

Wichai Yeemin 2011: The Effect of Dooha Islamic Prayer Upon Heart Rate Variability in Futsal Athletes. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Miss Supatcharin Pan - uthai, Ph.D. 91 pages.

The purposes of this study was to examine the effect of Dooha Islamic Prayer upon heart rate variability in futsal athletes, and find changes of the heart rate variability in futsal athletes. The sample used in this study are futsal athletes of Tha – it Suksa school of 30 subject, boy 15 years old by simple random sampling. They were divided into 2 groups by randomly assignment groups of control to perform normal activity, and experimental group. (high frequency, low frequency and LF/HF ratio) measured by Brand Polar version S 810 i of the sample in both groups before training, week 2, week 4, week 6 and 8 weeks to analyzed the data using mean, standard deviation, two – way analysis of variance with repeated measure and testing of two groups that are independent from each other. An alpha level of 0.05 was verified on all statistical tests.

The result showed that after training at 4 weeks, 6 weeks and 8 weeks experimental group had a mean of high frequency normalize unit of the heart rate variability significant different at $p < 0.05$ with the control group. The average of high frequency normalize unit within experimental group increased and the control group an average of the high frequency normalize unit decreased. Therefore, it may be concluded that Dooha Islamic Prayer may increase parasympathetic system in futsal athletes. The futsal athletes may be able to use Dooha Islamic Prayer to control the mental state ready for training and competition.

Student's signature

Thesis Advisor's signature