

MONGKOL JUMNONGNAIN : EFFECTS OF MEDITATION AND MENTAL IMAGERY ON THE PERFORMANCE OF WEIGHT LIFTING. THESIS ADVISOR : ASSO.PROF. SOMBAT KARNJANAKIT, Ph.D. 140 PP. ISBN 974-582-591-3

The purpose of this research was to examine effects of meditation and mental imagery on the performance of weight lifting.

Samples were 45 male students of Suphanburi Physical Education Colléges taking weight lifting 2 classes on the 2nd semester of B.E. 2535. Subjects were divided into three groups respectively : Group #1 50 minute physical training on weight lifting alone, Group #2 15 minute meditation with 50 minute weight lifting training and Group #3 15 minute mental imagery with 50 minute weight lifting training and all groups were trained 3 times a week for 8 weeks. Each group was performed clean & Jerk weight lifting tests after the third, the sixth and the eighth week. Data were then analyzed in terms of means, standard deviations, repeated measurement analysis of Variance, One-way analysis of Co-Variance and Tukey test.

The results were found that:

1. After the eighth week of training, all groups had better performance of weight lifting significant difference at .05 level.
2. After the eighth week of training, group #2: meditation with weight lifting and group #3: mental imagery with weight lifting performed the "clean and jerk" better than group #1: weight lifting training alone significantly different at .05. However, there was no significant difference in performance among group #1, 2 and #3 after the third and the sixth week period.