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## Effect of meditation on state and trait anxiety among kho-kho players

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### Abstract

The purpose of the study was to assess effect of meditation on state and trait anxiety among kho-kho players. The study was conducted on the 22 female Kho-Kho players of IGIPES who were randomly selected as subjects for the study. The age of the subjects was from 17 to 23 years. The data was collected on 22 subjects with the help of the state and trait anxiety questionnaires were separately administered for 6 (six) weeks followed by meditation training. The recorded data was analyzed by one way ANOVA. The result of the study was found insignificant among selected female subjects after six weeks of meditation training in their state anxiety and trait anxiety at 0.05 level of confidence.

**Keywords:** state anxiety, trait anxiety and meditation training.

### Introduction

Many Indian games are very simple in nature with no requirements. These games are not costly hence they are in the reach for all. Out of all the games it is been observed since ancient times there is one game which is Kho-Kho. The game is very popular in India. But it originates at Pune Gymkhana in Maharashtra. The game is very interesting and cheers excitement in both either it's the one who is playing or the one who watches as spectator. It is very simple in nature but the game demands more physical fitness components i.e., agility, strength, speed and stamina. Along with that it develops some qualities in players which are obedience, discipline, sportsmanship, cooperation, team spirit and last but not the least loyalty among all the team members and towards the game too.

Today the sport has become the prestigious concept of every nation. Sports has been subjected to various scientific investigations. Various factors which have been isolated which are responsible for the excellence in sports. Apart from better training, good equipment, proper atmosphere a factor which plays an important role at the time of competition at any level in all sports is anxiety<sup>[1]</sup>.

Anxiety is one of the greatest problems of modern trends in scientific knowledge. Cultural conflicts, economic problems, industrializations, all add to the problem of man, thus increasing the anxiety level. Anxiety refers to a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear of something unknown which creates tension and disturbance<sup>[2]</sup>.

Anxiety has two levels which is state and trait anxiety. Whereas, state anxiety is situational intact and on the other hand, Trait anxiety refers to the stable tendency to attend to, experience, and report negative emotions such as fears, worries, and anxiety across many situations. This is part of the personality dimension of neuroticism versus emotional stability. It does not affect all individuals in the same way and the performance is not affected in the same way for every task. Each individual has different level of tolerance for arousal as well as different levels of anxiety going in to the task. Thus, the optimal level of anxiety for each is different. Further for some tasks it may well be that most people cannot be over aroused in terms of affecting task performance. Any time that the sport skill demands attention and information processing to perform effectively, however over arousal may affect performance.

India is known as the earth of yogis and seers, India's greatest and unique contribution to the world philosophy and culture are the Vedas, Upanishads and Yoga. The meaning of the word yoga is joining. What entitles are joined? In the traditional terminology; it is the joining of the individual self with the universal self. Yoga is a scientific process to reach the ultimate state of

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perfection. It is defined as a ‘state’. Through the practice of yoga, man leaps in to higher states of consciousness and learns to stay peacefully and to act tuned to these states.

Om Kumari and Kamlesh (1990) [5] investigated the level of state and trait anxiety of track and field male athletes and boxers. Where both the track and field athletes and boxers exhibited a higher level of state as well as trait anxiety. Boxers were found to be significantly higher in state anxiety and track and field were higher in trait anxiety [3].

Milne (1941) [1], investigated the relationship between anxiety and motor performance in young children. Whereas, the result shows that the higher level of anxiety has a detrimental effect upon motor performance of young children [4].

**Objectives of the study**

The objective of the study is to assess the effect of meditation on state and trait anxiety level of Kho-Kho players.

**Methods and Procedure**

**Selection of the subjects**

A total number of 22 female Kho-Kho players of IGIPSS was randomly selected as subjects for the study. The age of the subjects was from 17 to 23 years.

**Selection of variables**

The following variables was considered for the purpose of the study are:

1. Meditation
2. Anxiety
  - a) State anxiety
  - b) Trait anxiety

**Procedure of meditation**

The subject was asked to sit firmly in the meditation posture and instruction of breathing slowly and smoothly was given to them. A black spot was marked on the wall which is 3 feet’s away from them. The subjects has to look at the center of the black spot and tried to concentrate on it. After about a minute or so when eyes become dry and painful, the subjects have to close their eyes and have to visualize the center of mark at Ajna or Anhata Chakra in their mind. And when the image is

vanished then they have to open their eyes.

**Administration of questionnaire**

The state and trait anxiety questionnaires were administered on 22 female Kho-Kho players. The players were asked to sit firmly at a quiet place and the researcher asked them to read the questions and give the responses according to their thought and the surety was given by researcher that their responses will be kept secretly. The scoring for the responses given by the subjects was done on the basis of keys prepared by Spielberg.

**Collection of data**

The data was collected on 22 subjects with the help of the state and trait anxiety questionnaires were separately administered for 6 (six) weeks followed by meditation training.

**Statistical techniques**

The collected data was numerically converted and derives values were then computed, analyzed and interpreted by using One-way Anova statistics. To test the significance of difference between the paired means, other than the pair with the greatest difference, the Scheffe’s Post-hoc test for Significance was used.

