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

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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.