

# Effect of Meditation on Conceptual Concentration Level of the Athletes

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**Abstract:** The purpose of the present study was to find out the effect of three weeks meditation on conceptual concentration level of the athletes. Objective was to find out the significance difference between the pre-test and post-test means of conceptual concentration. For this purpose 30 athletes were selected randomly from Punjab state in north India. The subject's age ranged between 18 to 24 years. Data were collected before and after three weeks meditation programme before the practice. To find out the significance difference between pre and post-test means score of conceptual concentration of the athletes. Data collected from the subjects was statistically analyzed by *t*-test. The result of the study showed that there was significant difference between pre-test and post-test, as the calculated value of conceptual concentration was found more than the tabulated *t* value (2.65) at level of significance. The training was more effective for the subjects and the study confirmed that the effect of meditation has played a significant role in development of conceptual concentration. The meditation programme has beneficial effects on the development of conceptual concentration.

**Keywords:** Conceptual concentration, Meditation, Athletes and Program

## 1. Introduction

There are different ways to meditate, and since it's such a personal practice there are probably more than any of us know about. There are a couple that are usually focused on heavily in scientific research, though. These are focused-attention, or mindful meditation, which is where you focus on one specific thing it, could be our breathing, a sensation in your body or a particular object outside of you. The point of this type of meditation is to focus strongly on one point and continually bring your attention back to that focal point when it wanders.

The other type of meditation that's often used in research is open-monitoring meditation. This is where we pay attention to all of the things happening around you simply notice everything without reacting.

Conceptual concentration is the self description of getting the attention and feels comfortable about the task to be performed. Conceptual concentration is non technical and subjective approach of individual to sustained attention relate to vigilance and the preparedness that aids completing a particular task goal.

## 2. Methodology

**Subjects:** The main purpose of the study was to determine the effect of three weeks meditation program on Conceptual concentration in athletes. Thirty male athletes of national level randomly selected from Punjab state, who were volunteered participated to conduct the study. The age ranged of the subjects between 18 to 25 years.

**Tools and Instruments:** Three weeks meditation program before the practice session of the sports persons from different sports and games. Different ways of meditation were applied as with music, without music, yogic

meditation, sleeping and deep meditation for the duration of 20 minutes.

**Procedure:** The meditation program given as per scheduled. The measurement of the Conceptual concentration in athletes as pre-test was administered to the selected subjects for Three Weeks which includes many subjective approaches and interviews also. The duration of the training programmed was 20 minute per day and frequency of the training was six days per week. The data were collected pre and post of the training programme.

## 3. Statistical Technique

The present study pays attention mainly on the *t*-test was applied to find out the significance difference between the pre and post-test means of Conceptual concentration in athletes.

## 4. Results

To find out the significance difference between the pre-test and post-test means of Meditation the *t* 'test was applied. The obtained *t*' ratio was tested for the significance difference at the 0.05 level of confidence. The finding are

**Table 1:** Significance difference in Meditation between pre-test and post-test score

Test	Mean	S.D	't' ratio
Pre-test	29.54	0.79	2.65*
Post-test	27.76	0.88	

Significance at 0.05 level  $t_{0.05}(9) = 2.26$

It is observed from table-1 that the calculated *t*'(2.65) is more than the tabulated value (2.26).it may be considered that there was significant difference found between the pre-test and post-test means.

## 5. Discussion

The study was conducted to find out the effect of Meditation in concentration development. The result shows, it has been observed that there was significant difference between pre and post-test mean score of concentration development. Through the Meditation it was found that concentration ability of the players was improved.

## 6. Conclusion

It was observed that effect of Meditation programme increases the concentration level of the players. Meditation plays a significant role in concentration development and better performance.

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