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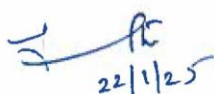
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3.	Department	Psychology
4.	Name of the Research Guide	Dr. S. Gayatri Devi
5.	Title of the Thesis / Dissertation	Effectiveness of Mindfulness Therapy in Managing Performance Anxiety and Enhancing Self-efficacy among Hockey Players
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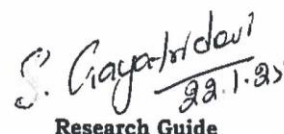
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Effectiveness of Mindfulness Therapy in Managing Performance Anxiety and Enhancing Self-Efficacy among Hockey Players

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. Albert Bandura (1977) a person with high self-efficacy views challenges as things that are supposed to be mastered rather than threats to avoid. The study assessed gender variations and relationship between performance anxiety, self-efficacy and mindfulness of hockey players. The study includes 49 hockey players (29 male and 20 female) between the ages of 18 – 25 years 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 attention 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 results demonstrated that mindfulness treatment helped hockey players manage their performance anxiety and increased their sense of self-efficacy. Behavioural, emotional, cognitive and sleep issues were all significantly improved by mindfulness therapy. Their ability to analyze, make goals and deal with emotional problems changed, which in turn decreased their aggressive behaviour, especially in young people. The research study gives a central idea for enlightening the progress and achievement of hockey players"

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

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

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