

Effect of transcendental meditation on balance ability

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Abstract

The Objective of the study was to determine the effects of transcendental meditation on balance ability in Judokas. The subjects for this study were selected from the Judokas studying at various standards at Lakshmi Bai National Institute of Physical Education and Jiwaji University, Gwalior. A total of 60 subjects were selected and used as one experimental group (30) and other control group (30). Transcendental Meditation was considered the independent variable and balance ability was considered the dependent variable. Balance ability was measured in Seconds by Long Nose Test. The Pre Test Post Test randomize group design was used for this study. Tests were administered before the training program and after the completion of the treatment again test were administered. ANCOVA was used to locate significance effects of Transcendental Meditation on balance ability in Judokas at 0.05 levels of significance. In relation to balance ability, effect of Transcendental Meditation was found significant.

Keywords: Transcendental Meditation, Balance Ability

Introduction

Balance ability is a fundamental aspect for a number of sports that require kicking, running, changes of direction, and jumping. These sports can include football, soccer, gymnastics, basketball, martial arts and many more. In a recent issue of Sports Medicine, researchers examined the relationship between balance ability and athletic performance. Practicing yoga balances the entire nervous system and also energizes and relaxes the body simultaneously. For the true benefits of yoga to take place, both sides of the brain need to be worked out. That is why a lot of the yoga poses concentrate on training and using both sides of the body. Basically it comes down to retaining the mind and yoga is the great leveler. You will learn to use both parts of your brain more effectively therefore tuning and realigning everything to work far better than ever before. It will benefit all aspects in your life especially if you are ambitious sport type that likes to get the most out of it that they can. Think of yoga as being the means to realign and rebalance your vehicle on a regular basis. You can become your body mechanic instead of having to pay someone else to do it.

The transcendental meditation, as revived by Maharishi, is remarkably simple. It deals directly with the activity of mind-thinking-but in a way that is mechanical, abstract, and precise rather than intellectual or reflective. It is basically a procedure for experiencing the mechanics of thinking process in a new direction. Normally one is aware of a thought all at once, in its fully developed form. Obviously, there must be prior stages in the development of thought, it is somehow possible to bring these stages to conscious awareness in a systematic way? The procedure of doing so consists essentially of two elements; a type of thought optimal for this purpose; and a method to experience it at successive prior stages of its development (Note that we are speaking not of the "unconsciousness" as it is usually conceived in psychology, but rather of the actual mechanics of the thinking process.

Don't wait for something major to happen to you before you decide to do something about it. That's reactive behavior and

that's gonna set you back big time, all you have to do is take action now. (www.yoga.org.nz)

The development of the balance ability to establish and maintain the body equilibrium in infants and children has been a subject of considerable interest in the literature, beginning with the early studies of Bass, Gesell, 8 and Seashore. More recently balance ability has been related to development of fundamental motor skills as well as to voluntary motor control. There is general agreement in the literature that ability to control static or dynamic this research was supported by the Italian Ministry of Public Instruction and by the Italian National Olympic Committee dynamic balance of the body is an important component in the everyday life of children. Some studies have been designed to investigate the effects of factors such as age and gender on balance 5 6 13 or the effect of balancing ability on the performance of some motor and sport skills throughout the childhood years. Nevertheless, so far as they regard the assessment of static balance ability, those studies suffer from a lack of adequate quantitative evaluation of postural stability. In the last decade, technological developments in force platform construction as well as greater sophistication in signal processing have led to current use of the force plate to quantify the continuous oscillation of the body in an upright stance. Using this technique, body sway can be evaluated in terms of displacements of the center of force of a subject standing on a force platform.

Methods

Selection of Subjects Sixty Judokas studying at various standards at Lakshmi Bai National Institute of Physical Education and Jiwaji University, Gwalior voluntarily participated in the study and were selected as the subjects for the study. The subjects were assigned at random to experimental and control group; each group consisted of thirty students. The requirements of the study were explained to all the subjects. All the subjects readily agreed to undergo the testing and training program.

Selection of Variable

On the basis of various literature on physical variables; finding out the related research study and keeping in mind the specific purpose of the study to find out the Effect of Transcendental Meditation on Balance Ability. Balance ability was considered as dependent variable and transcendental meditation was considered as independent variable, balance ability was measured in seconds by long Nose test.

Experimental Design

Pre-test and post-test randomized group design was employed in the study. The subjects were divided into experimental group and control group. The experimental group was imparted 20 minutes of training of transcendental meditation for eight weeks under the supervision and guidance of the scholar and no training was imparted to control group. At the end of eight weeks post test was conducted for both the group.

