

## EFFECT OF CONCENTRATION TRAINING ON INTELIIGENCE OF COLLEGE ATHELETE

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### ABSTRACT

Various investigators have engaged in research designed to examine and apply emotional intelligence constructs within academic, medical, and other learning settings. Sixty subjects were selected randomly from LNUPE Gwalior and randomized group design was used. For the improvement in emotional intelligence concentration training was given and it included meditation, Tratak and Shava Asana. A pre-test data on intelligence was taken with the help of a questionnaire developed by Dr.S.Jalota. After experimental treatment the same test was administered and was termed as post test. *It was* concluded that concentration training had no significant effect on the improvement of intelligence and the scholar has also concluded that if the training program time increased more than 6 weeks then significant changes can be seen.

**Key Words:** - *Intelligence, College Athlete and Training Program..*

### INTRODUCTION:

The concept of Emotional Intelligence has roots in discussions that began as early as the late 1930s, when researchers began describing a non-intellective intelligence sometimes described as “social intelligence.” Emotional Intelligence itself was first defined in the early 1990s by Salvo and Meyers as “a type of social intelligence that involves the ability to monitor one's own and others' emotions, to discriminate among them, and to use this information to guide one's thinking and actions.” Salvo and Meyers expanded their definition to include “the verbal and non-verbal appraisal and expression of emotion, the regulation of emotion in the self and others, and the utilization of emotional content in problem-solving.”

Common criticisms of emotional intelligence and emotional intelligence measures are the multitude of qualities encompassed by the concept and its loosely defined nature. Some authors have described overlaps between emotional intelligence models and personality constructs.

Therefore, careful analysis is required to determine what is and what not emotional intelligence is. This criticism extends to the instruments used to measure and assess emotional intelligence.

Lam et al investigated the notion that advanced emotional intelligence was correlated with greater individual performance, often above and beyond that associated with one's level of general intelligence. Although yoga is more widely known for the beneficial role it plays in the development of a person's physical attributes as well as with the medical conditions that affect a person's being on a physical scale, it also helps substantially in improving a person's mental attributes. There are many techniques in yoga for focus and yoga poses for concentration such as the surya namaskar that helps the body relax and allows the mind to open up. Pranayama and meditation are the best known yoga techniques to bring about increased concentration and memory power. Specific yoga asanas such as the inverted poses help to nourish the brain by enhancing the blood circulation and increasing oxygenated blood in the body. One of the best and most effective yoga concentration exercises is known as the tratak.

The purpose of the study was to determine the effect of concentration training on intelligence of college athlete. The study was delimited to the B.P.Ed II and III year students of LNUPE, Gwalior for the academic year 2010-2011. Further the study was delimited to the LNUPE female students only. It was hypothesized that concentration training may improve intelligence of the female participants

#### METHODS:

Total of sixty (N = 60) subjects were selected randomly from LNUPE Gwalior and randomized group design was used. The age range of participants was 19-23. Thirty (N = 30) subjects were selected from B.P.Ed. II Year and thirty (N = 30) subjects were selected from B.P.Ed. III year. The intelligence of subjects was measured with the help of a questionnaire constructed by S. jalota.

For the improvement in emotional intelligence concentration training was given and it included meditation, Tratak and Shava Asana. A pre-test data on intelligence was taken with the help of a questionnaire developed by Dr.S.Jalota. After experimental treatment the same test was

