

Chapter V

Summary and Conclusion

The goal of the current study was to determine how much mindfulness therapy could help hockey players, particularly young people, improve their self-efficacy and control their performance anxiety. Numerous behavioural, emotional, and cognitive issues were addressed in various ways with the help of mindfulness therapy. It was discovered that altering one's thought process, establishing new objectives, and addressing emotion-related targets were all very helpful in reducing aggressive behaviour, improving sleep patterns, and managing performance anxiety, particularly in children. This chapter also provides an overview of the study, highlights key findings, makes inferences from the data, and talks about the consequences of the investigation.

Objectives

The present study has an important implication in the present as well as in the future. The major role of this study is to assess the level of performance anxiety, self-efficacy and mindfulness among Hockey Players. It also emphasizes on finding the effectiveness of Mindfulness Therapy in reducing Performance Anxiety and improving self-efficacy and mindfulness among Hockey Players.

Hypotheses

The following Hypotheses were framed to fulfill the above stated objectives

H1: There will be significant correlation in performance anxiety, self-efficacy and mindfulness among Hockey Players

H2: There will be significant differences in male and female Hockey Players across performance anxiety, self-efficacy and mindfulness

H3: There will be significant differences in Somatic dimension of performance anxiety during before, after and follow-up phases of mindfulness therapy among Hockey Players

H4: There will be significant differences in Worry dimension of performance anxiety during before, after and follow-up phases of mindfulness therapy among Hockey Players

- H5:** There will be significant differences in Concentration disruption of performance anxiety during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H6:** There will be significant differences in performance anxiety during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H7:** There will be significant differences in self-efficacy during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H8:** There will be significant differences in observation dimension of mindfulness during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H9:** There will be significant differences in describing dimension of mindfulness during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H10:** There will be significant differences in Acting with Awareness dimension of mindfulness during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H11:** There will be significant differences in non-judging dimension of mindfulness during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H12:** There will be significant differences in non-reactivity dimension of mindfulness during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H13:** There will be significant differences in mindfulness during before, after and follow-up phases of mindfulness therapy among Hockey Players
- H14:** There will be significant differences in performance anxiety during before, after and follow-up phases of mindfulness therapy among male Hockey Players
- H15:** There will be significant differences in self-efficacy during before, after and follow-up phases of mindfulness therapy among male Hockey Players
- H16:** There will be significant differences in mindfulness during before, after and follow-up phases of mindfulness therapy among male Hockey Players
- H17:** There will be significant differences in performance anxiety during before, after and follow-up phases of mindfulness therapy among female Hockey Players
- H18:** There will be significant differences in self-efficacy during before, after and follow-up phases of mindfulness therapy among female Hockey Players

H19: There will be significant differences in mindfulness during before, after and follow-up phases of mindfulness therapy among female Hockey Players

Research Design

This study employed a Before, After, and Follow-Up without Control Group research design (Kothari, 2020). Before intervention program began, the hockey players were evaluated using the appropriate instruments, and those who scored highly on performance anxiety were selected for further research. The chosen hockey players received mindfulness treatment. Twice a week, 15 sessions were conducted. The effectiveness of mindfulness therapy was evaluated before, after, and during the follow-up period.

Results

The statistical analysis of the collected data revealed for the variables such as performance anxiety, self-efficacy and mindfulness, depicts that there was a significant difference exists in the before, after and follow-up phases. The Mindfulness therapy was found to be effective in managing performance anxiety and improving self-efficacy and mindfulness of the hockey players.

Findings

The following key findings were attained from the results of the data analysis.

- There was significant reduction in performance anxiety and improvement in self-efficacy and mindfulness during before, after and follow-up phases among the hockey players
- There was significant difference in male and female hockey players across performance anxiety, self-efficacy and mindfulness
- Male hockey players reported higher level of performance anxiety compared to female hockey players
- Female hockey players reported higher level of self-efficacy and more mindful compared to male hockey players

Implications

- All players can benefit from mindfulness therapy, which helped hockey players to perform at their highest level by increasing their sense of self-efficacy.
- The Sports Authority of India can implement the Mindfulness Therapy for the trainees

Limitations

- The study was restricted to only Hockey Players whereas the other players may also be included.
- The current study was unable to incorporate a control group due to practical issues and time restrictions

Recommendations

- Government should take initiative in appointing Sports Psychologists/Counsellors to help the players
- It becomes necessary to provide coaches with mindfulness therapy training in order to support athletes psychologically.
- Players must have a calm and peaceful mindset in addition to a rigorous practice schedule in order to represent the country with pride.

Suggestions for Further Research

- A waitlist control group may be included in future research to determine the exact effect of the intervention.
- It will be more beneficial to carry out a longitudinal study in order to determine the proper order of research and to detect changes over time.
- It may be possible to learn more about college students' issues by using mixed experimental designs or qualitative approaches.