

Certificate from the Supervisor

This is to certify that the thesis entitled '**Effectiveness of Mindfulness Therapy in Managing Performance Anxiety and Enhancing Self-efficacy among Hockey Players**' submitted for the degree of Doctor of Philosophy (Ph.D.) in Counselling Psychology by **Anupama. N (18PHCPP002)** is the record of research work carried out by her during the period 2018-25 under the guidance and supervision, and that this work has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or similar titles in the Institute or any other University or other similar Institution of Higher Learning.

S. Gayathri Devi
25.1.25
Signature

Head of the Department

S. Gayathri Devi
25.1.25
Signature of the Supervisor

[Signature]
25.01.2025
Signature of the Dean

Declaration

I declare that the thesis entitled '**Effectiveness of Mindfulness Therapy in Managing Performance Anxiety and Enhancing Self-efficacy among Hockey Players**' submitted for the degree of Doctor of Philosophy (Ph.D.) in Counselling Psychology, is the record work carried out by **Anupama. N (18PHCPP002)** under the guidance of **Dr. S. Gayatri Devi, M.A., M.Phil., Ph.D.**, Professor and Head, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043, and has not formed the basis for the award of any Degree/ Diploma/ Associateship/ Fellowship or Titles in this Institute or any other University or other similar Institutes of Higher Learning.

S. Gayatri Devi
25.1.25

Signature of the Supervisor

Anupama

Signature of the Candidate

Acknowledgement

First and Foremost, I thank God Almighty for being with me through this journey of completing my work, providing me with the best of blessings and strength.

My heartfelt remembrance to the founders of this great “Temple of Learning” **Thiru. T. S. Avinashilingam Ayya and Dr. Rajammal P. Devadas Amma** for bringing light to the lives of numerous women through their service of education.

My wholehearted gratitude to Honourable **Dr. T. S. K. Meenakshisundaram**, Chancellor, **Dr. V. Bharathi Harishankar**, Vice Chancellor, **Dr. S. Kowsalya**, Registrar, **Dr. Shobhana Kokkadan**, Dean, School of Arts and Social Sciences, for the support rendered in the successful completion of my research work.

My sincere thanks to **Dr. Sampath Rani**, Controller of Examinations, **Dr. P. Lalitha**, Dean, Research and Consultancy, for their guidance throughout the process. My thanks to all Administrative Staffs of the University for their help and assistance.

I am extremely grateful to **Dr. S. Gayatri Devi**, Professor and Head, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for her constant encouragement and support. Her immense knowledge, tremendous understanding and plentiful experience have encouraged me in all the time of my academic research.

I express my gratitude to **Dr. B. Selvaraj**, Controller of Examination, Department of Psychology, Government Arts College, Coimbatore, who was influential in shaping and executing my research.

My deep thankfulness to the **Institutional Human Ethics Committee, Library staff and the Finance Office Staff** for their timely help during times of need.

I genuinely thank the **Correspondent of the Institutions, Research Participants and Parents** for their support and dedicated participation during the data collection and intervention phases. I am Thankful to all the **Faculty and Non-Teaching Staff, Research Scholars and Students** of the Department of Psychology for their guidance and motivation throughout the period of study. I thank my **Parents, Family, Friends and Colleagues** for their constant patience, love, caring and support throughout my research work.

Anupama. N

List of Tables

Table No.	Title of the Table	Page No.
1	Distribution Analysis of performance anxiety, self-efficacy and mindfulness among Hockey Players	69
2	Sociodemographic variables of the Hockey players	70
3	Correlation Coefficients between performance anxiety, self-efficacy and mindfulness among hockey players	71
4	Mean, Standard Deviation and t value of Male and Female Hockey Players in Performance Anxiety, Self-efficacy and Mindfulness	71
5	Mean and Standard Deviation for Somatic Dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy	73
6	Repeated Measures ANOVA for Somatic Dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy among Hockey Players	73
7	Bonferroni post-hoc analysis for Somatic Dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy among Hockey Players	74
8	Mean and Standard Deviation for Worry Dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy among Hockey Players	76
9	Repeated Measures ANOVA for Worry Dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy	77
10	Bonferroni post-hoc analysis for Worry Dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy among Hockey Players	78
11	Mean and Standard Deviation for Concentration Disruption dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy among Hockey Players	71

