

Efficacy of Integrated Vipassana Meditation on Anxiety Reduction in Female Collegiate Kabaddi Players

¹L. Ilavarasi, ²Dr. K. Chandrasekaran, ³Dr. C. Ramesh

¹PhD scholar, Department of Physical Education, Madurai Kamaraj University, Madurai, Tamilnadu, India.

²Former Professor & Head, Department of Physical Education, Madurai Kamaraj University, Madurai, Tamilnadu, India.

³Assistant Professor & Head, Department of Physical Education, Madurai Kamaraj University, Madurai, Tamilnadu, India.

Abstract

The reason of the study was to discover the Efficacy of Integrated Vipassana Meditation on Anxiety Reduction in Female Collegiate Kabaddi players. Thirty subjects were selected from various colleges, Madurai. The subject's aged between 18 to 24 years. The selected subjects were divided into two groups with fifteen subjects in each group selected randomly Vipassana Meditation Practices and control group. The six weeks training periods of experimental group are involved five days per week. Control group did not undertake any training other than their regular work. To attain the significance difference in between the means on the criterion variables of correlated 't' ratio was apply. This study it processes with proper statistical technique. The data result is obtained 't' values are tested at 0.05 levels.

Keywords: Vipassana Meditation Practices, Anxiety

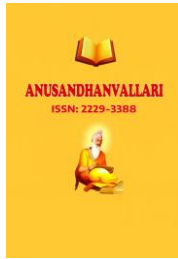
Introduction

Kabaddi

The modernkabaddi game was played all over India and some parts of south Asia from 1930. The first known framework of the rules of kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921 for kabaddi competitions on the pattern of Sanjeevani and Gemini in a combined form. Thereafter a committee was constituted in the year 1923, which amended the rules framed in 1921. The amended rules were applied during the all-India kabaddi tournament organized in 1923. Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20- 5- 20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath.

Vipassana Meditation

Vipassana, which means "to see things as they really are," is one of India's most ancient meditation techniques. Rediscovered by Gotama the Buddha over 2,500 years ago, it is taught as a universal, non-sectarian "Art of Living" aimed at the total eradication of mental impurities and the resulting highest happiness of full liberation.



Core Principles

The practice is based on the deep interconnection between **mind and body**, which is experienced directly through disciplined attention to physical sensations.

- **Self-Observation:** Using your own body as a laboratory to understand the laws of nature.
- **Equanimity:** Learning to observe all sensations—pleasant or painful—without reacting, thereby breaking habit patterns of craving and aversion.
- **Impermanence (Anicca):** Developing experiential wisdom that all phenomena are constantly arising and passing away

Methodology

Selection of Subject

The reason of the study was to discover the Efficacy of Integrated Vipassana Meditation on Anxiety Reduction in Female Collegiate Kabaddi players. Thirty subjects were selected from various colleges, Madurai. The subject's aged between 18 to 24 years. The selected subjects were divided into two groups with fifteen subjects in each group selected randomly Vipassana Meditation Practices and control group. The six weeks training periods of experimental group are involved five days per week. Control group did not undertake any training other than their regular work. To attain the significance difference in between the means on the criterion variables of correlated 't' ratio was apply. This study it processes with proper statistical technique. The data result is obtained 't' values are tested at 0.05 levels.

Selection of Variables

Anxiety- Spielberger's Trait Anxiety Questionnaire

Statistical Techniques

The collected data on Anxiety were statistically examined to the test. The various hypothesis formulated by the researcher for comparison 't' ratio was used. 't' ratio was the difference between the mean, standard deviation and standard error of the difference between the means.

Level of Significance

For testing the significance of the differences between pre and posttest means of the control and experimental group, 0.05 level of significance was fixed.

Computation of 't' Ratio between the Pre and Post Test

Means of Anxiety

Variables	Group	Mean		SD		Sd Error	Df	't' ratio
		Pre	Post	Pre	Post			
Anxiety	Control	66.73	69.86	9.58	12.07	3.05	14	1.02
	Experimental	48.00	46.93	1.00	1.09	0.28		3.75*

* Significance at 0.05 level of confidence df (14) is = 2.14

The table shows that the obtained control group of Anxiety mean values of pretest and posttest were 66.73, 69.86 respectively. The obtained 't' ratio is 1.02 the required table value is 2.14 at 0.05 level significance. The obtained 't' ratio is lesser than the required table value. It is found to be insignificant.

The table shows that the obtained experimental group of Stress mean values of pretest and posttest were 48.00, 46.93 respectively. The obtained 't' ratio is 3.75 the required table value is 2.14 at 0.05 level significance. The obtained 't' ratio 3.75 is greater than the required table value. It is found to be significant.

Discussion on the Findings

The result of the study indicated the experimental group (Vipassana Meditation practices) had significantly decreased the anxiety level when compared to the control group.

From the result of the present investigation, it is also concluded that the significant difference exists between experimental and control group in developing all the variables.

The outcome of this study result with the hypothesis of the analysis. Interest on the part of the subject used in this study to improve their Vipassana Meditation practices might also account for the result and this inference is supported by the further fact that all previous studies of similar nature were conducted on Vipassana Meditation practices. The six weeks period for the experimental group seen to be generate applicable result.

The results of the study reveal that there was a significant difference found among College-Level Women Kabaddi Players on anxiety also when comparing the mean values.

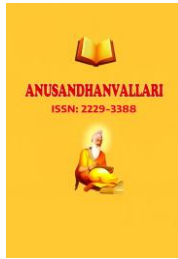
Conclusions

On the basis of the limitations and the statistical analysis of the data, the following conclusions were drawn from the result.

1. After six weeks of training, it was observed that a significant decreased anxiety in kabaddi players.
2. The control group shows and insignificant improvement of 0.05 level of confidence.

Reference

- [1] **Kushwaha, A. K. S. (2014).** "Vipassana Meditation as an Effective Technique of Stress-Management." *Indian Journal of Applied Research (IJAR)*, 4(6).



-
- [2] **Pradhan, S. (2017).** "A Study of the Effect of Vipassana Meditation on Psychological Well-Being." *Vipassana Research Institute*
- [3] **Sreedharan, S., et al. (2025).** "The Impact of Vipassana Meditation on Health and Well-Being: A Systematic Review." *PubMed/PMC*