

**Effectiveness of Mindfulness Therapy in Managing Performance
Anxiety and Enhancing Self-efficacy among Hockey Players**

**Thesis Submitted in partial fulfilment for the Degree of
Doctor of Philosophy in Counselling Psychology**

Submitted by

**Anupama. N
(18PHCPP002)**

Supervisor

**Dr. S. Gayatridevi, M.A., M.Phil., Ph.D.
Professor and Head**

Department of Psychology

**Avinashilingam Institute for Home Science and Higher Education for
Women Coimbatore-641043**

January 2025