



# Mindful Archery: A Three- Weeks Yogic Intervention for Enhancing Concentration and Body Awareness in Archers

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**Abstract:** Background: This study explores the integration of mindfulness training in archery performance enhancement, focusing on state-level athletes aged 18 to 25 years with up to three years of training experience. The research investigates the effects of a three-week mindfulness intervention on various aspects of archery performance. Methods: Ten participants from Guru Ki Mehar Archery Academy, Chandigarh, India, underwent a structured mindfulness training program tailored to enhance performance. The study employed a pre-test-post-test design to assess changes in performance before and after the intervention. Data were collected using the Five Facet Mindfulness Questionnaire (FFMQ) to measure mindfulness levels and performance in specific archery-related variables. Results: Descriptive analysis revealed a significant increase in mean performance scores from the pre-test (Mean = 235.25) to the post-test (Mean = 279.75), indicating improvement in archery performance following the intervention. Additionally, there was a reduction in variance and increased consistency in performance post-intervention. The paired two-sample t-test confirmed the statistical significance of these findings, further supporting the effectiveness of the mindfulness training program. Discussion: The study's findings underscore the potential of mindfulness training as a promising adjunctive intervention for enhancing archery performance among state-level athletes. The observed improvements in performance consistency, along with strong correlations between pre-test and post-test scores, highlight the program's efficacy in optimizing athletic performance. Conclusion: In conclusion, the study provides evidence that a structured mindfulness training program can significantly enhance archery performance among state-level athletes. These findings contribute to the growing body of research on mindfulness in sports psychology and have practical implications for athlete development and performance optimization.

**Keywords:** Mindful Archery, Yogic Intervention, Enhancing Concentration, Body Awareness, Archers

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## INTRODUCTION

Yoga, with its roots in Indian philosophy, enables people from all walks of life with comprehensive well-being. Its incorporation into nursing for patient-centered care and self-care is examined in this chapter. (Cameron, 2022). This chapter examines how yoga improves mental health in adults by reducing stress, altering the brain, affecting physiological changes, and enhancing mood regulation. As such, yoga is a promising adjunctive intervention for a range of mental health issues. (Pascoe, 2022).

Yoga, originating in ancient India, is a holistic discipline symbolized as a tree with eight limbs, encompassing ethics, physical postures, breath control, sense control, concentration, meditation, and bliss (Samadhi). It signifies the union of mind, body, and spirit (Bijulal, 2013). Yoga, an ancient Indian system, unites body and mind through practices like asanas and meditation. Ashtanga Yoga, from Patanjali's Yoga Sutra, includes eight limbs emphasizing restraint, observance, posture, breath control, sensory deprivation, contemplation, attention fixation, and concentration. (Saha M., 2014) This chapter investigated Tantric

Yoga meditation, finding proficient meditators showed increased autonomic activation and alpha-theta power, challenging the traditional "relaxation" model. (Corby, *Meditation: Classic and Contemporary Perspectives*, 2017) The chapter compares meditation in Western Christian and Hindu traditions, emphasizing differences and surprising convergences, such as exercises in focused concentration and the transformation of consciousness. (Do Carmo Silva, 2019)

Arterial hypertension, a significant global health concern, is associated with cardiovascular reactivity to stress. Yoga and mindfulness practices provide tools to manage this reactivity, promoting psycho-physiological balance and healthy habits. (Tolbaños-Roche, 2022) Contemplative practices like yoga and mindfulness are widely used in U.S. schools for stress and focus. This chapter argues for shifting the goal of yoga programs towards self-awareness and personal transformation. (Nao, 2021) Long-term stress negatively affects health and longevity through various pathways. This chapter explores their impact from biological, clinical, philosophical, and societal perspectives, highlighting initiatives promoting mental health benefits in society. (Dahlgaard, 2019) Yogadrama combines hatha yoga and drama therapy to enhance self-awareness and overall well-being. It integrates basic yoga postures with drama-therapy principles, practiced in diverse settings for therapeutic interventions. (Mazaris, 2016)

