

Role of Meditation on Sports Performances

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Abstract: The focus of the present research paper is to aware the masses about the role of mediation on the sports performances at the National and International level competitions. The paper also focuses on the procedure of the meditation and its impact on the lifestyle of the sportspersons and society as a whole. Meditation is beneficial for a human life which is full of mental distractions and ailments. In spite of different mental distress, people use to participate in games & sports either for recreational or competitive purpose. In all sports and games of Olympic standard high level of fitness is required. Since meditation is very effective in treating different mental discomforts hence, meditation training program could positively affect the mind of athletes which would lead to enhancement of performance. So, in this study, it was tried to see the effect of meditation on athletes.

Keywords: Meditation, Athletes and performance.

Introduction:

Meditation: -

Meditation can be defined as **a set of techniques that are intended to encourage a heightened state of awareness and focused attention.** Meditation is also a consciousness-changing technique that has been shown to have a wide number of benefits on psychological well-being. Meditation is not about masking a different perspective but discovering a new person inside an old one. It is about being aware of your surroundings and the things that are around you. Feel every aspect of yourself through the senses as well as other life. It is also all about gaining a fresh perspective and observing your every thought without any judgment. Finally, you will understand the real meaning of your wisdom.

Ways of Meditation

There are some suggested ways you can adopt while go for meditation in order to improve

the sports performances are as under:-

- **Peaceful place:**-For effective meditation peaceful place is too much required. So always select a peaceful and noise free area for meditation.
- **Schedule:**-The meditation should be done with proper schedule and duration otherwise you feel exhausted and unmotivated
- **Sit in comfortable posture:**- Proper spine position provides stability and relaxation to the body so while performing meditation always sits in a proper posture position to avail the maximum benefits of meditation.
- **Empty stomach:**-In order to get maximum benefits of meditation, it's advisable to have empty stomach. However, it would help if you did not start meditation after lunch or breakfast.
- **Consciously breathing:** - While breathing keep concentrate on your breath to get maximum benefits.
- **Don't Notice your thoughts:**-While meditating, the thoughts will flow like water in your mind but you have to concentrate on your breath rather than judging the thoughts.
- **Gently open eyes:** - After the completion of the session open your eyes gently and enjoy the surrounding sounds and ambience.

Importance's of Meditation to Optimize Performance:-

- **Stress Reduction** - Stress reduction is vital for optimal athletic performance. A study (Psychological Science) published in the Journal of Health Psychology showed that the results of meditation are associated with reduced stress levels in addition to decreased levels of the stress hormone cortisol. Being relaxed and centered improves focus and concentration and also increases the ability to remain calm under pressure. By consistently practicing meditation, your body will learn how to relax in stressful situations, building self-confidence and ultimately achieving a more positive mindset.
- **Helps to focus** - When you can effectively train yourself to control your attention and place it on task-relevant items, you will find that your capacity to focus will increase, in game engagement will be higher, and you will be much more effective at what you do.
- **Helps to stabilize emotions** - One study (University of Utah) showed that people with more mindful traits are better able to stabilize their emotions and have better control over their moods. This is essentially the basis of resiliency.
- **Reduces the mind from ruminating** - Humans have the propensity to run obsessive

thoughts through our minds (the monkey mind). Meditation has been shown (Chambers et al 2008) to reduce rumination, meditation will essentially help an athlete to be aware of thoughts without attachment creating the option to reset their minds and choose to focus on the present.

- **Enhances Endurance** - This might be one of the most popular reasons to include meditation into your training routine. By practicing meditation that utilizes visualizations; athletic endurance can be enhanced through a decrease in perceived effort. Athletes who visualize accomplishing specific objectives/goals, combined with regular breathing exercises can train the body to work harder and for longer periods of time in training and competition.
- **Improves sleep patterns and speeding recovery time** - Athletes who practice meditation consistently can help their body to recover quicker from training, racing, and even injury. While physical training is good, it also places high levels of stress on the body, including muscle fiber tears. Meditation can actually reduce the recovery time from many common sports injuries.

In addition, it boosts the immune system, preventing illnesses that could hinder training and/or performance. Researchers from the University of Wisconsin School of Medicine and Health found that those who practice meditation experience fewer acute respiratory infections, as well as a shortened duration and severity of symptoms from the common cold.

- **Helps deal with fear** - Fears can hijack our minds. Meditation has been shown (Frontiers) to help calm the amygdala – the fear center of the brain, even when not meditating. The simple act of having a daily practice of meditation enables our minds to effectively deal with the fears of life.
- **Improves sense of identity, self, and the body** - Meditation in sport can help athletes conquer those common “blind spots” that makes performance challenges seem more difficult than they actually are. These blind spots negatively impact performance and meditation helps you recognize your blind spots. Meditation in sport can greatly improve the mind-body connection, allowing you to discover your optimal zone of performance.
- **Helps cope with pain** - Professional athletes are always dealing with some sort of pain. High endurance sports do a number to the body. Meditation has been shown (Fadel Zeidan, PhD – lead author of study) to help people cope with pain.
- **Strengthens the immune system** - Meditation has been shown (Perspectives on

Psychological Science) to strengthen our immune system.

Conclusion:-

From the above article it is concluded that meditation can play a very vital role in improving the performances of the players of different games, In the present era of sports at every national and international competitions level psychologist are being appointed along with the national and international teams to motivate the players from time to time with the help of mind relaxative techniques and meditation.

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