



ISSN: 2456-4419

Impact Factor: (RJIF): 5.88

Yoga 2025; 10(2): 500-501

© 2025 Yoga

www.theyogicjournal.com

Received: 25-08-2025

Accepted: 29-09-2025

Dr. Mirza Fahim Beg

Assistant Professor, Shri Agrasen
PG College, Mauranipur, Jhansi,
Uttar Pradesh, India

Effect of yogic Trataka practice on concentration and batting performance of Under-19 cricket players

Mirza Fahim Beg

DOI: <https://www.doi.org/10.22271/yogic.2025.v10.i2g.1825>

Abstract

The present study aimed to examine the effect of Yogic Trataka practice on concentration and batting performance among Under-19 cricket players. Trataka is a yogic concentration technique that stabilises the vision, mind, and nervous system. A six-week Trataka training program was implemented on 30 Under-19 cricketers (aged 16-19 years). The findings revealed a significant improvement in players' concentration levels, which further enhanced their batting accuracy and reduced reaction time. The study concludes that Trataka practice can be a beneficial mental training technique for improving cricket performance.

Keywords: Yoga, Trataka practice, concentration, Under-19 cricketers, batting performance

1. Introduction

Mental concentration plays a crucial role in sports performance, particularly in cricket, where focus and decision-making are key factors in determining success. Among the various yogic techniques, Trataka is an advanced concentration exercise that involves gazing steadily at a fixed point to minimise mental distractions. This technique helps develop psychological stability, concentration, and improved reaction time (Swami Satyananda Saraswati, 2002) ^[1]. Under-19 cricket players are at a critical stage of both physical and mental development. Incorporating yogic techniques like Trataka during this period can significantly enhance their attentional stability and consistency in performance. By combining physical skill with mental discipline, yoga-based interventions provide a holistic approach to athlete development.

2. Objectives

1. To study the effect of Trataka practice on concentration among Under-19 cricket players.
2. To analyze the impact of Trataka practice on batting performance among Under-19 cricket players.

3. Hypothesis

It was hypothesized that Trataka practice would produce statistically significant improvements in concentration and batting performance among Under-19 cricket players compared to a control group that received no yogic training.

4. Methodology

4.1 Research Design

The study employed an experimental design using the pre-test and post-test control group method. This allowed for direct comparison between the experimental and control groups.

4.2 Sample

A total of 30 male Under-19 cricket players participated in the study.

- Experimental Group: 15 players who underwent a six-week Trataka training program.
- Control Group: 15 players who did not participate in any yogic training.

Corresponding Author:

Dr. Mirza Fahim Beg

Assistant Professor, Shri Agrasen
PG College, Mauranipur, Jhansi,
Uttar Pradesh, India

4.3 Trataka Training Program

Duration	Frequency	Session Duration
6 weeks	5 days per week	25 minutes per session

Procedure: Participants gazed steadily at the flame of a candle (deepa-trataka) for 5-10 minutes without blinking, followed by gentle eye relaxation and breath awareness.

4.4 Tools Used

1. Concentration Measurement: Concentration Grid Test
2. Batting Performance: Batting Accuracy Test (evaluated by the coach) and Reaction Time Analyzer

4.5 Statistical Analysis

Data were analysed using t-tests to determine the significance

of the differences between the pre-test and post-test scores of both groups.

5. Results and Discussion

The findings clearly demonstrate that the experimental group showed statistically significant improvements in both concentration and batting accuracy ($p < 0.05$), while the control group exhibited negligible change. The practice of Trataka enhanced visual-motor coordination and attentional control, leading to improved shot selection and response timing during batting. These findings are consistent with earlier research suggesting that yogic practices improve cognitive and psychophysiological performance (Raghuraj & Telles, 1999; Saraswati, 2002)^[2, 1].

Group	Test Type	Mean Score (Concentration)	Batting Accuracy
Experimental	Pre-Test	58.4	62.1
Experimental	Post-Test	74.3	79.6
Control	Pre-Test	57.9	61.4
Control	Post-Test	59.2	63.0

6. Conclusion

The study concludes that Yogic Trataka practice significantly improves the concentration and batting performance of Under-19 cricket players. Regular incorporation of Trataka into cricket training programs can strengthen mental stability and enhance overall performance. Hence, Trataka may serve as an effective supplementary training method for young athletes.

7. Recommendations

1. Sports academies and coaching centres should integrate Trataka practice into regular training routines.
2. Future research should explore the combined effects of Trataka with other yogic techniques such as meditation and Pranayama.
3. Similar studies should be conducted on female athletes and different age categories to validate generalizability.

References

1. Saraswati SS. Asana Pranayama Mudra Bandha. Munger (Bihar): Yoga Publications Trust; 2002. p. 1-320.
2. Raghuraj P, Telles S. Immediate effect of three yoga breathing techniques on performance in a letter-cancellation task. *Percept Mot Skills*. 1999;88(3):963-968.
3. Bhavanani AB. Psychophysiological Effects of Yogic Practices. Pondicherry: ICYER; 2011. p. 1-150.
4. Singh A, Malhotra V. The effect of yogic concentration practices on sports performance. *Indian J Sports Psychol*. 2017;12(2):45-52.
5. Koley S. Sports Psychology and Performance Enhancement. New Delhi: Sports Publication; 2019. p. 1-250.