**Analysis of the data**

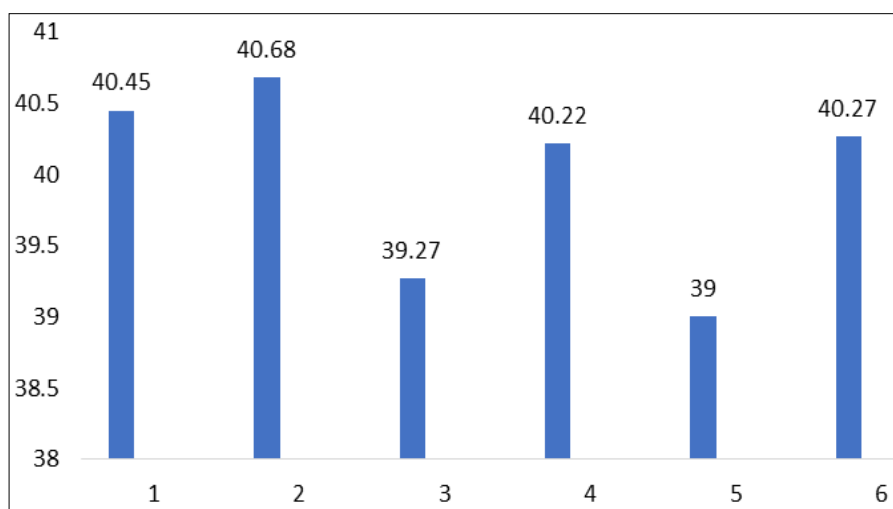
The result pertaining to data collected has been presented in table 1 for state anxiety and in table 2 for trait anxiety.

**Table 1:** One-way analysis of variance following six weeks meditation training on state anxiety on kho-kho players

Variance	Df	Sum of square	MSQ	F ratio
Between groups	5	51.15	10.23	0.173
Within groups	126	7428.82	58.96	

In significant at .05 level, F .05 (126.5) = 2.29

Table 1 shows that no significant difference exists among the kho-kho players for six weeks of meditation training on the status of the state anxiety of the players. The calculated F ratio was found to be 0.173 against the tabulated F value of 2.29 at .05 level. The graphical representation of the mean values of kho-kho players for six weeks have been depicted in fig. 1.



**Fig 1:** Representation of mean values of kho-kho players for six week of meditation training

**Table 2:** One-way analysis of variance following six weeks meditation training on trait anxiety on kho-kho players

Variance	df	Sum of square	MSQ	F ratio
Between groups	5	153.42	30.68	0.70
Within groups	126	5492.55	43.59	

In significant at .05 level, F .05 (126.5) = 2.29

It is evident from the table 2 that the obtained F ratio was found to be insignificant where the calculated F ratio was found to be far below than required F ratio which is 2.29 at .05

level with the df (126.5). The graphical representation and the mean values of the kho-kho players for 6 (six) weeks have been presented in fig 2.

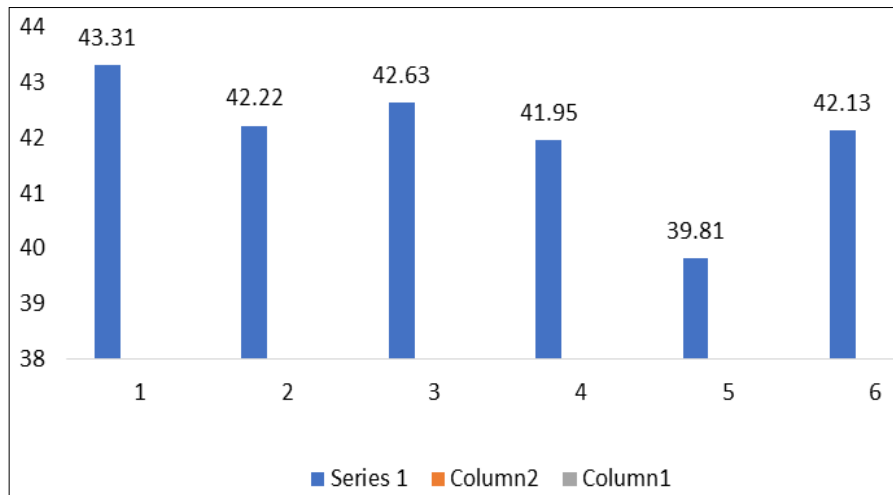


Fig 2: Representation of mean values of kho-kho players for six week of meditation training

**Discussion of finding**

1. Insignificant difference was found among Kho-Kho players following six weeks of training in their state anxiety.
2. Similarly, insignificant difference was found in trait anxiety among kho-kho players following six weeks of training.

Anxiety Levels of Medal Winning Junior Track and Field Athletes and Boxers, Paper Presented at 5<sup>th</sup> National Conference on Sports Psychology, Varanasi 1990, P1-6.

**Conclusion**

The findings of this study revealed a statistically insignificant difference founded among selected male subjects after six weeks of meditation training in their state anxiety and trait anxiety. Based on the present study results and findings, it is concluded that 6 weeks meditation training was not effective for the state and trait anxiety.

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