Patanjali Yoga positively influences emotional stability and self-concept in juvenile delinquents, with limited impact on autonomy, security, intelligence, and moral judgments. Further research is needed to explore sustainability and broader demographic effects. (Sandhu Dayal, November 2019). A 17-week standardized yoga program for 2000 Indian adolescents significantly reduced stress, and improved attention, concentration, and metabolic parameters compared to an education group in a cluster randomized controlled trial. (Ranjani Harish, 2023) This study promotes home-based fitness using minimal equipment and introduces a deep transfer learning approach for accurate detection and classification of movements, outperforming other methods. (Chen, 2022). The study investigates the stress-reducing effects of the online mind-body intervention "Inner Engineering Completion Online (IECO)" with Shambhavi Mahamudra Kriya. Results show a significant 1.5-unit decrease in stress immediately post-IECO and a sustained 3.5-unit decrease at six weeks, indicating improved well-being. (Preeti, 2022)

## **MATERIAL AND METHODS**

### **Selection of the Subjects**

Ten state-level archery players, aged between 18 and 25 years, were carefully selected for this study. Each player had a training experience of up to 3 years. All the selected players were trainees of Guru Ki Mehar Archery Academy. This demographic was chosen to ensure a focused examination of individuals in the early stages of their archery careers.

### **Selection of the Variables**

**Table 1. The selected variables and abbreviations of the study**

S. No.	Scale	Selected Variables	Abbreviations
1.	Mindfulness	Observing	OB
		Describing	DB
		Acting With Awareness	AA
		Nonjudging	NJ
		Nonreactivity	NR

## Scale

Considering the research study's objectives, a Five Facet Mindfulness Questionnaire (FFMQ)(Baer, 2006) comprising five subscales was employed. This questionnaire was selected to gauge various facets of mindfulness among the participants, aligning with the study's focus on exploring the relationship between mindfulness and performance in archery.

## Procedure

Data was collected from all ten selected archery players midway through the pre-test phase. Following this, a structured three-week schedule of mindfulness training was administered. During the initial week, alongside the training sessions, each aspect was meticulously assessed using intermediate methods to discern any potential impact of the training regimen on the players. Subsequently, upon the completion of the three weeks, a post-test assessment was conducted to evaluate the efficacy and effects of the mindfulness training program.

## Intervention

The Yogic (mindfulness) intervention for archery performance enhancement is a structured three-week program designed to cultivate mindfulness skills among participants and improve their performance in archery. The intervention integrates mindfulness practices tailored to the context of archery, focusing on five key facets of mindfulness: Observing, Describing, Acting with Awareness, Nonjudging, and Nonreactivity.

### ▪ *Week 1: Establishing Mindfulness Foundation*

During the first week, participants are introduced to mindfulness concepts and practices relevant to archery. They learn to observe their breath, body sensations, and the environment during archery practice sessions, enhancing their awareness of the present moment. Participants also develop descriptive language skills to articulate their experiences with archery and cultivate nonjudgmental observation of performance outcomes. The week aims to establish a solid foundation of mindfulness skills essential for archery performance.

The excerpt outlines a mindfulness exercise designed for athletes to enhance focus during sports activities. By centering attention on a single word associated with their sport, athletes cultivate mental clarity and relaxation. The exercise gradually introduces distractions, challenging athletes to maintain concentration amidst external stimuli. Integrating mindfulness into sports training empowers athletes to optimize performance and well-being (Kumar, 2021)

### ▪ *Week 2: Deepening Mindfulness Practice*

In the second week, participants deepen their mindfulness practice by integrating mindfulness into various aspects of archery. They incorporate mindful observation of the target, bow, and arrow alignment during practice sessions, enhancing their attentional focus and concentration. Participants also practice describing their mental states and physical sensations before, during, and after shooting, fostering self-awareness and emotional regulation. The week focuses on refining mindfulness skills and applying them to optimize archery performance.

### ▪ *Week 3: Integration and Application*

The final week of the intervention focuses on integrating mindfulness into competitive settings and real-world archery scenarios. Participants learn to observe their competitors, the environment, and their mental state during competitive events, enabling them to stay present and focused amidst external pressures. They also practice nonjudgmental acceptance of performance outcomes and develop nonreactivity to distractions, setbacks, and performance anxiety. The week aims to empower participants to apply mindfulness skills effectively in competitive archery settings and daily life.

