegiate volleyball players were selected as samples from the Arts and Science College in Chennai city. Their age group between 18 to 26 years and the selected subjects were divided in to two groups equally with 15 each as control and experimental group. All the selected subjects were represented for their college in the inter-collegiate tournaments and all of them were used to practice volleyball for the duration of two hours in the evening except Sundays and apart from the volleyball practice the experimental group underwent Meditation practice in a schedule of weekly three days with one hour session each in the morning. The training period was six weeks. Analyze of covariance was (ANCOVA) used as a statistical tool to find out the significant differences. The statistical findings of the study revealed that the experimental group done the meditation practices significantly improved the self-confidence level.

Keywords: Self-confidence, Meditation practice.

INTRODUCTION

Players are facing with many challenges and it includes their physical, technical, tactical and psychological skills. The elite level of sports performance requires complete psychological preparation. The self-confidence is an important psychological quality required for the sports person to overcome the stressful situation. Volleyball players should have strong psychic power to overcome many psychological obstacles during the match. Each day players work hard to improve these skills by many means and methods. Meditation has become an accepted part of the training regimen to improve psychic powers. Meditation is becoming a common part of the preparation and workout routines in all the sports and games.

Self-Confidence is the confidence you have in yourself. It is a key to success. To Success in any types of work, self-confidence plays a vital role. It is extremely important in almost every aspect of our lives. It plays an important role in our life about who we are and how we carry ourselves. People who lack self-confidence are less likely to achieve their goals and it becomes a barrier between them and their success. It also has a major impact on your social life. "Self-confidence is a person's belief that he or she has the ability to succeed. Athletes who are self-confident and expect to succeed often do succeed" (Williams, 1998). The Merriam Webster's dictionary definition of self-confidence is: "Confidence in oneself and in one's powers and abilities." "Gaining confidence in volleyball is a process, not an event. It happens over time with hard work, positive self-talk and focus.

Self-confidence is the confidence one has in oneself, one's knowledge, and one's abilities. It is the confidence of the type: "I can do this". "I have the ability to do this". Self-confidence is the one

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thing that is much more important than many other abilities and traits. If you do not have self-confidence, what you do will never become fruitful at all. The fruits of what you do without self-confidence are lost. Genuine self-confidence is the forerunner of achievements. Self-confidence integrates the powers of mind and body and focuses them towards the goal.

There are certain moments during competition that appear to carry great psychological significance, when the momentum starts to shift in one direction or another. These situations require athletes to remain completely focused and calm in the face of difficult circumstances. Loehr (1982, 1986) emphasized that athletes and coaches felt that at least fifty percent of success is due to psychological factors that reflect self-confidence. Every body's accept that meditation can improve the coordination between the body and the mind.

Meditation is a great exercise for body and mind. It is highly useful to control mind, improve concentration and to relax the body. Meditation helps to reduce stress and anxiety, cultivate self-confidence and self-belief. Meditation can play a key role in cultivating mind control and concentration which helps the sportsperson to perform in their best. The present study was undertaken the sole aim to find out the effect of meditation practice on self confidence among volleyball players.

METHODOLOGY

The selection of subjects, training, testing and statistical procedure were explained below

Selection of subjects

For achieving the purpose of the study total of 30 men inter-collegiate volleyball players were selected as samples from Arts and Science College in Chennai city. Their age group between 18 to 26 years and the selected subjects were divided in to two groups equally with 15 each as control and experimental group. All the selected subjects were represented for their college in the inter-collegiate tournaments.

Training procedure

The subjects were used to practice volleyball training for duration of two hours every day in the evening except Sundays. The training period was six weeks. Apart from volleyball training the experimental group underwent Meditation practice in a schedule of weekly three days with halfhour in the morning. Meditation training procedure was explained below

Meditation training procedure

The half hour meditation practice includes breath meditation, ohm meditation and two pranayama's.

Testing procedure

The pre and posttest were conducted on self-confidence by using Agni Hotry Rekha's Self-confidence scale.

Description of Self-Confidence Questionnaire

Agni Hotry Rekha's Self-confidence scale was used to assess the self-confidence. This consists of 56 statements. Each item has the response category, which is true or false. It consists of 35 positive and 21 negative statements. The total score constitutes the Self Confidence score. The correct answer will be awarded one mark each. The score ranges from 0 to 56. Higher the score indicates higher the self-confidence.

Statistical Procedure

Analysis of covariance (ANCOVA) was used as a statistical tool to determine the significant difference, if any existing between pre and post test data on selected variable of self-confidence. The level of significance was fixed at 0.05 levels

RESULTS AND DISCUSSIONS

The statistical analysis of data on self-confidence collected from experimental and control group have been presented in the Table

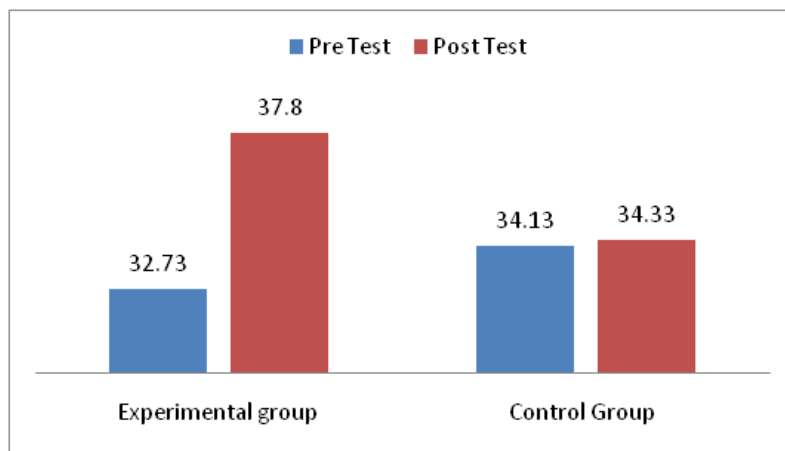
Table-1
Analysis of Covariance for Pre, Post and Adjusted mean on Self Confidence of Experimental and Control Group

TEST	Group		sv	Sum of Squares	df	Mean Square	F ratio
	Exp.	Con.					
Pre test Mean	32.73	34.13	B	14.7	1	14.7	0.689
			W	596.66	28	21.309	
Post test Mean	37.8	34.33	B	90.133	1	90.133	4.294*
			W	601.73	28	21.490	
Adjusted Mean	38.42	33.71	B	162.32	1	162.321	33.257*
			W	131.78	27	4.880	
Mean gain	5.066	0.2					

*Significant at 0.05 level of confidence for the degree of freedom 1 and 28 is 4.20 and df 1 and 27 is 4.21

It was observed from the Table 1 that there was no significant difference in the pretest (0.689). The significant difference was observed in posttest (4.294) for df and 28 at 0.05 level of confidence and also in adjusted posttest (33.257) for df 1 and 27. The result of the study indicated that there was a significant improvement on self-confidence due to six weeks meditation practice among the volleyball players.

Bar Diagram showing the pre and posttest mean value of Self-confidence of Experimental and control group



CONCLUSIONS

From the analysis and discussions of the present study, the following conclusions were drawn

- ❖ Due to meditation practice self-confidence of volleyball players significantly improved.
- ❖ Further the result of the study indicated that the meditation practice also included the training schedule of volleyball players which are essential to get success.

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