

Influence of meditative practices on concentration and intelligence of players from different discipline

Dr. Manikandan S

Assistant Professor, Dept. of Physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamil Nadu, India

Abstract

Concentration or selective attention involves being able to attend, and how long you can continue to attend to what is going on around you. The more you have the ability to attend to what you want to, the better the response and the performance. Concentration or selective attention involves being able to attend, and how long you can continue to attend to what is going on around you. The more you have the ability to attend to what you want to, the better the response and the performance. For the purpose of this study, 40 physical education college women students of Annamalai University, Chidambaram were selected at random and the average age of the subject ranged from 17 to 22 years with mean and SD of 18.68 ± 0.97 . The subjects were subjected to transcendental meditation training which was specially designed keeping in view the objective of the study to improve the concentration and intelligence of physical education students. The training was given for 6 weeks, 5 days per week, with 20-30 Minutes of duration.

Finally, to conclude based on the present finding it can be said that practicing transcendental meditation can be a solution to achieve better concentration and also it can add to the intelligence factor as a whole.

Keywords: Intelligent and Meditative Practices

1. Introduction

Concentration or selective attention involves being able to attend, and how long you can continue to attend to what is going on around you. The more you have the ability to attend to what you want to, the better the response and the performance. If you are not focused on hundred percent on what you are doing, then performance cannot be maximized (Harris and Harris, 1984). "Intelligence as the ability to think abstractly". According to Patanjali Maharishi, the scholar who codified yoga in the second century BC, "Meditation is the uninterrupted flow of concentration toward an object" (Iyengar, 1976). It is defined as turning the attention inward towards the subtle levels of the thought until the mind transcends the experience of the subtlest state of the thought and arrives at the source of thought. (Maharishi Mahesh Yogi, 1957).

2. Methodology

For the purpose of this study, 40 physical education college women students of Annamalai University, Chidambaram were selected at random and the average age of the subject ranged from 17 to 22 years with mean and SD of 18.68 ± 0.97 . Further they were divided in to two equal groups of 20 each for experimental and control.

3. Selection of Test Items

- Standard Progressive Matrices (SPM) by J.C. Raven (1965),
- General Mental Ability by Jalota (1982)
- Random Number for Concentration (Part -I)
- Random Number for Concentration (Part-II).

4. Training Programme

The subjects were subjected to transcendental meditation training which was specially designed keeping in view the

objective of the study to improve the concentration and intelligence of physical education students. The training was given for 6 weeks, 5 days per week, with 20-30 Minutes of duration.

Meditative Practices

- Realizing and concentrating on breathing pattern.
- Asked to feel the movement of abdomen by placing the palm on it.
- Concentrating on breathing by placing Index finger below the nose.
- Finally counting respiration and concentrating on it while keeping own self completely relaxed.
- Sitting on the floor comfortably and in relaxed state.
- Listening to the music and concentrating on it.
- Chanting "OM" along with music.
- Finally chanting the mantra "OM" without music and feel the vibration without any external thoughts or strain in the mind.

Chanting the mantra "OM" with exhalation after a deep inhalation

The Experimental group underwent their respective programme under the strict supervision of the investigator prior to every training session. The subjects had 5 Minutes preparatory exercise, which include various breathing techniques with concentration etc., followed by TM technique been practiced.

The data pertaining to the effect of Transcendental Meditation training on the Concentration and Intelligence of Physical Education women students was examined by means of descriptive statistics, mean, SD and comparative statistics of 't' ratio.

Figure 1, and Figure 2 showed that results of concentration and intelligent of the women players from different disciplines

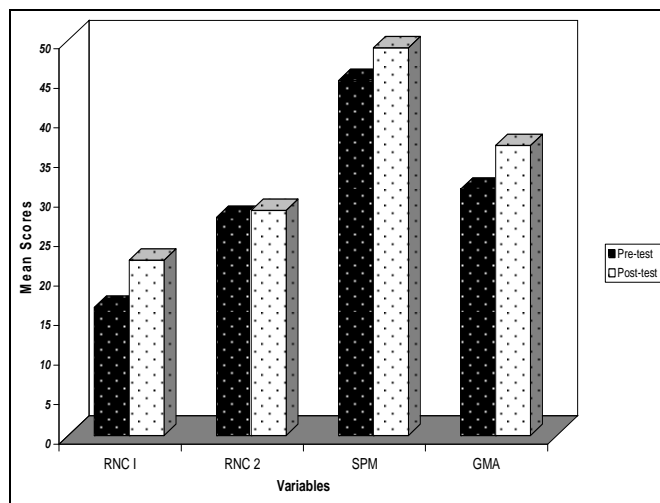


Fig 1: Comparison of Pre and Post Test Mean Scores of Experimental Group

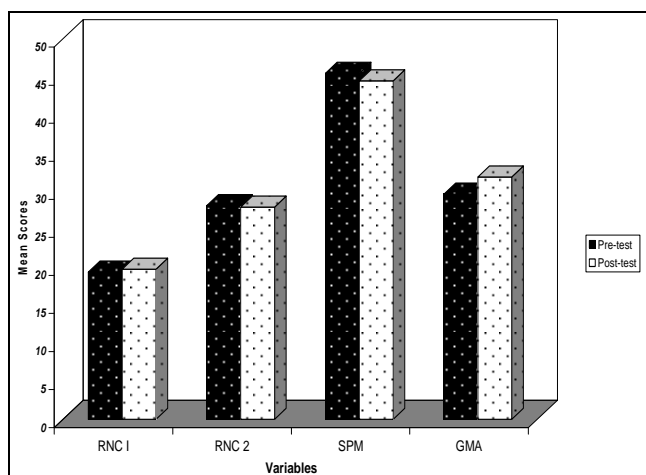


Fig 2: Comparison of Pre and Post Test Mean Scores of Control Group

5. Results and Findings

The present findings no doubt support that concentration and intelligence can be improved by means of transcendental meditation training. There was significant difference in the Experimental group in their scores of random number for concentration part-I, random number for concentration part-II, SPM as well as general mental ability scores. However, there was no significant difference in the control group in their scores of the same above. Therefore, the transcendental meditation training plays an important role as far as the concentration and intelligence is concerned.

6. Conclusions

Finally, to conclude based on the present finding it can be said that practicing transcendental meditation can be a solution to achieve better concentration and also it can add to the intelligence factor as a whole.

7. References

1. David H, Clarke H. Harrison Clarke, Research Processes in Physical Education (Second Edition) (Englewood Cliffs, N.J: Prentice Hall Inc., z

2. Green S, Dow son B. Measurement of Aerobic Capacity in Humans (University of Western Australia).
3. Nancy L Greer. Prediction of Aerobic capacity from Step up Exercise and Recovery Heart Rate on 6, 8, 12, 16 inch Bench Heights, Research Quarterly, (University of Wisons in River falls,) 1985.
4. Rosemary A Watson, Neil B Pride. Postural Changes in Lung Volumes and Respiratory Resistance in Subjects with Obesity, Journal of Applied Physiology 2004.