



MINDFULNESS-BASED INTERVENTIONS ON EMOTIONAL TRAUMA AMONG WOMEN HOCKEY PLAYERS

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Abstract:

The purpose of this study is to find out the impact of mindfulness-based interventions on emotional trauma reduction among women hockey players. Thirty players (ages 18-25, with ≥ 3 years of hockey experience) were randomly selected and subjects were divided into two equal groups. Mindfulness practice group (MPG, n=15) and the control group (CG, n=15). Each group had 15 subjects, who participated in inter-college tournaments in Tamil Nadu. Each subject was oriented on the procedure for administering the test. The MYP group received 45-minute training sessions, 3 times a week, for 8 weeks. The control group followed their regular curriculum. Pre-intervention and post-intervention were conducted for emotional trauma (emotional abuse and emotional neglect). It was measured by using the Childhood Trauma Questionnaire (CTQ-SF). The statistical tool used for the present study is the "t" ratio. The result of the study showed a significant difference between the experimental (MPG) and control group (CG) for emotional trauma (emotional abuse and emotional neglect). These findings suggest that mindfulness-based interventions reduce emotional trauma among women hockey players.

Key Words: Hockey, Mindfulness Practice, Emotional Trauma, Emotional Abuse, and Emotional Neglect.

Introduction:

Mindfulness refers to the practice of being fully present, engaged, and aware of the current moment while cultivating a non-judgmental and accepting attitude toward one's experiences. Mindfulness is the intentional cultivation of awareness, attention, and acceptance of the present moment, encompassing thoughts, feelings, sensations, and surroundings, without judgment or resistance. - American Psychological Association (2020)

A hockey association was formed, and the rules of the game were standardized. In 1924 the International Hockey Federation (FIH) was created and three years later the International Women's Hockey Federation followed. The word "hockey" comes from the French *hacquet*, which means "shepherd's stick". The game has a rich history and tradition in India, has won many Olympic gold medals, and produced famous players like Dhyan Chand, who wowed the crowd with his dribbling skills. As one of the most physically demanding sports on the planet, hockey pushes athletes to their limits, testing their strength, agility, and endurance. Hockey is a sport that embodies speed, skill, and strategy.

In recent years, interest in mindfulness meditation has grown. Mindfulness meditation aims to develop a special kind of mental quality, awareness. Mindfulness refers to self-regulating attention to the awareness of one's immediate experiences by adopting an attitude of curiosity, openness, and acceptance (Eberth, J., & Sedlmeier, P., 2012). People regularly experience different weights and mental clashes and are inclined to changes in feelings, rash behaviour, and non-radical considering (Zhang, A., & Zhang, Q., 2023).

Mindfulness contemplation could be a profoundly open, low-risk, low-cost mediation that has risen as of late as a common mediation. The goal of mindfulness is to change the practitioner's relationship with thoughts and feelings rather than trying to change the thoughts and emotions by themselves (Anderson et al., 2021).

The traumatic experiences that people experience during childhood are a multifaceted and diverse phenomenon that leaves a lasting impact on individuals (Singh, A., & Juneja, A., 2024). Emotional abusive behaviour can be divided into three categories: verbal behaviour (such as belittling, belittling, insulting, or belittling comments), physical behaviour (such as throwing objects when angry or sad), and ignoring the performer (for example due to weakness). Seeking emotional harm is the most common form of harm (Kerr et al., 2020).

Methodology:

The purpose of the study is to find out the impact of mindfulness -based interventions on emotional trauma as (emotional abuse and emotional neglect) neglect among women hockey players.

Participants:

The study's subject included 30 hockey women hockey players; each group had 15 subjects. The age group of the subjects were between 18-23 years. They had played hockey for a minimum of three years. Thirty subjects were selected at random, and subjects were divided into two equal groups designed one experimental group (MPG) and the other Control Group (CG). Thus, each group consisted of 15 participants. Each subject was oriented in the procedure to the administration of the test. Only those willing to participate and sign the informed consent form will be considered, as this is a study and measurement process.