### **Analysis of Data**

The collected data was analyzed with the help of descriptive analysis and paired sample t-tests.

## **RESULTS**

### **Descriptive Statistics**

#### • *Pre-Test*

The pre-test analysis revealed important baseline characteristics of the participants' performance before the implementation of the mindfulness training intervention. The mean score for the selected variable was 289.2, with a standard deviation of 131.89, indicating a moderate level of variability among the participants' performance levels. Additionally, the median score was found to be 242, suggesting that a significant portion of participants fell below the mean, while the range of scores spanned from 155 to 505, showcasing the diverse skill levels within the group. These descriptive statistics provided a comprehensive understanding of the initial performance landscape, serving as a crucial reference point for evaluating the effectiveness of the subsequent intervention.

#### • *Post-Test*

Following the completion of the three-week mindfulness training program, the post-test analysis revealed notable changes in the participants' performance levels. The mean score for the selected variable significantly increased to 343.2, indicating an overall improvement in performance. Moreover, the standard deviation expanded to 148.44, reflecting increased variability in performance outcomes post-intervention. The median score also saw a substantial rise to 316, indicating a shift towards higher performance levels across the group. Notably, the range of scores widened from 155 to 505 in the pre-test to 232 to 597 in the

post-test, underscoring the enhanced diversity of performance outcomes following the intervention. These findings suggest that the mindfulness training program effectively influenced the selected variable among state-level archery players, demonstrating its potential to enhance performance in this domain.

**Table 2. Descriptive Statistics Comparison for Pre-Test and Post-Test Analyses**

Measure	Pre-Test	Post-Test
Mean	289.2	343.2
Standard Dev	131.89	148.44
Median	242	316
Range	155 - 505	232 - 597

### Paired sample t-test

The paired sample t-test conducted to assess the impact of a mindfulness training program on performance in a selected variable yielded insightful findings. Initially, participants demonstrated an average pre-test score of  $235.25 \pm \sqrt{(3788.25)}$ , indicating the baseline performance level with a significant degree of variability. The one-tailed p-value associated with the pre-test scores was 0.048, suggesting a statistically significant difference compared to the post-test scores.

Following the intervention, participants exhibited a substantial improvement in performance, as reflected by a post-test mean score of  $279.75 \pm \sqrt{(2540.25)}$ . This increase in mean scores indicates a notable enhancement in performance after the mindfulness training program. The corresponding one-tailed p-value for the post-test scores was also significant, underscoring the efficacy of the intervention.

Moreover, the reduction in variance from 3788.25 in the pre-test to 2540.25 in the post-test suggests a more consistent improvement across participants following the intervention. This decrease in variability implies a more uniform response to the mindfulness training program among participants, contributing to the overall effectiveness of the intervention.

The strong positive correlation coefficient of 0.799 between pre-test and post-test scores further supports the consistency of performance improvements among participants. This correlation suggests that individuals who performed well in the pre-test tended to maintain or improve their performance following the intervention.

Overall, these detailed results provide robust evidence of the effectiveness of the mindfulness training program in enhancing performance in the selected variable. The significant improvement observed in post-test scores, coupled with the reduction in variability and strong positive correlation, highlights the promising impact of the intervention on participant outcomes. (see Table 3).

**Table 3. Paired Sample T-test results for Pre-Test and Post-Test Scores**

Measure	Pre-test	Post-test
Mean	235.25	279.75
Variance	3788.25	2540.25
Pearson Correlation		0.799
t-Statistic		-2.403
One-tailed p-value		0.048
Two-tailed p-value		0.096

## DISCUSSION AND FINDINGS

### Overview of the Study

This study sought to explore how a structured mindfulness training regimen influenced the performance of archers competing at the state level. Ten individuals, aged 18 to 25, each with a maximum of three years of training, participated in a three-week mindfulness program. The impact of this intervention was assessed through both pre-test and post-test evaluations, with statistical methods such as descriptive analysis and paired two-sample t-tests employed to gauge its efficacy.

