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

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**Abstract:**-The motivation behind the present study was to discover the impact of reflection practices on fearlessness among volleyball players. For accomplishing the motivation behind the study aggregate of 30 men buries university volleyball players were chosen as specimens from the Arts and Science College in Chennai city. Their age aggregate between 18 to 26 years and they chose subjects were partitioned into two gatherings just as with 15 each as control and trial gathering. All they chose subjects were spoken to for their school in the between university competitions and every one of them were utilized to practice volleyball for the span of two hours at night aside from Sundays and separated from the volleyball hone the trial gathering experienced Meditation rehearse in a calendar of week by week three days with one hour session each in the morning. The preparation period was six weeks. Analyze of covariance was (ANCOVA) utilized as a factual instrument to discover the noteworthy contrasts. The measurable discoveries of the study uncovered that the test gathering done the reflection hones essentially enhanced the fearlessness level.

**Keywords:**Self-confidence, Meditation practice.

### INTRODUCTION

Players are confronting with numerous difficulties and it incorporates their physical, specialized, strategic and mental aptitudes. The first class level of games execution requires complete mental planning. The self-assurance is a critical mental quality needed for the sportsperson to beat the upsetting circumstance. Volleyball players ought to have solid psychic force to overcome numerous mental obstructions amid the match. Every day players endeavor to enhance these aptitudes by numerous means and techniques. Reflection has turned into an acknowledged piece of the preparation regimen to enhance psychic forces. Reflection is turning into a typical piece of the readiness and workout schedules in all the games and recreations. Fearlessness is the certainty you have in yourself. It is a key to achievement. To Success in any sorts of work, fearlessness assumes a key part. It is amazingly critical in very nearly every part of our lives. It assumes a critical part in our life about who we are and how we convey ourselves. Individuals who need self-assurance are less inclined to attain to their objectives and it turns into a hindrance in the middle of them and their prosperity. It likewise has a significant effect on your social life. "Self-certainty is an individual's conviction that he or she can succeed. Players who are fearless and hope to succeed frequently do succeed" (Williams, 1998).the Merriam Webster's word reference meaning of fearlessness is: "Trust in oneself and in one's forces and abilities. "Gaining trust in volleyball is a procedure, not an occasion. It happens over the long haul with diligent work, positive talk toward oneself and centering.

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 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 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 accomplishing the reason for the study aggregate of 30 men between university volleyball players were chosen as specimens from Arts and Science College in Chennai city. Their age gather between 18 to 26 years and they chose subjects were partitioned into two gatherings similarly with 15 each as control and trial gathering. All they chose subjects were spoken to for their school in the intercollegiate competitions.

#### **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 half hour 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 exciting 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:**

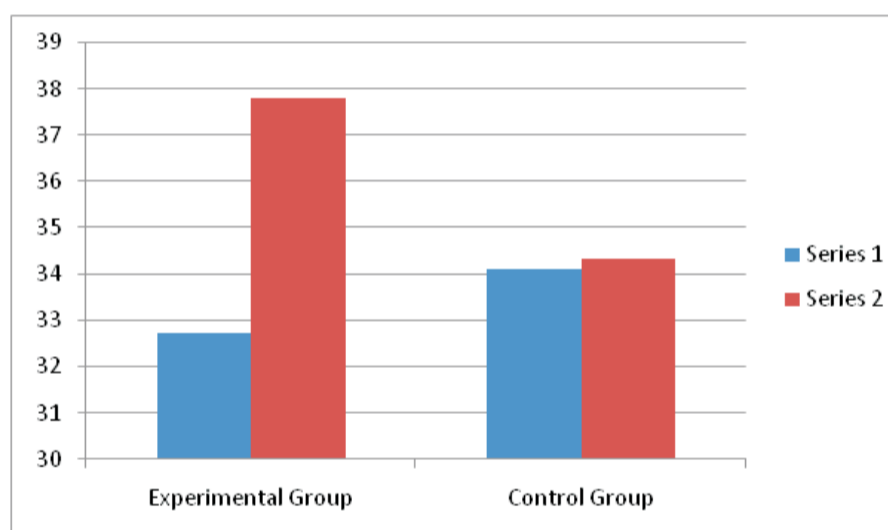
The statistical analysis of data on self-confidence collected from experimental and control group have been presented in the Table

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

Test	Group		SV	Sum of Square	df	Mean Square	F ratio
	Ex.	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	
Adjust mean	38.42	33.71	B	162.32	1	162.312	33.257*
			W	131.78	28	4.880	
Mean gain	5.066	0.2					

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**



**CONCLUSION**

From v 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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