

COMPLEX INTEGRATED METHOD OF DYNAMIC MEDITATION WITH BUDDHISTS' BREATHING IN CASE OF NEUROTIC REACTIONS

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Annotation. *Purpose:* to elaborate complex integrated method of psychological influence upon sport dancers in time of training on base of Buddhists' meditation "conscious breathing" for neurotic reactions elimination, professional skill improvement and psycho emotional stability advance. *Material:* twenty dancers at the age of 40-50 with neurotic reactions participated in the research. At the first stage of the research all the subjects' ability to focus attention at breathing during sports dancing performance was examined. At the second stage training in method of dynamic meditation applied for martial arts of the experimental group of 10 subjects was conducted. Both individual and group training sessions were held. At the third stage the experimental group joined dynamic meditation and breathing at dance performance. At the fourth stage the experimental group's results were compared with the control group's results. *Results:* at the first stage of the research all the subjects noted difficulties in focusing attention on Buddhists' nasal breathing and dance technique come-down. 3-5 sessions of training in method of dynamic meditation were necessary for the subjects of the experimental group at the second stage of the research. At the third stage of the research all the subjects of the experimental group could control their nasal breathing at dance performance without dance technique come-down. At the fourth stage the comparative evaluation of the results of the experimental and control groups revealed that it was necessary 3-7 sport dance practice sessions for elimination of the neurotic reactions. No such effect was observed in the control group. *Conclusions:* The results of the research prove that Buddhists' meditation "conscious breathing" may be joined with dynamic meditation successfully. It's impossible to focus attention continuously on breathing at time of sport dance performance. The elaborated technique of the integration of the dynamic meditation and Buddhists' "conscious breathing" provides improvement of dancers' psycho emotional state eliminates neurotic reactions, polishes sports dance performance.

Keywords: dances, meditation, breathing, neurotic reactions, training.

Introduction

In sports practice there are many cases when there appears state of the so called oversaturation with trainings, followed by neurotic symptoms [6]. In order not to admit such phenomena training program is constructed with periodical changes of sport measures and places of trainings. However, such approach does not guarantee complete psychological comfort of sportsmen, who, alongside with full physical loads, endure significant psycho-emotional strain. Neurotic symptoms can appear as a result of sportsmen "anxious expectation" before competitions and are expressed in pale face, absentmindedness and fussiness [8]. If sportsman works at the end of tether, he feels tiredness; his sport results worsen and pre-pathologic state appears and can transform into neurotic state [10]. Neurotic sportsmen, feeling tiredness, have to leave sports.

Sportsmen with neurotic symptoms are often conflictive or try to isolate themselves that hinders their professional contacts with coach. Sportsman responses to coach's remarks by rudeness and even by refuse to fulfill training task. Absence of psychological contact between coach and sportsman results in the fact that sportsman leaves for other collective, where new conflicts also are inevitable, because his ill state will be a source of new problems, which sooner or later will cause neurosis. It should be noted that with growing of social tension neurotic symptoms appear oftener even among coaches that even more aggravates their relations with sportsmen.

The reason of neurotic symptoms can be mental overstrains that are caused by "start fever", when sportsman "burns away", having lost his forces before competition [7]. As it is known neurosis are caused by conflicts and stresses. Sportsman can endure stress during trainings and competitions.

Neurotic responses of sportsmen were studied by psycho-therapists (B.M. Schertsis, 1970; T.P. Fanagorskaya, 1971; L.D. Gissen, 1975). Frequent manifestation of neurotic responses is psychogenic anorexia – absence of appetite in days of competitions with symptoms of nausea. Ahypnosis is manifested as delay of sleeping, early awakening, shallow sensitive sleeping, which does not result in rest. There appears irritability, weakness, headache.

Neurotic responses are cured with hypnosis, autogeneous training and medically. Apparatus psycho-technologies in psycho-therapeutic process can be used only by specialists with higher medical education. In connection with the fact that medical and psycho therapeutic treatment of psychogenic diseases is little effective and durable than the problem of sportsman's provisioning with psychological protection from development of neurosis with prophylaxis measures for timely elimination of neurotic responses still remains an urgent one [4].

Psycho-therapeutic technologies are based on techniques of nervous-muscular relaxing (E. Jakobson, 1978), duration of trainings – 15-45 minutes, quantity – 10-20 trainings).

Method of deep breathing (MDB) by K.P. Buteyko, which is carried out both in static (sitting) and dynamic (walking, running) state is well-known and is oriented on reducing of breathing will movements' (chest and abdomen) amplitude. In practice of sports this method has not become popular, because sportsman shall direct his will not to

breathing but to fulfillment of main competition task. This method can be used after training but it requires presence of free time, which is very valuable for sportsmen.

