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The effect of ICT training enhances mindful attention among basketball players

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Abstract
The purpose of this research was to investigate the effect of four weeks ICT training on Mindful attention awareness among Basket Ball players. In this experimental study, demographic questionnaire, Mindful Attention Awareness Scale (MAAS), for this study were used. Sixty Sarada college of Physical Education Basket Ball Players (women) were chosen with randomized way allocated into an experimental and a control group. Experimental group undertook ICT training and they were watched Basketball video shooting clippings for twenty minutes and twice a day for thirty days and they were practiced in the ground that they were watched in the clippings and control group undertook not any practice and they had their routine life. The data were analysed using descriptive Mean, SD and independent t-test in statistically methods. Result exposed significant increase in Mindfulness.

Keywords: ICT training, Mindful attention awareness, Basket Ball Players

1. Introduction
Information Technology is a combination of communication, reservation, processing and multimedia capabilities. The main role that is played by communication networks is information and communication technology. Today, information and communication technology (ICT) is based upon scientific finding particularly training sciences, developmental psychology and knowledge and learning capability. ICT includes the range of hardware and software devices and programmes such as personal computers, assistive technology, scanners, digital cameras, multimedia programmes, and image editing software, database and spread sheet programmes. It also includes the communications equipment through which players seek and access information including the Internet, email and video conferencing. ICT may also be a significant motivational factor in players training and can support player's engagement with collaborative practicing. Young players are capable independent practitioners, able to use ICT confidently, creatively and productively, able to work collaboratively, and to critically evaluate, manage and use information. This involves digitally recording on cameras, the movements of players during sporting activities which can then be used for evaluation by the performer and their coach and for enhanced spectator entertainment. Practicing mindfulness also enhances immune response, aspects of cognitive function, attention abilities and emotional regulation and all important to performance in Basketball. Focus needs to be on developing fundamental basketball skills that is stance, footwork, dribbling, passing and shooting. So shooting is vital role for all skill. In addition as a coach also want to help the Basket Ball players develop through ICT training for the game. Motivate the game of basketball and the skill of shooting that all coaches need to focus on developing in their Basket Ball players.

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Athletes dwell on past performances or worry about future actions, and they may lose focus on their current situations. Such athletes attend to their internal thoughts and feelings instead of fully immersing themselves in the present moment. Longshore and Sachs (2015) mindfulness training in a group setting can provide a team with the ability to work better together. Mindful athletes may have heightened awareness and acceptance of internal and external stimuli that may allow them to devote their attention and energy to their athletic performances. Bernier, Mindfulness, help athletes improve their concentration, thus helping them improve their sports performances. Being mindful can also help athletes enjoy their sports, which can reduce the potential for burnout. During Basket Ball practices, awareness and concentration are at their highest. While such moments are often spontaneous, mindfulness practice allows for these moments to be cultivated throughout daily life.

2. Materials and Methods
2.1 Subjects for the study
To achieve the purpose of the study sixty Basketball Players were randomly selected in Sri Sarada College of Physical Education, Tamilnadu, India and their age ranged between 21 to 25 years.

2.2 Variables
The Mindful Attention Awareness Scale is (MAAS) measured widely used in social-science research.

2.3 Methods
The purpose of the study was to investigate the effect of ICT training enhances Mindful attention among Basketball players. For the tests randomized group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of thirty each and named as Control group and Experimental group. Experimental group undertook ICT training and they were watched Basketball video shooting clippings for twenty minutes and twice a day for thirty days and they were practiced in the ground that they were watched in the clippings and control group undertook not any practice and they had their routine life.

2.4 Statistical Analysis
The data was collected before and after four weeks of training. Paired 't' ratio was computed the level of significance was set at 0.01.

3. Result and Discussion
ICT training has significant effect enhances Mindful attention level between control group and experimental group. The experimental group Basketball women players were greater mindful attention than the control group players.

3.1 Tables and Figures
The primary objective of the paired 't' ratio was to describe the differences between the Control group and Experimental Group mean among Basket Ball players (Women) has been presented in Table-1
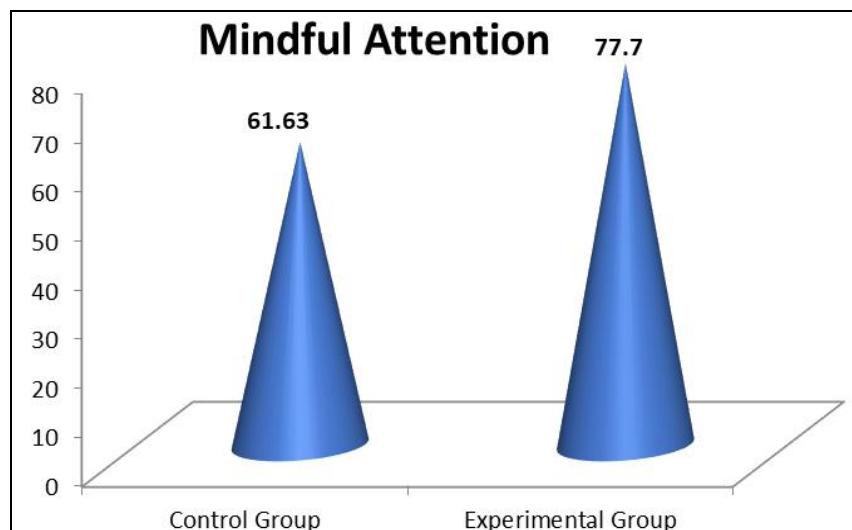
Table 1: Showing Mean difference of Control and Experimental group among Basket Ball women players in their ICT training of Mindful Attention

Mindful Attention	N	Mean	SD	t-value	Significant/NS level
Control Group	30	61.63	9.24	7.56	S (0.01)
Experimental Group	30	77.70	6.92		

Required table value: 2.58 (0.01)

Table 1 reveal that ICT training has significant effect enhances Mindful attention level between control group and experimental group. As the mean value of control group is 61.63 and experimental group is 77.70. An examination of table indicates that the Obtained 't' ratio was 7.56 for mindful attention respectively. The obtained 't' ratio was found to be greater than the required table value of 2.58 at 0.01 level of significance for 1, 29 degrees of freedom. Hence it was found to be significant.

The results have better concentration and focus and better our overall cognition. ICT training that stimulate the brain and nervous system to improve mindful attention and concentration. Spine lengthening postures, the forward and back bending poses, activate the spinal column and stimulate the nervous system. Inverted postures nourish the brain by increasing circulation of blood and oxygen. The brain plays a phenomenal role in carrying out daily tasks. It ability to respond, comprehend, perceive and function well is related to the health of the brain.

Graph 1: Graphical representation Mean and SD of Mindful Attention of women Basket Ball Players.

4. Conclusion

The following conclusions were drawn on the basis of the analysis of the present data was significant difference found in women Basket Ball Players of Sri Sarada College of Physical Education to Mindful Attention. On the basis of mean scores Experimental Basketball players were greater in Mindful attention level than the Control group players. During the study investigator was realized that the Mindful attention depends upon player`s ICT knowledge experience and number of participation in the different tournaments. ICT training is all powerful tools that stimulate the brain and improve the power of the mind.

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