

University of Windsor

Scholarship at UWindsor

Research Result Summaries

Summer 7-19-2018

The effectiveness of a mindfulness meditation training on perceptions of team cohesion, mindfulness, and emotional competence

Todd Loughead

University of Windsor, loughead@uwindsor.ca

Piotr Piasecki

University of Windsor, piaseckp@uwindsor.ca

Follow this and additional works at: <https://scholar.uwindsor.ca/research-result-summaries>

Consistent with the TCPS 2 (4.7) this is a research summary provided to participants and should not be considered a formal publication of results.

Recommended Citation

Loughead, T., & Piasecki, P. (2018). The effectiveness of a mindfulness meditation training on perceptions of team cohesion, mindfulness, and emotional competence. Retrieved from <https://scholar.uwindsor.ca/research-result-summaries/36>

This Completed Summary is brought to you for free and open access by Scholarship at UWindsor. It has been accepted for inclusion in Research Result Summaries by an authorized administrator of Scholarship at UWindsor. For more information, please contact scholarship@uwindsor.ca.

The purpose of the pilot study was two-fold. Firstly, to explore the effects of a team-based mindfulness meditation training program on perceptions of cohesion, and, secondly, to increase mindfulness and emotional competence. The participants were 32 female intercollegiate soccer players from two teams. One team was assigned to the intervention condition, while the other served as the control condition. Participants completed measures of cohesion, mindfulness, and emotional competence pre- and post-intervention. The eight-week mindfulness meditation training program significantly increased perceptions of social cohesion. However, there were no significant changes for task cohesion, mindfulness, or emotional competence. Taken together, athletes in the mindfulness training program held higher perceptions of social cohesion than athletes in the control condition; indicating that mindfulness training allowed this team to increase its social cohesion.