



ISSN: 2456-0057
IJPNE 2017; 2(2): 87-89
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www.journalofsports.com
Received: 25-05-2017
Accepted: 26-06-2017

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The effect of yogic practices on psychological variables of college women hockey and basket ball players

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Abstract

Yoga is a way of living with an aim of a healthy mind in a healthy body. In this view the investigators have made an effort to find out the effect of asana on psychological variables of Women College players of Hockey and Basket ball. For this, achievement players were randomly assigned into two groups; one experimental and the other, control group. Each game consisted of 100 players, and were further divided into 50 each for experimental and control group. Experimental group practiced yoga asanas for a period of six weeks along with routine training programme. While control group was not given any intervention, they performed their routine training under the interaction of their coach. The intervention program was continued for a period of six weeks and included three sessions per week of 60 -90 minutes duration. The subject tested following standardized tests and procedures on the selected psychological variables before and after the training period. The Howard Dolman apparatus perception test was taken for the measurement of perception test, and to find out level of anxiety SCAT test was used. The analysis of data shows that yogic asanas were effective in developing perception and overcoming player's psychological and skill variables and also there were significant changes in the anxiety in the basketball and Hockey experimental group when compared to the control group.

Health, physical fitness and emotional stability are the objectives which bring yoga and physical education on a common platform for the benefit of the human race.

Keywords: Yoga, anxiety, perception, control group, experimental group.

Introduction

Yogasana consist of two Sanskrit words yoga and asana which is defined as a 'Unitive Discipline', the discipline that leads to inner and outer union, harmony and joy. Yoga is indeed associated with certain meta-physical notions, but the practice in itself does not inquire any religious or spiritual adoption. Even open minded agnostics can practice yoga, for great benefit. With the practice of asanas we become aware of what is, or what sensations exists right now in the body, and corresponding to that exist in the mind which means we become aware of what puts us in touch with many emotions that have been ignored.

Yoga in Sports

Yoga has both preventive and therapeutic benefits. It has been proved beneficial for both physical and mental fitness. The many physical benefits of yoga are, it improves flexibility by losing the joint mobility, it builds muscles strength, spine, and corrects bad posture. Yoga will increase stamina of a player and creates balance and also stimulates the glands of the endocrine system, improves digestion and elimination, improves circulation and heart condition. All this is very helpful to the players to achieve better performance.

Anxiety

Anxiety is a mild fear reaction toward some stimulus. It is prevalent in even the best of athletes due to the immense pressures associated with professional sports. Anxiety is a normal response of an organism towards a physical threat or psychological distress, which generates a host of chemical and hormonal reactions in the body. It has two components; physiological and psychological which are mediated by neurotransmitter system. Researchers take steps to find out the level of sports anxiety through SCAT Questionnaire methods and to find some solution for the same. Yoga develops self confidence and self-belief.

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Cultivating mind control and concentration helps a sports person to perform at their peak level.

Perception

Many practitioners were drawn towards the theories and espoused by the early perceptual motor development as it greatly enhances the role of physical education. Perception is involved in all voluntary muscular movement, except reflex action. There is very little evidence to indicate a direct relationship between learning specific perceptual motor skills, and learning to read and write. To get information, sensory input like sight, sound, touch, smell, taste as well as awareness of a body position, all these act as the components of perception. For any official movement, all their senses are used in integrated manners in complex motor activity. By regular engaging in a given activity perception can be improved.

Methodology

200 female players of college level in the age group 17-25 were selected for the study. Though Howard dolman apparatus perception measurement was taken for perception test and SCAT test were adopted to test anxiety in the players. Each group consisted of 100 subjects each in Hockey as well as in Basketball, further divided in 50 each for experimental and control group. Experimental group practiced yoga for six weeks while control group was not given any intervention; they performed their routine training under the interaction of their coach. The intervention program was continued for a period of six weeks and included three sessions per week of 60 -90 minutes duration. The entire test were explained and demonstrated to the students by the investigators and further tests were implemented with the help of assistants. The analysis of data shows that yogic asanas effectively developed perception and overcame player’s anxiety behaviours.

Selection of Variables

The researcher reviewed the available scientific literature and

journals and discussed with experts. The investigator considered the criteria of feasibility and availability of the instruments and the relevance of variables to the present study.

The Following Independent Variables Were Selected For Yogic Asanas Practice.

Also the selection of asanas is based on the basic that all the parts of body should involve in performing asanas.

I. Standing postures

- 1. Vrikshasana 2. Thrikonasan 3. Garudasana

II. Sitting postures

- 1. Paschimottanasan 2. Shashankasana 3.Vajrasana

III. Laying down postures

- 1. Bhujangasana, 2. Dhanurasana, 3. Sarvangasana, 4. Halasana, 5. Savasana. 6. Naukasana 7. Purvathasana

IV. Meditation

Dependent Variables.