Procedure:

Group I is the mindfulness practice group (MYP), Group II is the control group (CG). These groups consist of people who participated in inter-college level tournaments in Tamil Nadu. The experimental group will receive breathing, relaxation, meditation from mindfulness practice program.

To determine the effectiveness of the training method, the experimental group trained for 45 minute training sessions, 3 times a week, for 8 weeks. While the control group continued the regular curriculum without receiving any special practices. We

examined the effectiveness of this MYP training across age group for psychological conditions including emotional trauma as (emotional abuse and emotional neglect).

Data Collection:

Before administering the treatment, participants will undergo an initial assessment, serving as a pre-test. Subsequently, upon completion of the intervention, a post-test assessment will be conducted. The Childhood Trauma Questionnaire (CTQ-SF) divides the 25 main items into five subscales, in which Emotional abuse and emotional neglect items will be utilized to measure these subscales. Using a 5-point scale, ranging from never true to very often true. Reverse coding was used for the five items in the emotional neglect scale.

Emotional Abuse: Verbal assaults on a child’s sense of worth or well-being or any humiliating or demeaning behaviour directed toward a child by an adult or older person.

Emotional Neglect: The failure of caretakers to meet children’s basic emotional and psychological needs, including love, belonging, nurturance, and support.

Scores are calculated separately for each subscale by summing the responses to the corresponding items.

Analysis of Data:

The data analysis employed “t” ratio with a significance level of 0.05, allowing for the examination of treatment effects while controlling for baseline differences.

Results:

Table 1: Analysis of t-ratio for the Pre-test and Post-test of the Control Group and Experimental Group on emotional trauma (emotional abuse and emotional neglect)

Variables	Group Name	N	Mean		SD		SE		t	df	p
			Pre	Post	Pre	Post	Pre	Post			
Emotional Abuse	MYP	15	11.4	8.933	1.882	1.438	0.486	0.371	-2.573	28	0.016*
	CG		13.267	13.267	2.086	2.086	0.539	0.539	14.278	28	< .001**
Emotional Neglect	MYP	15	24.267	7.733	2.939	1.163	0.759	0.301	-6.624	28	< .001**
	CG		11.4	11.4	1.882	1.882	0.486	0.486	-6.418	28	< .001**

** Significant at 0.001 level of confidence

* Significance at 0.05 level of confidence

The “t” ratio was used to find out the significant difference if any, among the experimental group and control group on selected criterion variables separately. Table - I showed that the results of the study there was a significant difference between the mindfulness practice group (MYP) and the control group (CG) on emotional traumas emotional abuse(P=0.016<0.05)and emotional neglect showed a highly significant because it shows (p<0.001) by the analysing of pre-test and post-test of mindfulness practice interventions.

Discussion:

The results of this study showed that there was a significant reduction in emotional trauma as (emotional abuse and emotional neglect) after eight weeks of the mindfulness practice program among hockey women players. The previous study shows that online gamers with a history of emotional abuse and neglect have higher levels of depressive symptoms. In turn, depressive symptoms are a significant risk factor for internet gaming disorder (Kircaburun et al., 2019).Another previous study showed the effectiveness of a mindfulness-based program in reducing the incidence of sports injuries. Mindfulness training can reduce injury risk in youth soccer players by improving focus and attention control and reducing sports-related anxiety (Naderi, A., et al., 2020).Further, these results suggested that the mindfulness-based interventions effectively reduced emotional abuse and emotional neglect symptoms, improved emotional regulation, and enhanced positive affect among hockey players.

Conclusions:

Within the limitations and delimitations of this study the following conclusions were drawn from the result.

- It provides preliminary evidence supporting the effectiveness of mindfulness intervention in reducing emotional trauma among women hockey players for the mindfulness practice group, but not the control group.
- These findings suggest that mindfulness-based interventions may be a valuable tool in promoting mental well-being and resilience among female athletes.
- Further, the research on mindfulness in sports with brief interventions and with long-term follow-up.

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