Procedure for Administration of the Test

After selecting the students, they were estimated for their balance ability long Nose test to the nearest seconds. After collecting the initial data, the subjects were administrated for eight week training schedule, which was six day per week for duration of 20 mins. Immediately after the training schedule, the balance ability was again estimated long Nose test to the nearest secs.

Test Administration (Balance Ability)

The purpose of this test is to determine the Balance ability of the subjects. The equipment and materials needed are Balancing Beam, One Medicine Ball weighing 2 Kgs, One Medicine Ball weighing 4 kgs, Stop Watch. A balancing beam of standard size was kept on the floor one and half meters away from the starting line. The subjects were asked to stand behind the starting line with one kilogram medicine ball in his strong hand fully stretched forward and the other hand holding the opposite ear lobe. On clapping the subject moved over the balancing beam towards the 2 Kg. medicine ball which was kept at the other end of the beam push down the medicine ball only by foot and would move back to the starting line without losing the balance over the beam. Scoring: Only one chance was given to each subject 1 he time taken to complete the course was the score. At the same time, the subject who failed to complete the task without losing balance, were not given any further trial and no score was awarded.

Training and Practice of transcendental meditation

The study was conducted for a period of eight weeks in the month of August and September. The climatic condition was rainy (humid) and atmospheric temperature was ranging from 25°C to 35°C. Sixty subjects were assembled in the Judo hall of Lakshmbai National Institute of Physical Education, Gwalior at 5:30 AM for six days per week. Two groups comprising of 30 subjects each were formed i.e. experimental group and control group; Each subject of experimental group was ready to learn Transcendental Meditation. Teacher (an authorized expert of Maharishi Mahesh Yogi Vedic Vishvavidyalaya) gave a Perforntia to each subject of experimental group. All the subject of experimental group filled the Perforntia after going through the guide lines of Performa i.e. age, sex, occupation, religion and belief etc. Teacher gave a particular mantra separately to all the subject of experimental group.

Thereafter Teacher briefly in introduced experimental group with the introductory and preparatory speech than he conducted PUJA (Worship) of Guru Bhramanand Saraswati, father of transcendental meditation technique. Followed by Puja all the subjects of experimental group practiced transcendental medication for 20 minutes starting with a silence of half minute and finishing it with a silence of two minute in Lotus like sitting position with close eyes. The subjects of control group were asked to sit quietly with eyes closed in Lotus like position.

Method Applied for The Training Practice of transcendental meditation

The technique of Transcendental Meditation involves the repetition of a Mantra for 20 minutes each day while the meditators sit in lotus like position with eyes closed. First, the meditator work out the most comfortable position for him, one which allows the spine to be in an upright position either in lotus like sitting positions on the floor or in a straight backed chair with feet firmly planted on the ground with eyes closed. One began with taking few deep and well-modulated breath to calm down and then proceed to the sub vocal repetitions of the Mantra or specific sound

Statistical Procedure

To find out the significance of difference between different pair means, the ‘ANCOVA’ was used. The level of significance was set at 0.05 level.

Results

Table 1: Analysis of Variance of Comparison of Means of Experimental Group and Control Group in Balance Ability

		Sum of Squares	df	Mean Square	F- Value
Pre Test	Between Groups	0.004	1	0.004	0.05
	Within Groups	4.97	58	0.086	
Post Test	Between Groups	5.73	1	5.73	67.34*
	Within Groups	4.93	58	0.085	

*Significant at .05 level

F value required to be significant at 1, 58 df = 4.01

In relation to pretest, Table –I Revealed that the obtained ‘F’ value of 0.05 was found to be insignificant at 0.05 level, in case of balance Ability since this value was found lower than the tabulated value 4.01 at 1, 58 df

In relation to post test, significant difference was found among experimental group and control group pertaining to balance ability since ‘F’ value of was found significant at .05 level.

Table 2: Analysis of Co-Variance of Comparison of Adjusted Post Test Means of Experimental group And Control Group in balance ability

	Sum of Squares	df	Mean Square	F-Value
Contrast	5.52	1	5.52	116.92
Error	2.69	57	0.04	

F value required to be significant at 1, 57 df = 4.02

Table-II revealed that the obtained ‘F’ value of 116.92 was found to be significant at 0.05 level in case of balance ability since this value was found higher than the tabulated value 4.02 at 1, 57 df.

Discussion

The scholar has made an attempt to present the discussion of findings. After collection of data, appropriate statistical analysis was conducted. The scholar examined the effect of transcendental meditation on balance ability in school going children. The results, in general, support that transcendental meditation improves balance ability among school going children. It was found that the experimental group improved significantly. The rate of improvement was higher for the experimental groups in comparison to the control groups. Finally, results show that the participants who followed the treatment of transcendental meditation improved their balance ability higher than participants in control group.

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