### Effectiveness of the Mindfulness Training Program

The study's findings indicate a significant improvement in the participants' performance following the mindfulness training program. The descriptive analysis revealed a notable increase in the mean scores of the selected variable from the pre-test (Mean = 235.25) to the post-test (Mean = 279.75). This improvement suggests that the intervention positively influenced the participant's performance in the targeted aspect of archery.

### Variability and Consistency in Performance

Moreover, the decrease in variance observed between the pre-test (Variance = 3788.25) and post-test (Variance = 2540.25) suggests a reduction in variability and a more consistent improvement in performance across the group. This indicates that the mindfulness training program not only enhanced overall performance but also contributed to a more uniform level of achievement among the participants.

### Correlation Between baseline and Post-test

The strong positive coefficient correlation (Pearson Correlation = 0.799) between the pre-test and post-test scores further supports the consistency of the observed improvements. This suggests that participants who performed well in the pre-test tended to also perform well in the post-test, indicating the reliability and validity of the assessment measures used in the study.

### Statistical Significance of Findings

The paired two-sample t-test results revealed a statistically significant difference between the mean scores of the pre-test and post-test (t-statistic = -2.403, p-value = 0.048 for the one-tailed test). This provides further evidence of the effectiveness of the mindfulness training program in enhancing archery performance among the participants.



## Practical Implications and Future Directions

The findings of this study have important implications for coaches, athletes, and sports psychologists involved in archery training and performance enhancement. By demonstrating the effectiveness of mindfulness training in improving specific aspects of archery performance, this study highlights the potential of incorporating mindfulness-based interventions into training programs. Future research could explore the long-term effects of mindfulness training on performance sustainability and investigate its applicability to other sports disciplines.

## LIMITATIONS

Recognizing the constraints of this research is crucial. The study's small participant pool and lack of a control group restrict the applicability of its conclusions. Moreover, the brief duration of the intervention might not fully unveil its potential impacts. Future investigations should prioritize larger sample sizes, incorporate control groups, and extend intervention durations to better uncover the advantages of mindfulness training for enhancing athletic performance.

## CONCLUSION

In conclusion, the findings of this study suggest that a structured mindfulness training program can significantly enhance specific aspects of archery performance among state-level athletes. The observed improvements in performance consistency, as well as the strong correlation between pre-test and post-test scores, underscore the effectiveness of mindfulness-based interventions in optimizing athletic performance. These findings contribute to the growing body of research on mindfulness in sports psychology and provide valuable insights for practitioners seeking innovative approaches to athlete development and performance optimization.

## RECOMMENDATIONS OF THE STUDY

**1. Integration of Mindfulness Training in Sports Curriculum:** Based on the positive outcomes observed in this study, it is recommended that mindfulness training be integrated into the regular curriculum of sports training programs. Coaches and trainers can incorporate mindfulness techniques into practice sessions to help athletes enhance their focus, concentration, and overall performance.

**2. Longitudinal Studies for Sustainable Effects:** While the three-week mindfulness intervention in this study yielded promising results, conducting longitudinal studies with longer intervention periods would provide valuable insights into the sustainability of the effects of mindfulness training on athletic performance. Future research should explore the long-term impact of mindfulness practices on athletes' skill development and performance consistency over time.

**3. Tailoring Mindfulness Interventions for Specific Sports:** Different sports may require unique mindfulness techniques tailored to their specific demands and challenges. Researchers and sports psychologists can collaborate with coaches and athletes to develop sport-specific mindfulness interventions that address the cognitive, emotional, and physical aspects of performance enhancement in various sports disciplines.

**4. Training for Coaches and Support Staff:** It is essential to provide training and education for coaches and support staff on the principles and practices of mindfulness. Equipping coaches with the necessary knowledge and skills to incorporate mindfulness into their coaching strategies can enhance athlete well-being and performance outcomes.

**5. Further Exploration of Mindfulness in Sports Psychology:** The field of sports psychology offers vast opportunities for further exploration of mindfulness-based interventions. Researchers can investigate the mechanisms underlying the effects of mindfulness on athletic performance, explore its applications in different competitive settings, and examine its potential benefits for athletes' mental health and well-being. Continued research in this area can contribute to the development of evidence-based practices for optimizing athletic performance and promoting holistic athlete development.

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