Table No.	Title of the Table	Page No.
12	Repeated Measures ANOVA for Concentration Disruption Dimension of Performance Anxiety during Before, After and Follow-up Phases of Mindfulness Therapy among Hockey Players	79
13	Bonferroni Post-hoc Analysis for Concentration Disruption dimension of Performance Anxiety during before, after and follow-up phases of mindfulness among Hockey Players	80
14	Mean and Standard Deviation for Performance Anxiety of Hockey Players during before, after and follow-up phases of Mindfulness Therapy among hockey players	81
15	Repeated Measures ANOVA for Performance Anxiety of Hockey Players during Before, After and Follow-up Phases of Mindfulness Therapy among Hockey Players	82
16	Bonferroni post-hoc analysis for Performance Anxiety during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	83
17	Mean and Standard Deviation for Self-efficacy during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	84
18	Repeated Measures ANOVA for Self-efficacy of Hockey Players during before, after and follow-up phases of Mindfulness Therapy	85
19	Bonferroni post-hoc analysis for Self-efficacy of Hockey Players during before, after and follow-up phases of Mindfulness Therapy	86
20	Mean and Standard Deviation for Observing dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	87
21	Repeated Measures ANOVA for Observing dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy	88
22	Bonferroni post-hoc analysis for Observing dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	89

Table No.	Title of the Table	Page No.
23	Mean and Standard Deviation of Hockey Players in Describing dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy	90
24	Repeated Measures ANOVA for Describing dimension of five facet mindfulness questionnaire during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	91
25	Bonferroni post-hoc analysis for Describing dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy among hockey players	92
26	Mean and Standard Deviation for Acting with Awareness dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	93
27	Repeated Measures ANOVA for Acting with Awareness dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	94
28	Bonferroni post-hoc analysis for Acting with Awareness dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy among Hockey Players	95
29	Mean and Standard Deviation for Non-judgemental dimension of Five Facet Mindfulness Questionnaire during before after and follow-up phases of Mindfulness Therapy among Hockey Players	96
30	Repeated Measures ANOVA for Non-judgemental dimension of Five Facet Mindfulness Questionnaires during before, after and follow-up phases of Mindfulness Therapy among hockey players	97
31	Bonferroni post-hoc analysis of non-judgemental dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy	98
32	Mean and Standard Deviation for Non-Reactivity dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy	99

Table No.	Title of the Table	Page No.
33	Repeated Measures ANOVA for Non-reactivity dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness Therapy	100
34	Bonferroni post-hoc analysis for non-reactivity dimension of Five Facet Mindfulness Questionnaire during before, after and follow-up phases of Mindfulness among Hockey Players	101
35	Mean and Standard Deviation of Hockey Players during before, after and follow-up phases of Mindfulness	102
36	Repeated Measures ANOVA of the Hockey Players during before, after and follow-up phases of Mindfulness	103
37	Bonferroni post-hoc analysis of the Hockey Players during before, after and follow-up phases of Mindfulness Therapy	104
38	Mean and Standard Deviation for Performance Anxiety of Male Hockey Players during before after and follow-up phases of Mindfulness Therapy	105
39	Repeated Measures ANOVA for Performance Anxiety of Male Hockey Players during Before, After and Follow-up Phases of Mindfulness Therapy	106
40	Bonferroni post-hoc analysis for Performance Anxiety of Male Hockey Players during before after and follow-up phases of Mindfulness Therapy	107
41	Mean and Standard Deviation for self-efficacy of Male Hockey Players during before, after and follow-up phases of Mindfulness Therapy	108
42	Repeated Measures ANOVA for Self-efficacy of Male Hockey Players during Before, After and Follow-up Phases of Mindfulness Therapy	109
43	Bonferroni post-hoc analysis for Self-efficacy of Male Hockey Players during before, after and follow-up phases of Mindfulness Therapy	110
44	Mean and Standard Deviation of Male Hockey Players during before, after and follow-up phases of Mindfulness	111
45	Repeated Measures ANOVA of the Male Hockey Players during before, after and follow-up phases of Mindfulness	112

