

Mindfulness-Acceptance-Commitment Training Produces Superior Improvements in Flow State Compared with Psychological Skills Training: A Randomized Controlled Trial in Competitive Cricket Players

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Abstract

Flow state is a key psychological factor associated with optimal sport performance. This study compared the effectiveness of Mindfulness-Acceptance-Commitment (MAC) training and Psychological Skills Training (PST) in enhancing flow state among competitive cricket players. Forty-six male cricket players were randomly assigned to MAC, PST, or control groups. Both intervention groups completed a seven-week training program, followed by a one-month follow-up assessment. Flow state was measured at pre-test, post-test, and follow-up using the Flow State Scale-2 (FSS-2). Linear Mixed Model analysis revealed significant effects of group, time, and Group $\times$ Time interaction ($p < .001$). The MAC group demonstrated the greatest improvement in flow state, increasing from 113.33 at pre-test to 156.53 at follow-up, compared with the PST group (113.80 to 143.07) and the control group (108.87 to 117.67). The findings indicate that both interventions enhanced flow state; however, MAC produced significantly greater and more sustained improvements. These results support the use of mindfulness- and acceptance-based approaches in cricket performance enhancement.

Keywords

Flow State, Mindfulness-Acceptance-Commitment, Psychological Skills Training, Cricket Players, Sport Psychology.