



The Effect Of Yogic Practice Enhancing Mindful Attention Among Basketball Players

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Abstract

The purpose of this study was to investigate the effect of sixteen weeks yoga training on Mindful attention awareness among Basketball players. In this experimental study, demographic questionnaire, Mindful Attention Awareness Scale (MAAS), for this study were used. Sixty, Sri Sarada College for women players were chosen with randomized way allocated into an experimental and a control group. The experimental group participated in daily yoga classes and Padmasana, Vajrasana and Pachimuthasana for 30 minutes duration for four months. Both groups were assessed again after the four months study period. The data were analyzed using descriptive Mean, SD and independent t-test in statically methods. Result exposed significant increase in Mindfulness.

KEYWORDS : Yoga, Mindful attention, Basketball Players.

INTRODUCTION

Yoga is to unite the body and the mind. When we coordinate movement with the breath, paying attention to the sensations in the body as we move, completely feeling the experience in that moment without any judgment or expectations, respecting our boundaries with self-compassion and kindness, yoga becomes a mindfulness exercise, and it becomes a meditative practice subsequently human's body. Yoga can also help us to balance our mind by helping us to understand that there are things that one can perform, and there are some things that cannot be done. Feeling energetic and healthy will give us a psychological boost and this will translate to us having more confidence. It is thought that individuals who have mindfulness also can identify and find out affections, answer to the other person's emotions with self-confidence. Since, it is necessary or cognize and regulate emotions to meet to life incidents and their consequences, this capacity can be an important factor in prediction about the adaptation among peoples.

The role of exercise in development of mindfulness is very useful (Kalogiannis, 2006). Among girl students, after they took part in yoga exercise, they could see the reduction of stress level (Ghasemi, 2004). Moreover, other researches showed that yoga as a mental and physical exercise generally improve individuals, health feeling and reduce their stress (Chen et al., 2010; Salmon et al., 2009; S.Cowen& Adams, 2005). Researchers have sought a way to create more relaxation and mental health and physical health. All over the world, there are many researchers investigating broadly on regular exercise and particularly yoga movements in human's mental and moral health and in challenging with stress during daylight. They also inquired the yoga effect on the life quality and even the relaxation in humans sleeping time (Carei et al., 2010; Cox et al., 2010).

The yoga can improve mind, body and totally our life quality and human mental practice by training and strengthening our body and moral Telles (2009). Says that problems and different difficulties such as, providing the education tuition, having mental disturbance about self-conceits making relationship with other students, reading the plenty volume of different materials, acquiring suitable scores and the quality of study and programming for future years after graduating in different field, personal and professional, and continuing the education in higher levels. Through a series of meditation and relaxing breathing exercises, one can increase the circulation of oxygen in the mind and body, thus increasing the flow of energy to our overall body. Yoga can help us to deal with the stress, even when we are placed in an alarming situation. We can deal with all Mindfulness is increased.

METHODOLOGY

The purpose of the study was to investigate the effect of yogic practices enhances mindfulness among Basketball Players. To achieve the purpose of these study sixty Basketball Players were randomly selected in Sri Sarada College for Women, Salem, Tamil Nadu, India and their age ranged between 21 to 25 years.

For the tests randomized group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of thirty each and named as Group 'A' and Group 'B'. Group 'A' undertook not any practice and they had their routine life. Group 'B' undertook yoga practice Padmasana, Vajrasana and Pachimudhasana for thirty minutes once a day for Sixteen weeks and Mindful Attention Awareness Scale (MAAS), measure widely used in social-science research. The data was collected. Before and after Sixteen weeks of training Paired 't' ratio was computed. The level of significance was set at 0.01.

