

Duangjai Siriwatthanasin 2010: The Effect of Meditation Training in Anapanasati and Autogenic Training on Accuracy of Petanque. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduated Program. Thesis Advisor: Associate Professor Bunjob Piromkam, M.Ed. 136 pages.

The purposes of this research were to study and contrast the effect of meditation training in anapanasati and autogenic training on accuracy of petanque. The subjects in this study comprised of 30 male students from Don Muang Air Force School, who are studying petanque course. The subjects were selected using the simple random sampling method and then using the randomly assignment divided into three groups, control group (petanque training program only), experimental group 1 (petanque training program after anapanasati training) and experimental group 2 (petanque training program after autogenic training). All of three groups were treated three times per week on Monday, Wednesday and Friday. The pre-practice, the fourth and the eighth week practice were tested by petanque skill tests. Data were then analyzed by mean, standard deviation, two-way analysis of variance with repeated measure, one-way analysis of variance with repeated measure, one-way analysis of variance procedures and also the multiple comparison test using the Tukey's method. All testing used the .05 level of significance.

The results indicated that after eighth week of training, the mean scores of accuracy of petanque of control group and experimental 1 were significantly different at the level of .05, while the mean scores of accuracy of petanque of control group and experimental 2 were not significantly different at the level of .05 and the mean scores of accuracy of petanque of experimental 1 and experimental 2 were significantly different at the level of .05. The mean scores of accuracy of petanque within the control group and experimental 2 were as follows: The pre-practice and the fourth week practice mean scores showed non significantly different at the level of .05, but the pre-practice and the eighth week practice mean scores showed significantly different at the level of .05. The means scores of accuracy of petanque within the experimental 1 were as follows: The pre-practice and the fourth week practice mean scores showed non significantly different at the level of .05, the pre-practice and the eighth week practice mean scores showed significantly different at the level of .05 and the fourth and the eighth week practice mean scores showed significantly different at the level of .05.

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Student's signature

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Thesis Advisor's signature