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Effect of sports specific drills with meditation on selected psychomotor components and skill performance of inter collegiate men hockey players

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Abstract
The purpose of this study was to find out the effect of sports specific drills with meditation on selected psychomotor components and skill performance of inter-collegiate men hockey players. To achieve the purpose of the study, (N=30) thirty male hockey players were randomly selected from Government Arts College, 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 psychomotor components of namely depth perception, coordination, reaction time. 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 training for the period of six weeks of sports specific drills with meditation for three days per week. The control group was not given any specific training.

Keywords: Depth perception, coordination, reaction time

Introduction
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. Three groups were assessed on a battery of field hockey related perceptual and cognitive tasks: the canadian women's field hockey team, a university team, and a novice group. 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. Psychomotor components are functioning as a compliment to the physical components to execute in the desirable way. The psychomotor components of reaction time, co-ordination and depth perception are functioning as a tuner in completion of physical movement in the sports.

Methodology
The purpose of this study was to find out the effect of sports specific drills with meditation on selected psychomotor components and skill performance of inter-collegiate men hockey players. To achieve the purpose of the study, (N-30) thirty male hockey players were randomly selected from Government Arts College, 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 psychomotor components of namely depth perception, coordination, reaction time. 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 training for the period of six weeks of sports specific drills with meditation for three days per week. The control group was not given any specific training.

Criterion Measures

S. No	Variables	Test Equipment	Unit of Measurements
1.	Depth Perception	Monocular cues	In Centimeter
2.	Coordination	Mirror Tracer	In Numbers
3.	Reaction Time	Chronoscope	In Seconds

Result and Statistical Technique

This present study of finding the effect of sport specific drills with meditation on selected psychomotor components and skill performance namely depth perception, coordination, reaction time, as subjects' inter-collegiate level hockey were selected. The selected subjects have order been tested using standardized instrument on variables used in the study. Thus the collected data on depth perception, coordination and reaction time were tested using T ratio to find out the efficacy of sports specific drills meditation. The results derived from analysing the variance exist between the men hockey players of sports specific drills on pre-test, post-test are given in the following tables.

Table I: 'T' ratio for Depth Perception

	Test	Mean	SD	SEM	MD	T-value
Experimental Group (EXG)	Pre test	1.05	0.74	0.07	0.25	3.79*
	Post test	1.31	2.13			
Control Group (CTG)	Pre test	1.33	1.22	0.13	0.47	1.70
	Post test	0.86	0.77			

Table-I (EXG): Reveals that the 't' value was 3.79 The obtained t- value (3.79) to be significant at 0.05 level of significance, which requires 2.14 for the degree of freedom, 1and14. Here the observed 'f' value was found to be significant since it failed to reach the significance level. The 't' value was 1.70 The obtained t- value (1.70) to be significant at 0.05 level of significance, which requires 2.14 for the degree of freedom, 1and14. Here the observed't' value was found to be insignificance level.

Table II: 'T' test for Co-ordination

	Test	Mean	SD	SEM	MD	T-value
Experimental Group (EXG)	Pre test	11.07	4.04	0.41	1.07	2.62*
	Post test	12.13	14.98			
Control Group (CTG)	Pre test	11.00	5.91	0.67	3.40	1.09*
	Post test	7.60	4.36			

Table-II (EXG): Reveals that the't' value was 2.62. The obtained t- value (2.62) 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 since it failed to reach the significance level. The 't' value was 1.09 The obtained t- value (1.09) 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 insignificant since it failed to reach the significance level.

Table III: 'T' test for Reaction time

	Test	Mean	SD	SEM	MD	T-value
Experimental Group (EXG)	Pre test	0.33	0.22	0.05	0.02	0.36
	Post test	0.35	0.22			
Control Group (CTG)	Pre test	0.33	0.22	0.07	0.02	0.33
	Post test	0.35	0.22			

Table-III Reveals that the 't' value was 0.36 The obtained t-value (0.36) 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 insignificant since it failed to reach the significance level. The 't' value was 0.33. The obtained t- value (0.33) 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 insignificant since it failed to reach the significance level.

Discussion Of Findings

The present study was aimed at to find out the effect of sport specific drills with meditation on selected psychomotor components and skill performance of men inter-collegiate hockey players. For this the data were collected using standardized test on select variables before and after treatment from the subjects. The collected data were tested with paired. 'T' test to test the changes from baseline to post treatment if any on selected variables. Further to achieve the main purpose of finding the effect of sports specific drills with meditation, the collected data before and after training were tested by analysis of after training were tested by 't' test so as to overcome the extraneous variance if any influencing the results of the study. Thus the derived results from paired 't' test are discussed with theoretical and imperial measurements. The result of the sports specific drills with meditation on selected psychomotor component and skill performance of men inter collegiate hockey players. Depth perception, Coordination showed significant changes on experimental group and control group was significant. (Heather L. Daniel Marti 2011) [2]

In discussing the results pertain to changes before and after treatment of experiments and control group, on selected psychomotor components and skills performance.

Conclusion

Based on the results the following conclusions have been made.

Results than the reaction 't' test explained that, other than the reaction time, significant change have been observed from base line to post -test on psychomotor components namely depth perception and co-ordination skill performance due to the six week sports specific drills with meditation. From these results it was concluded that complementary effect of meditation when adding with sports specific drills, may be a significant source for the changes takes place on psychomotor and skill performance.

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