

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

### **Abstract**

Hockey is a National Sport of India having rich and long lasting legacy of our country. Performance anxiety not only limits one's capabilities but also prevents one from giving their best effort that is when the athletes experience lower self-efficacy and become mentally weak. A person with high self-efficacy views challenges as things that are supposed to be mastered rather than threats to avoid stated by Albert Bandura (1977). Mindfulness is an essential human capacity to be completely present, conscious and not being affected or overwhelmed by the events occurring around. The study assessed gender variations and relationship between performance anxiety, self-efficacy and mindfulness of hockey players. The study comprises a sample of 49 hockey players (29 male and 20 female) between the ages of 18 – 25 years were selected from the Hockey Stadium at Bangalore. Hockey players were assessed for self-efficacy, performance anxiety and mindfulness using questionnaires. Results proved to have a significant difference between male and female samples on the levels of self-efficacy and performance anxiety characteristics as somatic, worry and concentration disruption. Male hockey players reported with higher levels of performance anxiety compared to females indicating that they were finding difficulty in focusing, and easily distracted from external distractions. Compared to male, female players reported higher levels of self-efficacy. The mindfulness treatment has really facilitated hockey players to manage their performance anxiety and enhance self-efficacy. Behavioural, emotional, cognitive and sleep issues were also significantly improved by enriching their ability to analyse, make goals and deal with emotional problems which in turn reduced their aggressive behaviour, that is especially common in young people. The research study gives a central idea for enlightening the greatness and achievement of hockey players

**Key Words:** *Mindfulness Therapy, Self-efficacy, Performance Anxiety and Hockey Players*