RESULT & DISCUSSION

The primary objective of the paired 't' ratio was to describe the differences between the Control group and Experimental Group mean among Basketball Players (Women)

TABLE – I

SHOWING MEAN DIFFERENCE OF CONTROL AND EXP ERIMENT GROUP AMONG BASKETBALL PLAYERS IN THEIR YOGA PRACTICES OF MINDFUL ATTENTION

Mindful Attention	N	Mean	SD	t-value	Significant
Control Group	30	56.63	14.33	4.72	S (0.01)
Experimental Group	30	72.27	10.15		

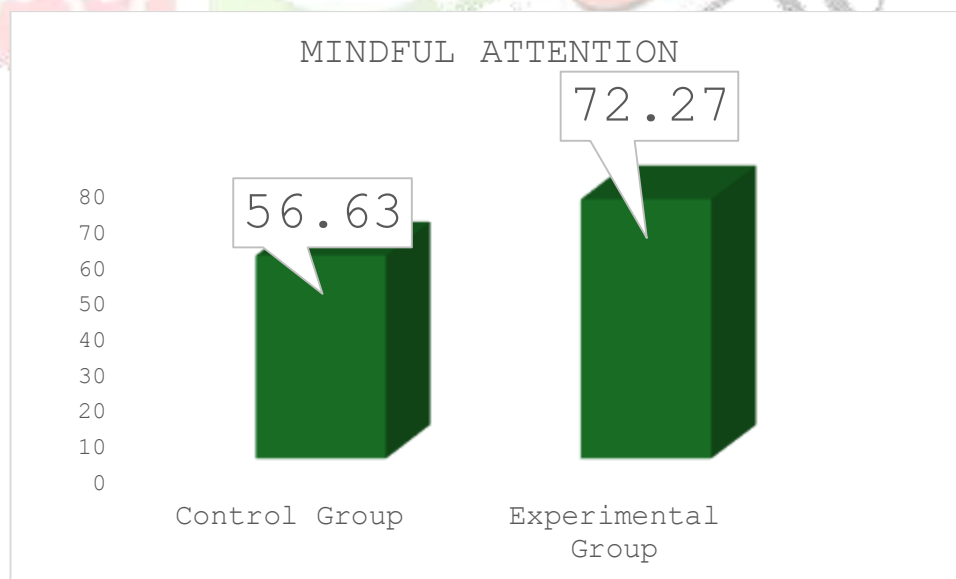
Required table value: 2.58 (0.01)

It is obvious fact from table that yogic practice has significant effect enhances Mindfulness level between Control Group and Experimental Group. As the mean value of control group is 56.63 and experimental group is 72.27 An examination of table indicates that the obtained 't' ratio was 4.72 for mindfulness respectively. The obtained 't' ratio was found to be greater than the required table value of 2.58 at 0.01 level of significance for 1, 29 degrees of freedom. Hence it was found to be significant.

This result has better blood circulation, more oxygen flow and greater mindful attention awareness. It enhances successful relationships among friends are very important to the development of mindfulness for Basketball Players. Yoga enhances personality, emotionally stable, extroverted, and reliable individuals experience and social acceptance in mindful attention awareness.

Mindfulness enhances insight and wisdom and the best way to improve mindfulness is through meditation. Meditation increases the grey matter- the part of the brain that holds the actual brain cells, in brain regions that handle attention, compassion and empathy. It also helps a variety of medical conditions, strengthens the immune system and improves physiological functioning. Well mindful attention awareness students can act according to what they think to be the best choice, trusting their own judgment, and not feeling guilty when others do not like their choice. They learn from the past and plan but live in the present intensely. Yoga can boost our metabolism, increase our lung capacity and also help us to burn fat. All these blessings, especially looking and feeling better, also contribute to having more confidence and power. Mindfulness is the suggestion that originates from this self just as kindness, self-respect, and self-love all originate from this habitation. Mindfulness practitioners develop the ability to recognize when thought patterns arise and observe them in a detached manner without the need to become involved with them.

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CONCLUSION

Yoga had positive effect on mindfulness, and it is suggested that yoga is as a universal, effective and suitable sport and can lead to positive mental and physical health. Yoga is more on creating a way to balance the body by enhancing our strength and flexibility. Mindfulness practice helps reshape the brain. It helps balance our emotional well-being as we learn to detach ourselves from our thought patterns and emotions by just observing them and not reacting to them. It also helps gain greater control over our attention which is a major factor in reshaping the brain and hence the mind.

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