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Effect of six weeks specific drills with meditation on skill performance of inter collegiate male hockey players

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Abstract

The purpose of this study was to find out the effect of six weeks specific drills with meditation on skill performance variables of inter-collegiate male hockey players. To achieve the purpose of the study (N=30), thirty male hockey players were randomly selected from Dr. N.G.P. College of Arts and Science, Coimbatore. Their age ranged from 18 to 25 years. They were divided into two equal groups (n=15). The subjects were tested in order to find out skill performance of namely as Passing Dribbling, and Shooting. The group I was considered as Experimental Group and group II was considered as Control Group. The investigator did not make any attempt to equate the group. The experimental group was given six weeks specific drills with meditation for three days per week. The control group was not given any treatment. Thus the collected data on passing, dribbling and shooting were tested using 't' ratio to find out the efficacy of six weeks specific drills with meditation. The results derived from analyzing the variance exist between the male hockey players of six weeks specific drills and experimental group and control group on pre test and post test.

Keywords: Passing, dribbling, shooting, specific drill with meditation

Introduction

Field hockey, usually referred to simply as hockey, is a team sport of the hockey family which is played between two teams of eleven players with hockey sticks and a hard, solid plastic ball. At the turn of the 21st century, the game is played globally, with particular popularity throughout Europe, Asia, Oceania, and South America – in addition to being the national sport of Pakistan. The term "field hockey" is used primarily in Canada, the United States, and other regions of the world where the sport of ice hockey is more popular. The present study assessed the relative importance of attributes determined largely by the efficiency of the central nervous system versus cognitive attributes in the determination of expertise in field hockey. The attributes assessed were simple reaction time, dynamic visual acuity, coincident anticipation, ball detection speed and accuracy, complex decision speed and accuracy, shot prediction accuracy both when ball impact was viewed and when it was occluded, and recall accuracy of game-structured and nanostructure information. The multitask approach revealed the importance of cognitive abilities in the determination of skill in field hockey. The rest in meditation is deeper than the deepest sleep that you can ever have. When the mind becomes free from agitation, is calm and serene and at peace, meditation happens. The benefits of meditation are manifold. It is an essential practice for mental hygiene. A calm mind, good concentration, clarity of perception, improvement in communication, blossoming of skills and talents, an unshakeable inner strength, healing, the ability to connect to an inner source of energy, relaxation, rejuvenation, and good luck are all natural results of meditating regularly. In today's world where stress catches on faster than the eye can see or the mind can perceive, meditation is no more a luxury. It is a necessity. To be unconditionally happy and to have peace of mind, we need to tap into the power of meditation.

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Methodology

The purpose of this study was to find out the effect of six weeks specific drills with meditation on skill performance of inter-collegiate male hockey players. To achieve the purpose of the study (N=30), thirty male hockey players were randomly selected from Dr. N.G.P. College of Arts and Science, Coimbatore. Their age ranged from 18 to 25 years. They were divided into two equals groups (n=15). The subjects were tested in order to find out skill performance of namely Passing Dribbling, Shooting. The group I was considered as Experimental Group and group II was considered as Control Group. The investigator did not made any attempt to equate the group. The experimental group was given six weeks specific drills with meditation for three days per week. The control group was not given any treatment. The selected subjects have been tested using standardized instrument on variables used in the study. Thus the collected data on passing, dribbling and shooting were tested using 't' ratio to find out the efficacy of six weeks specific drills with meditation. The results derived from analyzing the variance exist between the male hockey

players of six weeks specific drills and experimental group and control group on pre-test, post test are given in the following tables.

Criterion measures

S. No	Variables	Test Equipments	Unit of measurements
1.	Passing	Schimithal French Field Hockey Test	In Seconds
2.	Dribbling		In Second
3.	Shooting		In Counts

Result and Statistical Technique

The selected subjects have been tested using standardized instrument on variables used in the study. Thus the collected data on passing, dribbling and shooting were tested using 't' ratio to find out the efficacy of six weeks specific drills with meditation. The results derived from analyzing the variance exist between the male hockey players of six weeks specific drills and experimental group and control group on pre-test, post test are given in the following tables.