Table No.	Title of the Table	Page No.
46	Bonferroni post-hoc analysis of the Male Hockey Players during before, after and follow-up phases of Mindfulness	113
47	Mean and Standard Deviation for Performance Anxiety of Female Hockey Players during before, after and follow-up phases of Mindfulness Therapy	114
48	Repeated Measures ANOVA for Performance Anxiety of Female Hockey Players during Before, After and Follow-up Phases of Mindfulness Therapy	115
49	Bonferroni post-hoc analysis for Performance Anxiety of female Hockey Players during before after and follow-up phases of Mindfulness Therapy	116
50	Mean and Standard Deviation for Self-efficacy of Female Hockey Players during before after and follow-up phases of Mindfulness Therapy	117
51	Repeated Measures ANOVA for Self-efficacy of Female Hockey Players during Before, After and Follow-up Phases of Mindfulness Therapy	118
52	Bonferroni post-hoc analysis for Self-efficacy of Female Hockey Players during before, after and follow-up phases of Mindfulness Therapy	119
53	Mean and Standard Deviation of Female Hockey Players during before, after and follow-up phases of Mindfulness	120
54	Repeated Measures ANOVA of the Female Hockey Players during before, after and follow-up phases of Mindfulness	121
55	Bonferroni post-hoc analysis of the female Hockey Players during before, after and follow-up phases of Mindfulness	122

List of Figures

Figure No.	Title	Page No.
	Conceptual Framework	46
	Flow chart	52
1	Somatic Dimension of Performance Anxiety during Before, After and Follow-up phases of Mindfulness Therapy among Hockey Players	75
2	Worry dimension of performance anxiety during before, after and follow-up phases of mindfulness therapy among hockey players	78
3	Concentration disruption dimension of performance anxiety during before, after and follow-up phases of mindfulness therapy among hockey players	81
4	Performance anxiety during before, after and follow-up phases of mindfulness therapy among hockey players	84
5	Self-efficacy during before, after and follow-up phases of mindfulness therapy	87
6	Observation dimension of mindfulness scale during before, after and follow-up phases of mindfulness	90
7	Describing dimension of mindfulness scale during before, after and follow-up phases of mindfulness among hockey players	93
8	Acting with Awareness dimension of mindfulness scale during before, after and follow-up phases of mindfulness	96
9	Nonjudgmental dimension of mindfulness during before, after and follow-up phases of mindfulness among hockey players	99

Figure No.	Title	Page No.
10	Non-reactivity dimension of mindfulness during before, after and follow-up phases of mindfulness among hockey players	102
11	Overall score of mindfulness during before, after and follow-up phases of mindfulness among hockey players	105
12	Performance anxiety of male hockey players during before, after and follow-up phases of mindfulness Therapy	108
13	Self-efficacy of male hockey players during before, after and follow-up phases of mindfulness therapy	111
14	Overall score of mindfulness during before, after and follow-up phases of mindful in male hockey players	114
15	Performance anxiety of female hockey players during before, after and follow-up phases of mindfulness therapy	117
16	Self-efficacy of female hockey players during before, after and follow-up phases of mindfulness therapy	120
17	Overall score of mindfulness during before, after and follow-up phases of mindful in female hockey players	123

List of Annexure

Annexure No.	Title	Page No.
I	Informed Consent Form	146
II	Case Study Schedule / Personal Profile Sheet	149
III	Sports Anxiety Scale – 2	150
IV	General Self-efficacy Scale	151
V	Five Facet Mindfulness Scale	153
VI	Institutional Human Ethics Committee	155
VII	Plagiarism Check Report	156
VIII	Research Publications	160

List of Abbreviations

Abbreviation	Expansion
FIFA	Federation International Football Association
PA	Performance Anxiety
SAS	Sports Anxiety Scale
MIQ	Movement Imagery Questionnaire
SIQ	Sport Imagery Questionnaire
CSAI	Competitive State Anxiety Inventory
WHO	World Health Organization
EM	Eastern Mindfulness
LM	Langer's Mindfulness
SOQ	Sport Orientation Questionnaire
CSAI	Competitive State Anxiety Inventory
GSES	General Self-efficacy Scale-Schwarzer
TPB	Theory of Planned Behaviour
DSM	Diagnostic Statistical Manual
FFMQ	Five Facet Mindfulness Questionnaire
SSES	Sport Self-efficacy Scale
ANOVA	Analysis of Variance
df	Degree of Freedom