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Effect of meditation on selected physiological variables among basketball players of Karnataka State Women University, Vijayapur

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Abstract

The primary aim of this study was to analyze the effect of meditation on selected physiological variables among basketball players of Karnataka State Women University Vijayapur. 15 basketball players of the Karnataka State Women University, Vijayapur and their age ranged from 20 to 28 years. All 15 players underwent programmed of meditation for a period of 12 weeks. The following physiological variables such as the resting pulse rate and respiratory rate were selected as dependent variables. The data collected from the subjects were analyzed with the concept of dependent that was t test. Finally, it was concluded that resting pulse rate and respiratory rate had significantly improved due to transcendental meditation.

Keywords: Meditation, physiological variables, basketball players

1. Introduction

Astanga yoga, which was founded by maharshipatanjali consist of eight asanas. They are as follows 1. Yama, 2. Niyama, 3. Asana, 4. Prnayama 5. Pratyahara, 6. Dharana, 7. Dhyana, 8. Samadhi. Head is the main limb in the human body like that Samadhi in the yoga. The very close limb to the head is the neck like that it is dhynam. So the very nearest limb I dhynam. The very purpose and aim of yoga is to attain Samadhi.

Transcendental meditation is the one of the simplest meditation available in the world which effect are proven and verified through the modern science. Human beings or any living creatures when they grow that the head formation is little faster.

The closest part of the head is neck. Dhyana is the neck of the yoga. So which ever limb is touched we say we touched the person. Likewise, who ever starts in which every limb of the yoga they can reach the Samadhi. But out of the these limbs Dhyana is the most easiest one which can be practiced by anyone. Even children of age 10 can start Dhyana, which is simplified by HH Maharshi Mahesh yogi. He called this technique in the name of Transcendental meditation.

Even now many yoga institutions are preaching that Dhyana is very difficult one and mind has to be controlled. But Maharshi said the other way that Dhyana is the most easiest one and he proved it practically by creating millions of meditates and thousands of teachers around the world. Learning of transcendental meditation is very easy process.

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2. Procedure

Table I:

S. no	Variable	Test	Units
1.	Resting pulse rate	Radial pulse method	Beats/minute
2.	Respiratory Rate	Respiration counting	Beats/minute
3.	Breath holding times		In sec

The subjects were tested on selected dependent variables before and immediately after the training and the data was statistically examined for significant difference, if any, by applying dependent t value in all cases 0.05 levels was considered as the confidence level to test significance.

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3. Result and discussion

Variable	Pre test M+/- SD	Post test M+/- SD	Standard Error	Depended t ratio
Resting pulse rate	74.3 2.17	72.66 1.92	0.14	14.78*
Respiratory rate	16.06 1.23	14.00 0.89	0.29	10.76*
Breath holding	30.86 3.68	35.10 3.74	0.51	8.31

*significant at 0.05level. Table value required for significant with df (14) is 2.13

From the above table it is observed that the obtained t ratio values of resting pulse rate 14.78, 10.76 and 8.31 respectively, which are higher than the table value of 2.13 at 0.05level of confidence with df (14). Since the obtained t ratio values are higher than the table value, it indicates that there is a significant development on the selected dependent variables such as resting pulse rate and resting pulse rate. The results of the study also revealed that all the dependent variables of the experimental group had significantly developed due to the influence of Transcendental Meditation Programme.

4. Conclusion

The transcendental meditation had significantly developed in the resting pulse rate. And also the transcendental meditation had significantly developed in the respiratory rate.

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