

KEY WORD: THE MINDFULNESS MEDITATION/ATHLETES/ANXIETY

SURANG MERANON : EFFECTS OF PRACTISING THE MINDFULNESS MEDITATION ON ATHLETES' ANXIETY. THESIS ADVISOR : ASST. PROF. SILPACHAI SUWANATHADA, PH.D.; ASSO. PROF. PARNARAI SAPAYAPRAPA, PH.D. 229 pp. ISBN 974-581-929-8

The purposes of this investigation were to study and compare the athletes' anxiety. The fifty-four male subjects were purposely chosen from three levels of competitive performance. The first was the Thai National athletes, the second was the youth athletes of the Thai Royal Air Force and the third was the athletes of Petchburi-widhayalongkorn, Rajabhat Royal Institute. The STAI-YII, the percentage of Beta rhythm, and the reaction time were used to be pretested. Matching the subjects by pairs, then each pair was managed into two groups. Afterwards, the two groups were randomly assigned into experimental and control groups by simple random sampling. The experimental group practised the Mindfulness Meditation for 4 weeks, from Monday to Friday. Each session of practising was thirty minutes. The data were collected at the end of the fourth week. The SPSS/PC computer programs were used to analyzed the data in terms of Two-Way Multivariate Analysis of Variance (Two-Way MANOVA), One-Way Analysis of Variance (One-Way ANOVA) and Tukey (a) Method.

It was found that :

1. The Thai National athletes' anxiety significantly differed from the other two groups' at .05 level.
2. The experimental group significantly reduced anxiety at .05 level.
3. The experimental group had significantly less anxiety than the control group at .05 level.