

Ansawin Chanthonsarasom 2009: Effect of Anapanasati and Walking Meditation Training on Accuracy in National Thai Archer. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Mr. Udorn Ratanapakdi, M.A. 91 pages.

Research involving experimenting with the purpose of studying and comparing the practice of meditation in a sitting position and walking while meditating on how it affects the accuracy of the Thai team of Archers. The group in which the study will be performed with is the Thai team of Archers of the Thailand National Team, with a total of 30 athletes also by which the simple random sampling was used. After collecting the names of the athletes in the Thai Archer's team there was a target shooting accuracy test in which all had to participate in. By using the accuracy test designed by the Thai national archer's team and divided the 30 people into 3 three groups with 10 people in each group by (simple random sampling). There were two groups in which the controlled group practiced target shooting alone. The test group no. 1 practiced meditating in a sitting position followed by target shooting and test group no. 2 practiced meditating while walking followed by target shooting. The tools used in performing this research consisted of the Program for meditating in a sitting position and meditating while walking was designed by Buddhist Professor Satittom Sountorn. The program measured the accuracy by using the average (\bar{X}) to find the average heart beat rate before and after performing the research on test group no. 1 which performed meditation in a sitting position before target practice, test group no. 2 which performed meditation while walking before target practice and controlled group which performed target practice alone. The points on accuracy of target shooting of test group no. 1 which performed meditation while in a sitting position followed by shooting. Test group no. 2 which performed meditation while walking followed by shooting and controlled group and measured the variance (ANOVA). By the relation of all variables the research results conclude the following: The Archers that performed meditation in a sitting position along before target shooting, performing meditation while walking followed by target shooting, and controlled group which performed only target shooting showed a .05 significant level of difference statistically.

Student's signature

Thesis Advisor's signature