In Buddhism there exists well known method of meditation “conscious breathing”, with which breathing is an object of concentration. It is required to observe breathing during inhaling and exhaling. For concentration of attention beginners are recommended to count; with it breathing slows. To concentrate on breathing it is necessary to render certain effort; with it slight feelings on mucosae of nose with air’s passing is sensed. Buddhism breathing calms and improves human health; it is effective in rest state [5,8,12].

It is known that dances also favorably influence on mental state of patients with neurotic symptoms, but only long term trainings result in positive effects [11,13-15].

Sportsmen do not like to fulfill mental training in free time. Not every sportsman with neurotic symptoms has enough patience and diligence to practice durable concentration of attention on breathing. Besides, the wider is the range of neurotic symptoms, the more difficult to concentrate attention on breathing. Sufficient concentration on breathing can be achieved with the help of dynamic meditation.

Application of dynamic meditations in martial arts results in comprehensive physical and psychological perfection of an individual [3]. In oriental martial arts meditation is understood as complete attention to the least signal and, alongside with it, ability to percept every such signal simultaneously with other. Such ability to simultaneous perception of any information, coming from outside and from different organism’s systems, ensures adequate response to conditioned or unconditioned irritator that is extremely required for those, who practice sports.

If medical treatment with tranquilizers results in inhibition of neurons and reducing of workability, then dynamic meditation will increase activity of brain’s neurons and workability.

In connection with the above mentioned there appears acute demand in working out of methodic, which would reduce neurotic symptoms and at the same time improve training process directly in period of trainings.

Considering advantages of Buddhism meditation “conscious breathing”, which calms nervous system, we have offered to apply its breathing principles in sport ball dances with simultaneous application of dynamic meditation, because dancer is constantly in movement. The novelty of the method is that dynamic meditation, taken from martial arts, is fulfilled simultaneously with Buddhism “conscious breathing”, directly in the process of sport ball dances’ trainings. This method removes neurotic symptoms, improves dancers’ techniques and develops interaction between two partners.

The work has been fulfilled as per plan of S&RW of higher sportsmanship school in Nikolayev.

Purpose, tasks of the work, material and methods

The purpose of the work is to develop complex integrated methodic of psychological influence on persons, who practice sport ball dances, applying it directly during fulfillment of composition with dynamic meditation of martial arts and Buddhism “conscious breathing” for elimination of neurotic symptoms, improvement of professionalism and increasing of dancers’ psycho emotional state in its base.

The object of the research is sport ball dancers of seniors’ category.

The subject of the research is the process of complex integrated influence on dancers’ nervous system by dynamic meditation, which is applied in martial arts, together with Buddhism “conscious breathing”.

For carrying out of the research it was necessary to solve the following *tasks*:

1. Select 20 dancers with neurotic symptoms for participation in the research.
2. Train 10 dancers of experimental group to Buddhism meditation and to dynamic meditation.

Hypothesis of the research: we assumed that application of dances and Buddhism breathing directly with training physical loads will permit to eliminate neurotic symptoms, increase psycho-emotional stability and dancers’ professionalism. Realization of such breathing is possible in dynamic meditation.

The methods of the research: theoretical analysis of scientific literature, pedagogic observation, methods of psychological influence.

Organization of the research: in the research 20 sports ball dancers with neurotic symptoms of seniors’ category in age from 40 to 50 years old took part. The research was carried out in School of higher sportsmanship of Nikolayev during trainings on sport ball dancers.

At 1st stage of the research all tested were examined for ability to concentrate attention on breathing during dancing. At the 2nd stage we trained experimental group (10 tested) to methodic of dynamic meditation from martial arts with application of hypnotic suggestions for accelerated mastering of the method. We used both individual and group training sessions. At the 3rd stage of the research experimental group dancers practiced dynamic meditation with Buddhism breathing. At the 4th stage we compared results of experimental group with the results of control group.

Examples of application of the offered method:

Example 1. After death of husband tested B. complained on increased irritability, headache, disordering of sleep. Application of the method during 7 trainings resulted in restoration of her previous mental state.

Example 2. Tested S. complained on increased tiredness, frequent giddiness, feeling of stress for her ill child. During 7 sessions her self-feeling improved. She was recommended to continue this methodic as supporting psycho-therapy.

Example 3. Tested Ts. had bad appetite, apathy, weakness. Improvement of general state appeared after 3 sessions.

Example 4. Tested D. complained on feeling of uncertainty, strong excitation before dancing. These symptoms vanished after 5 sessions.

Example 5. In home conditions Tested T. dances variations and different figures of dances in state of dynamic meditation, observing air flows, which pass through nostrils by Buddhist method. It calms her and improves her mood.

Results of the research

During 1st stage of the research all tested faced difficulties in concentration of attention on breathing through nose by Buddhist method, while their dancing technique worsened.

At the 2nd stage it was required from 3 to 5 sessions to train the tested of experimental group to dynamic meditation with the help of hypnotic suggestion.

At the 3rd stage all tested of experimental group could control individual breathing through nose during dancing without worsening of dancing technique.