Table 1: The Significance of mean gains/losses on passing between Pretest and post test of Experimental Group and Control Group

Groups	Test	Mean	SD	SEM	MD	T-value
Experimental Group	Pre-test	5.73	1.12	0.21	2.07	10.02
	Post-test	7.80	1.11			
Control Group	Pre-test	5.27	1.48	0.31	1.40	2.06
	Post-test	3.87	10.54			

Reveals that the 't' value was 10.02 The obtained t- value (10.02) to be significant at 0.21 level of significance, which requires 2.14 for the degree of freedom, 1 and 14. Here the observed 't' value was found to be significant level. From the result, it was inferred that, the mean deference between pre-test and post-test on passing was statistically

significant. The control group 't' value was 2.06 The obtained t- value (2.06) to be in significant at 0.05 level of significance, which requires 2.14 for the degree of freedom, 1 and 14. Here the observed 't' value was found to be in significant level.

Table 2: The Significance of mean gains/losses on dribbling between pretest and post test of Experimental Group and Control Group

Groups	Test	Mean	SD	SEM	MD	T-value
Experimental Group	Pre test	7.51	1.47	0.08	0.39	4.73
	Post test	7.12	1.47			
Control Group	Pre test	6.71	1.91	0.27	1.01	1.76
	Post test	7.72	10.00			

Table reveals that the 't' value was 4.73 The obtained t- value (4.73) to be significant at 0.05 level of significance, which requires 2.14 for the degree of freedom, 1 and 14. From the result, it was inferred that, the mean deference between experimental group on dribbling was statistically significant. The control group 't' value was 1.76 The obtained t- value (1.76) to be in significant at 0.05 level of significance,

which requires 2.14 for the degree of freedom, 1 and 14. Here the observed 't' value was found to be in significant level. From the result, it was inferred that, the mean deference between experimental group and control group on dribbling was statistically significant. The control group was not statistically improvement on dribbling.

Table 3: The Significance of mean gains/losses on shooting between pretest and post test of Experimental Group and Control Group

Groups	T-ratio	Mean	SD	SEM	MD	T-value
Experimental Group	Pre test	6.33	1.01	0.25	2.07	8.33
	Post test	8.40	1.02			
Control Group	Pre test	6.60	1.02	0.34	1.13	2.03
	Post test	5.47	11.29			

Reveals that the 't' value was 8.33 The obtained t- value (8.33) to be significant at 0.05 level of significance, which requires 2.14 for the degree of freedom, 1 and 14. Here the observed 't' value was found to be significant level. The control group 't' value was 2.03 The obtained t- value (2.03) to be in significant at 0.05 level of significance, which

requires 2.14 for the degree of freedom, 1 and 14. Here the observed 't' value was found to be significant level. From the result, it was inferred that, the mean deference between experimental group and control group on shooting was statistically significant.

Discussion of findings

Further to achieve the main purpose of finding the effect of sports specific drills with meditation, Thus the derived results from paired sample 't' test are discussed with theoretical and imperial measurement.

1. Based on the result, the experiment group was statically significant on Passing, Dribbling and Shooting due to six week of specific drill with meditation.
2. Based on the result, the control group was statically insignificant on Passing, Dribbling and Shooting to six week of specific drill with meditation.

Conclusion

Based on the results the following conclusions have been made. Results than the reaction 't' test explained that, passing, dribbling and shooting was significant change have been observed from base line to post -test on skill variables namely as passing, dribbling and shooting due to the six week specific drills with meditation. From these results it was concluded that complementary effect of meditation when adding with specific drills, may be a significant source for the changes takes place on skill performance variables of passing, dribbling and shooting.

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