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Effects of Transcendental Meditation on Depth Perception

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Abstract – The purpose of the study was to determine the effects of Transcendental Meditation on the depth perception of target games players. Hundred male target games players in the age group of 16 to 35 years were selected as subjects for the study. The subjects were divided in to two equal groups (Fifty each). One group served as central group and another as the experimental group. The experimental group went under the training for Transcendental Meditation for twelve week duration, for six days in a week for 15 to 20 minutes each. Prior to this training a Pretest was taken. The test was repeated at the end of second, fourth and six, eighth, tenth and finally twelfth week. In order to compare the effectiveness of the training program on the performance of the depth perception of target games players t-test was employed. The level of significance was set at 0.05.

INTRODUCTION

The transcendental meditation, as revived by Maharishi, is remarkably simple. It deals directly with the activity of mind thinking but in a way that is mechanical, abstract, and precise rather than intellectual or reflective. It is basically a procedure for experiencing the Mechanics of thinking process in a new direction. Normally one is aware of a thought all at once, in its fully developed form. Obviously, there must be prior stage in the development of thought, it is somehow possible to bring these stages to conscious awareness in a systematic way? The procedure of doing so consists essentially of two elements; a type of thought optimal of this purpose; and a method to experience it at successive prior stages of its development (Note that we are speaking not of the “unconsciousness” as it is usually conceived in psychology, but rather of the actual mechanics of the thinking process.

Proponents of the Transcendental Meditation technique state that this simple mental process bring about increased efficiency in action after meditation. The purpose of the study was to see the effect of Transcendental Meditation on the performance of depth perception of Target games players. The study was delimited to Hundred (100) Target games players in the age group of 16 to 35 years.

The study was further delimited to selected technique of Transcendental Meditation.

METHODOLOGY

Selection of Subjects: Hundred male Target games players in the age group of 16 to 35 years were

selected as subjects for the study. Then the subjects were divided into two equal groups (fifty each). One group served as experimental and other as control groups.

Experimental Design: There was only one experimental group to which the training was administer, so single group design was used. Selection of Variables: The target games require a high degree of development of psychomotor components especially the depth perception. Thus the Depth perception was selected as dependent variables for the study- and the Transcendental Meditation was chosen as independent variable.

Administration of Test for Depth Perception

Purpose: To measure the depth perception ability of the subjects

Equipment: Depth Perception Box

Procedure: Before collecting the data on depth perception all the subjects were explained the tests clearly and the necessary amount of practice trials were given to all till they became familiar with procedure of the test.

The subject sat on a stool of adjustable height in such a position that the observation slit of the box was in level with his eye and at such a distance from where he could see the steel rod only against the illuminated white background and no other part inside the box. The research scholar stood on one side of the box and moved the middle rod toward inner side of the box (slit side) and slowly towards the fixed rods (inner to middle) and asked the subject to indicate when he

(subject) felt that the middle rod had come in line with the fixed rods. The research scholar noted the actual distance from the zero mark. Similarly from outer to middle (from illuminated white background side to middle) the rod was moved and reading was noted. Scoring: Three trials each from inner to middle and from outer to middle were given to each subject and the least distance for both sides out of the three trials were taken as the depth perception score.

Training programme:

Each subject of experimental group was ready to learn Transcendental Meditation. Teacher gave a particular mantra separately to all the subjects of experimental group. Thereafter Teacher briefly introduced experimental group with the introductory and preparatory speech then he conducted PUJA (Worship) of Guru Bhramanand Saraswati, father of Transcendental Meditation technique. Followed by puja all the subjects of experimental group practiced Transcendental Meditation for 20 minutes starting with a silence of half minute and finishing it with a silence of two minutes in Lotus like sitting position with close eyes. The subjects of control group were asked to sit quietly eyes closed in Lotus like position. The technique of Transcendental Meditation involves the repetitions of mantra for 15-20 minutes each day i.e. six days in a week for 12 weeks. The mediator sits in lotus like position with eyes closed. First the initiator seeks out the most comfortable position for himself, one which allows the spine to be in an upright position either in lotus like sitting position on the floor or in a straight backed chair with feet comfortably planted on the ground with eyes closed. One begins with taking a few deep and well-modulated breaths to quiet down and then proceeds to the sub-vocal repetitions of the mantra of specific sound.

Statistical procedure:

In order to compare the effectiveness of the Training program on the performance of the target games players t-test was employed. Also to determine the improvement pattern in both groups as a result of administration of different methods their performance was also checked after every second week i.e. the initial test, after second week, after fourth week, after sixth week, after eighth week, after tenth week and finally after twelfth week. The significant difference between control group and experimental group was checked again by using t-test for this purpose also.

RESULTS OF THE STUDY

t-TEST FOR THE DATA ON DEPTH PERCEPTION IN EXPERIMENTAL GROUP AND CONTROL GROUP IN ALL THE SEVEN DURATIONS.

Frequency of Testing	Mean		Mean difference	Standard Error	t-value
	Experimental	Control			
Start	2.82	2.49	0.33	1.79	0.18
After 2 nd week	2.38	2.40	0.2	0.13	0.19
After 4 th week	1.94	2.42	0.48	2.42	0.19
After 6 th week	1.69	2.49	0.81	3.87	0.21
After 8 th week	1.55	2.49	0.94	4.53	0.21
After 10 th week	1.39	2.43	1.03	4.95	0.21
After 12 th week	1.25	2.35	1.09	5.31	2.21

Tabulated "t" (98) is 1.98

In the analysis of table -3 shows that the experimental group exhibited insignificant difference in depth perception in the initial stage, and after the expiry of second week. Thereafter it showed significant improvement in depth perception from the expiry of fourth week up to the end of twelfth week i.e. 4th week (t=2.42) 6th week (t=3.87) 8th week (t=4.53) 10th week (t=4.95), and 12th week (t=5.31) respectively. This was hypothesised that there may not be any significant effect of Transcendental Meditation on the performance of depth perception of the target games players. On the basis of above findings the hypothesis of the study was rejected as the training program which included the Transcendental Meditation was effective in bringing about significant improvement in the dependent variable i.e. depth perception of the experimental group.

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