At 4th stage of the research we carried out comparative evaluation of experimental and control groups' results. It showed that for elimination of neurotic symptoms in experimental group it was required from 3 to 7 trainings of sport ball dances with the help of offered by us method. In control group we did not registered such positive results.

In many kinds of sports sportsmen's breathing passes involuntary. Not all sportsmen could control breathing during trainings and more over to control it owing to frequent distractions of attention to main actions of physical program or to foreign objects. Concentration of attention on breathing can be realized in dynamic meditation.

If according to K.P. Buteyko's method (MCB) it is necessary to control breathing by will during walking or slow run, the, by Buddhist methodic breathing changes involuntary, without efforts of an individual.

Method of Buddhist "conscious breathing" is fulfilled in sitting position. In connection with the fact that for a dancer motion functioning is of the same great significance as breathing, we used dynamic meditation in combination with breathing. Dynamic meditation permits to realize simultaneous control of many processes, taking place in organism, including air passing through nostrils; it has a unique mechanism of simultaneous perception and reflexive adequate response to coming information. It permits concentrate attention for long period of time on air, passing through nostrils during involuntary breathing. Attempts to practice Buddhist breathing without dynamic meditation gave no expected effect. The proposed by us method can be used with high physical loads. If a person has counter indications to high physical loads owing to state of health, then it is recommended to use dances of European program, slow waltz, slow foxtrot.

Mastering of dynamic meditation took from 2 to 5 sessions; hypnosis was required for suggestion of body senses, which were characteristic for this kind of meditation. However it was cleared up that many dancers had already felt such senses, even not guessing that it was dynamic meditation, which appeared spontaneously. The repeatedly caught themselves thinking that at certain moment of dance they stopped to sense body or hear music; they felt that legs are dancing without their will or their bodies dissolved in space and so on. Having listened to our information about dynamic meditation they only enriched their knowledge on this topic.

It should also be noted that spontaneous dynamic meditation with poor dance technique is impossible, because in this case dancers feel contraction of muscles, uncertainty, dissatisfaction with movements, resulted in irritation.

It is known that dances favorably influence on patients with neurotic symptoms, but positive results become only after long time trainings. Not every sportsman will practice Buddhist meditation in free time, not every man with neurotic symptoms has enough patience and diligence for long concentration of attention on breathing; with it the more neurotic symptoms re expressed, the more difficult is concentration of attention on breathing. Dynamic meditation permits to achieve rather deep concentration of attention. Medical treatment of neurotic symptoms by tranquilizers reduces physical workability, inhibiting neurons, that is inadmissible in sports. Meditation increases brains' activity. Dynamic meditation is not intended for elimination of neurotic state, it only reduces constraints, uncertainty, fear and improves sportsmanship. Everybody will agree that dynamic meditation in sport ball dance is more aesthetic than dynamic meditation in jumps by Osho's method or meditation with 15 minutes grunting. In this case, during grunting it is necessary to sense vibrations in head, chest and abdomen [2,9].

Buddhist meditation on the base of "conscious breathing" results in calming of nervous system, relaxation of muscles; it normalizes sleep and should be fulfilled with completely immobile body. As far as the basis of this meditation is breathing, we attempted to use breathing in dynamic meditation in dancing. Application of "conscious breathing" did not take additional time because it used in the course of dynamic meditation, just in dancing trainings.

Advantage of this method is that it requires no effort for concentration of attention on breathing. It is ensured by dynamic meditation, which permits to control many senses in organism directly during training process without worsening of sportsmen's techniques. Different kinds of meditation, including Buddhist meditation on the base of "conscious breathing", can remove neurotic responses during several sessions, but not every sportsman wants to practice meditation. Many of them lay no emphasis to neurotic symptoms, considering them a variant of normal state. It is known that dynamic meditation in martial arts increases technique. Positive effect of dynamic meditation is manifested also in dancing. If, for example there is a number of critical remarks directed to Buteyko's breathing, then positive effect of "conscious breathing" on human organism has been proved by thousands of years. If for Buteyko's breathing will efforts are required then for our method no effort is necessary; breathing is natural, it is necessary only to observe its process. Such observation of breathing permits to fulfill dynamic meditation in the process of dancing.

In East there are exist many kinds of breathing; all they influence on man in certain way. For example Yoga pranayama not only trains lungs but also calms nervous system. All these kinds of breathing require further studying [1,9].

Conclusions:

1. As a result of conducted research we have proved that Buddhist “conscious breathing” can be successfully combined with dynamic meditation of martial arts during training of sport ball dances.

2. Without dynamic meditation it is impossible to imagine long concentration of attention on involuntary breathing with simultaneous dancing.

3. The worked out by us method of integration of dynamic meditation with “conscious breathing” of Buddhists ensures improvement of dancers’ psycho-emotional state, removes neurotic symptoms, increases quality of dancing technique.

Further researches will be oriented on determination of the offered methodic influence on sportsmen of different kinds of sports.

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