



EFFECT OF MEDITATION AND RELAXATION TECHNIQUES ON GOAL SCORING SKILLS AMONG MEN SOCCER PLAYERS

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ABSTRACT: The purpose of this study was to find out the effects of meditation and relaxation techniques on goal scoring skills among soccer players. For the purpose of the study; three groups: two experimental groups (A), meditation group (B), relaxation techniques group (C) and the third group served as the control group. Random group design was employed. Reliability coefficients for the test- re- test scores on goal scoring skills: short kick (soccer skill test) and dribbling and shooting (soccer skill test) were selected to collect the data.

To find out the effects of meditation and relaxation techniques on goal scoring skills among soccer players, ANCOVA was employed, the proposed hypothesis was tested at .05 level of confidence. The result revealed significant improvement in goal scoring skills. The two experimental groups were effective in improving the short kick, dribbling and shooting. There was significant difference between relaxation group and control group; there was no significant difference between treatment groups.

Keywords: Meditation; Relaxation techniques; Goal scoring skill and Soccer

INTRODUCTION

Psychological conditioning is the most critical when shooting the soccer ball in a game. Knowing when to shoot and being able to do it effectively under pressure distinguishes the greater shooter from ordinary. Regardless of how much the player practices or how well the player conditions himself [1-3].

Meditation is one of the five principles of yoga. It is an important tool to achieve mental clarity and health. An overview of the different beginner and advanced meditation techniques helps in choosing the right meditation exercise for the subject. Meditation helps us to get more concentration and psycho physiological development [3-5].



Edmund Jacobson created the progressive relaxation method. At the beginning of the 20th century, he conceived a method to relax whose goal was to achieve mental tranquility by progressively eliminating all muscular tensions. It's intended to learn to relax step by step all the different groups of muscles.

Soccer is a game which calls for strenuous continuous, thrilling action and therefore appeals to the youth of the world. The skills involved are simple, natural and yet are highly stimulating and satisfying to any player. The skills are kicking, running, jumping, throwing, dribbling, dodging and outfitting an opponent.

METHOD

Fourth five male soccer players from different colleges of Gorakhpur, who represented their colleges in intercollegiate level tournaments. The age groups of the subjects were between 19 to 23 years. Three groups: two experimental groups (A), meditation group (B), relaxation techniques group (C) and the third group served as the control group. Random group design was employed. The experimental groups underwent the experimental training programme for six days a week (except on Sunday) in the morning session for a period of twelve weeks. The control group did not involve in any form of experimental training programme. Reliability coefficients for the test- re- test scores on goal scoring skills: short kick (soccer skill test) and dribbling and shooting (soccer skill test) were selected to collect the data.

In order to find out the effects of meditation and relaxation techniques on goal scoring skills among soccer players, ANCOVA was employed, the proposed hypothesis was tested at .05 level of confidence.

FINDINGS

TABLE – 1

SCHEFFE'S CONFIDENCE INTERVAL TEST SCORES ON SHORT KICK

	Means			
Meditation Group	Relaxation Group	Control Group	Mean Difference	Critical Difference
5.34	5.49		0.15	0.56
5.34		4.38	0.96*	0.56
	5.49	4.38	1.11*	0.56

*Significant



The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between meditation group and control group (MD = 0.96). There was significant difference between relaxation group and control group (MD = 1.11). There was no significant difference between treatment groups, namely meditation group and relaxation group (MD = 0.15).

TABLE – 2

SCHEFFE’S CONFIDENCE INTERVAL TEST SCORES ON DRIBBLING AND SHOOTING

	Means			
Meditation Group	Relaxation Group	Control Group	Mean Difference	Critical Difference
6.96	6.93		0.03	0.63
6.96		6.24	0.73*	0.63
	6.93	6.24	0.69*	0.63

*Significant

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between meditation group and control group (MD = 0.73). There was significant difference between relaxation group and control group (MD = 0.69). There was no significant difference between treatment groups, namely meditation group and relaxation group (MD = 0.03).

DISCUSSIONS OF FINDINGS

The result presented in table 1 revealed significant difference on adjusted means of meditation group, relaxation group and control group, as obtained F value was greater than the required table F value to be significant at .05 level. The post hoc analysis proved that meditation group and relaxation techniques group significantly improved goal scoring skills, short kick. However, comparing between the treatment groups proved that there was no significant difference between the groups.

The result presented in table 2 revealed significant difference on adjusted means of meditation group, relaxation group and control group, as obtained F value was greater than the required table F value to be significant at .05 level. The post hoc analysis proved that meditation group and relaxation techniques group significantly improved goal scoring skills, dribbling and shooting. However, comparing between the treatment groups proved that there was no significant difference between the groups.



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