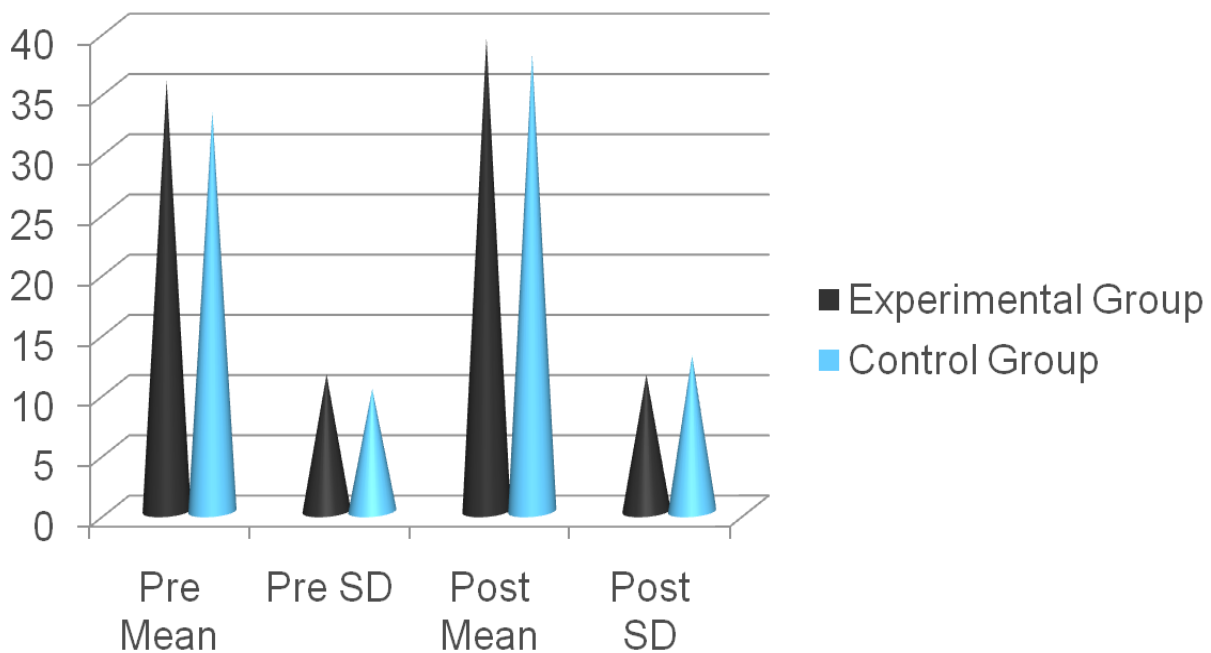
administered and was termed as post test. The test was scored as per the guidelines suggested in the manual by the author. Descriptive statistic was also computed and to compare the pre-test and post-test of experimental and controlled group analysis of covariance (ANCOVA) was employed at .05 level of significance.

## RESULTS:

*Table 01: Mean value and standard deviation of Experimental and Control Group*

Groups	Pre mean	Pre SD	Post Mean	Post SD
Experimental Group	35.76	11.37	39.30	11.32
Control Training	33.16	10.16	37.97	12.9

*Pre-test and Post test illustration with descriptive statistic*



Effect of concentration training on intelligence was analyzed by computing ANCOVA. To eliminate the effect of co-variate, adjusted mean and standard error have been presented in Table

Table 02: Analysis of Co-Variance between pre-test and post-test scores of experimental and control groups

SV	SS	df	MSS	F Value	Sig.
Treatment	10.47	1	10.49	.167	.684
Error	3578.47	57	62.78		

\*significant at .05 level,  $F_{.05}(1, 57) = 4.00$

The results of the study indicate that there is no significance difference on intelligence as a result of concentration training.

#### DISCUSSION AND CONCLUSION:

Literature on intelligence reveals that it usually gets developed in childhood and there is significant difference is probably due to the above mentioned fact. It can also be observed that there is a slight increase of intelligence between pre and post test as scores of experimental or controlled group. It may be due to the reason that the subjects might have learned after pre test as usually there is a tendency to discuss among the friends, it may also be due to the reason the some test of intelligence was administered to the students during pre and post treatment and the gap between the administration about 6 weeks. On the basis of findings the researcher has concluded that concentration training had no significant effect on the improvement of intelligence and the scholar has also concluded that if the training program time increased more than 6 weeks then significant changes can be seen.

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