

**Mindfulness as an Effective Approach to Improve Player's Performance in Student Football  
Competitions under The Department of Physical Education, Ministry of Tourism  
and Sports in Thailand**

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**ABSTRACT**

Exercise and physical practice are no longer the only ways to reach high performance in the world of athletics. Athletes' success and performance are influenced by their physical and mental health. Athletes may benefit from many sorts of mental training to maintain their physical and mental health as well as to deal with unique requirements and potential challenges. This study aims to study the effects of the mindfulness approach to improve student performance in football competitions in Thailand. The controllable variable is used where male students aged 13-18 are selected for the study. The study collects data from these student-athletes twice: once before they go to the sporting events and once, they return from the events. The data is collected using a questionnaire with a Likert scale from 1-7 where 1 stands for strongly disagree and 7 represents strongly agree. Further variables are mindfulness, stress, anxiety, cognitive regulation and emotional regulation, and performance. There are 75 participants in the study who are students as well as football players. The data will be collected before the students leave for a tournament and they will self-report when they return from the tournament. As hypothesized, mindfulness was negatively related to stress and anxiety, whereas stress was negatively related to cognitive regulation and emotional regulation. Anxiety is negatively associated with cognitive regulation and emotional regulation. Mindfulness was positively related to players' performances. The study concludes that mindfulness as a stress buffer may help in football players' success and performance which are affected by their mental health.

**Keywords:** Mindfulness; Stress; Anxiety; Cognitive regulation; Emotional regulation; Performance

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