

SPECIMEN FORMAT FOR THESES OF MONTH

Faculty : School of Arts and Social Sciences

Department : Psychology

Branch / Area: : Sports Psychology

Sub Subject Heading: : -

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Title of the thesis : Effectiveness of Mindfulness therapy in Managing performance anxiety and enhancing self – efficacy among hockey players

(i) In Roman Script -

(ii) In roman Script -

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Designation of Supervisor : Professor
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Centre/department/school in which research was conducted : Avinashilingam Institute for Home Science and Higher Education for Women

University's Name & Address : Avinashilingam Institute for Home Science and Higher Education for Women

Abstract within 300 words:

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

i) Major objectives :

Objectives

- To assess the level of performance anxiety, Self-efficacy and mindfulness among Hockey Players.
- To find out the correlation between Performance Anxiety, Self-efficacy and Mindfulness among Hockey Players

- To find out the significant difference between Male and Female Hockey Players across Performance Anxiety, Self-efficacy and Mindfulness
- To find out the effectiveness of Mindfulness Therapy in reducing Performance Anxiety and improving Self-efficacy and Mindfulness among Male and Female Hockey Players.

ii) Hypothesis:

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

iii) Methodology :

Research Design

The research design applied for the study was “Before, After and Follow-up without Control Group design”. The primary data was obtained from the sample through Standardized Questionnaires and Schedules. The data collection for present research took place in three phases.

Phase-I: In this phase, the study was initiated by using psychological tools which includes Sociodemographic Sheet, Sports Anxiety Scale-2, General Self-efficacy Scale and Five Facet Mindfulness Scale.

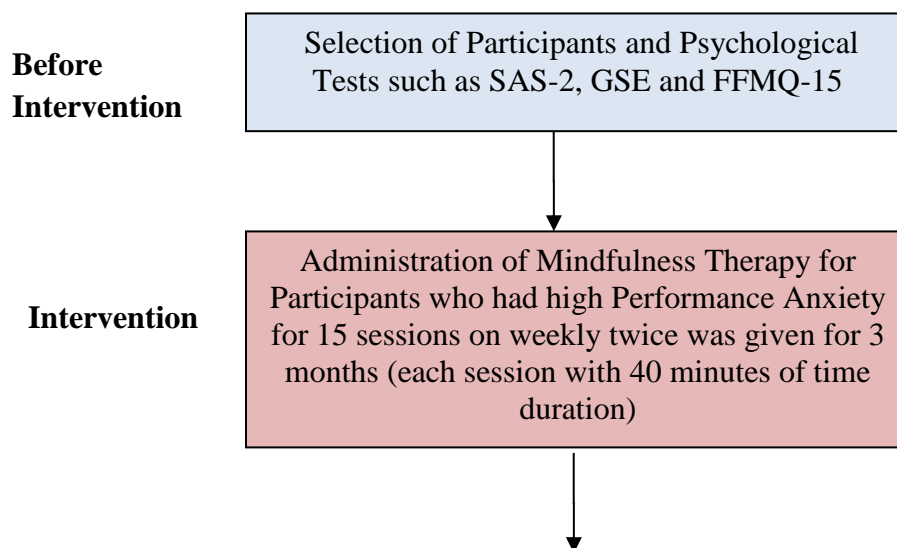
Phase-II: In the Phase-II, Hockey players who scored high on performance anxiety were given Mindfulness Based Intervention Sessions and they were reassessed using the same psychological tools to evaluate their progress on the scales.

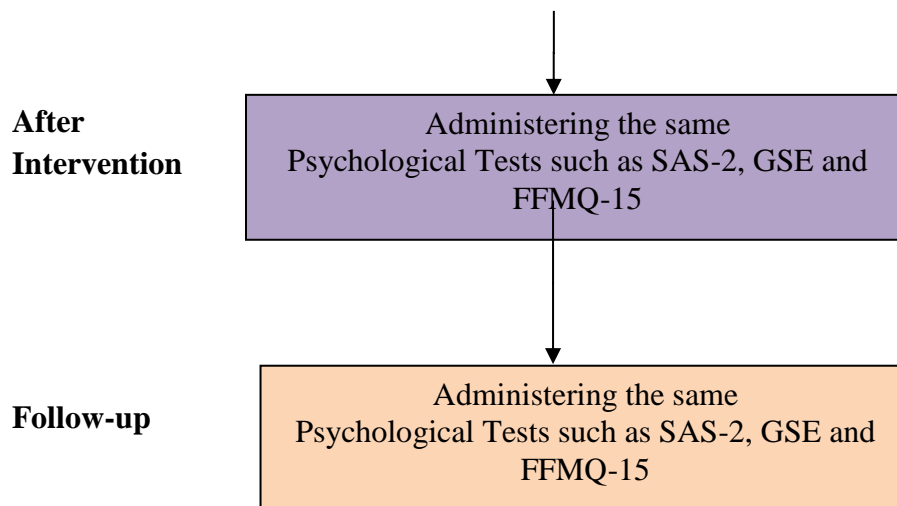
Phase-III: In the Phase-III, Hockey players again underwent Mindfulness Based Intervention Sessions and reassessments using the same psychological tools as follow-up. The effectiveness of the interventions was ascertained by comparing the groups Before, After Intervention and Follow-up assessment of hockey players with performance anxiety.

Data collection procedure: Case study schedule was administered to collect the personal details of the participants, since they decent from relatively younger age group only basic information was collected. Participants were further assessed for performance anxiety to allot the intervention programme accordingly. The participants who scored high in performance anxiety were identified to be eligible group for intervention programme and they were administered by mindfulness-based intervention. The data collected from the participants for Before, After and Follow-up Phases were subjected to statistical analysis.

Intervention - Flow Chart

Before, After and Follow-up with the Single Group Design was used to conduct the research.





Tools used for Investigation

- I. Informed Consent Form
- II. Case Study Schedule
- III. Sports Anxiety Scale – 2 (SAS)
- IV. General Self-efficacy Scale (GSE)
- V. Five Facet Mindfulness Questionnaire (FFMQ)

Statistical Analysis

- ▶ The data was analysed using the SPSS Package version 25
- ▶ Independent sample t test was used for male and female players
- ▶ Pearson's correlation test was analysed to examine the relationship between variables
- ▶ Repeated Measures ANOVA was used to assess differences between phases of intervention
- ▶ Since Alternate Hypothesis was framed, and about 4 hypothesis statements was written, since the study consisted alternate hypothesis, the homogeneity tests was not carried out

iv) 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

Examiners

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