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KEY WORD : MANOMAYIDDHI MEDITATION / ACCURACY / BOULE THROWING
IN PETANQUE

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MEDITATION ON THE ACCURACY OF BOULE THROWING IN PETANQUE:
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The purposes of this research were to study and to compare the effects of training the Manomayiddhi meditation on the accuracy of boule throwing in petanque. The samples were female students in Matayom Suksa 1 of Streeviddhaya school in 1994 who had never practiced the meditation and boule throwing in petanque before. They were chosen by purposive selection and then were matched by group into 3 groups. The first group practiced in both the meditation training and the boule throwing in petanque program. The second group practiced only in the boule throwing in petanque program and the third group practiced nothing. After 8 weeks all of them were tested with the paper of meditation and the accuracy of boule throwing in petanque before the beginning of the program and after the end of the program. The data, then, were statistically analyzed in terms of means, standard deviations, t-test. One-way Analysis of Variance, and the Tukey method were also employed to determine the significance of the differences among groups at the .05 level.

The results were as following:

1. Mean of the accuracy of boule throwing in petanque before training of the first group was 44.50, the second group was 46.67 and the third group was 45.00. Mean of the accuracy of boule throwing in petanque after training of the first group was 98.83, the second group was 69.08 and the third group was 44.08.

2. The first group had the accuracy of boule throwing in petanque significantly higher than the second group and the third group at .05 level.