

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

**Thesis Submitted in partial fulfilment for the Degree of
Doctor of Philosophy in Counselling Psychology**

Submitted by

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80_RECOMMENDATION

- 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.