S.i No	Psychological Variables	Test	Criterion Measurement
1	Anxiety	SCAT test	Questionnaire method
2	Perception	The Howard dolman perception apparatus.	Measured through apparatus

Result and Discussion

The mean difference of each group for selected variables was tested for significance of difference by T test. The difference of initial & final score was taken into account and the difference in the mean gain was tested by T-test and 0.05 scales were tested to find the significant difference. The result is depicted in table 1 to 4.

Table 1: The Effect of Yoga Practices on Anxiety of Hockey and Basketball Players

Game	Group	Test	Mean	S.D	Mean Diff	S.D difference	“t” value	“p” Value
Hockey	Experimental	Pre test	20.14	2.6	0.9	1.4	4.63	0.000 ^{HS}
		Post test	19.24	2.3				
	Control	Pre test	20.06	2.3	0.12	0.9	0.97	0.335 ^{NS}
		Post test	19.94	2.2				
Basketball	Experimental	Pre test	20.22	2.4	0.5	1.3	3.70	0.001 ^S
		Post test	19.58	2.3				
	Control	Pre test	20.04	2.4	0.4	1.3	0.22	0.828 ^{NS}
		Post test	20.00	2.6				

Level of anxiety in experimental group of hockey players before the yoga practise was 20.14 ± 2.6 and after was 19.24 ± 2.3 with mean difference 0.9 ± 1.4 which is highly significance with t=4.63, P=0.000<0.01; in control group, in pre-test 19.24 ± 2.3 and in post-test 19.94 ± 2.2 with mean difference 12 ± 0.9 with t=0.97, P=0.335>0.05 was not significant. Level of

anxiety in experimental group of basketball players before the yoga practice was 20.22 ± 2.4 and after was 19.58 ± 2.3 with mean difference 0.5 ± 1.3 which is statistically significant with t=3.70, P=0.001<0.01; in control group, in pre-test 20.04 ± 2.4 and in post-test 20.00 ± 2.6 with mean difference 0.4 ± 1.3 with t=0.22, P=0.828>0.05 was not significant.

Table 2: Comparison of Effect of Yogic Practise on Anxiety Between The Hockey And Basketball Players.

Groups	Test	Sub Groups	Mean	Std div	T	P
Hockey	Pre-post	Control	0.12	0.87	3.39	0.001 ^{HS}
		Experimental	0.9	1.37		
Basketball	Pre post	Control	0.04	1.29	2.38	0.019 ^S
		Experimental	0.64	1.22		

Among Hockey players change in the experimental group 0.90 ± 1.4 was significantly higher compared to control group 0.12 ± 0.9 with $t = 3.39$, $p = 0.001$. So yoga is effective in hockey players. Among basketball players change in the experimental group 0.64 ± 1.3 was significant to compared to

control group 0.04 ± 1.3 with $t = 2.38$, $p = 0.019$. So yoga is effective in basketball players. It can be concluded that the yogic practices may have most likely helped the experimental group to reduce their anxiety for both the games.

Table 3: The Effect of Yoga Practices on Perception of Hockey and Basketball Players

Game	Group	Test	Mean	S.D	Mean Diff	S.D diff	“t” value	“p” value
Hockey	Experimental	Pre	2.54	1.4	0.8	0.75	-7.45	0.000 ^{HS}
		Post	1.73	1.0				
	Control	Pre	2.48	1.3	-0.03	1.5	-0.17	0.887 ^{NS}
		Post	2.52	1.3				
Basketball	Experimental	Pre	2.51	1.6	0.71	0.81	6.13	0.000 ^{HS}
		Post	1.80	1.2				
	Control	Pre	2.71	1.9	0.05	0.26	1.38	0.174 ^{NS}
		Post	2.66	1.9				

Level of perception in experimental group of hockey players before the yoga practice was 2.54 ± 1.4 and after was 1.73 ± 1.0 with mean difference 0.8 ± 0.75 which is highly significant with $t = -7.45$, $P = 0.000 < 0.01$; in control group, in pre-test 2.48 ± 1.3 and in post-test 2.52 ± 1.3 with mean difference -0.03 ± 1.5 with $t = -0.17$, $P = 0.887 > 0.05$ was not significant. Level of

anxiety in experimental group of basketball players before the yoga practise was 2.51 ± 1.6 and after was 0.81 ± 1.2 which is statistically highly significant with $t = 6.13$, $P = 0.001 < 0.01$; in control group, in pre-test 2.71 ± 1.9 and in post-test 2.66 ± 1.9 with mean difference 0.05 ± 0.26 with $t = 1.38$, $P = 0.174 > 0.05$ was not significant.

Table 4: Comparison of Effect Yogic Practise on Perception between the Sub Groups of Hockey and Basketball Players.

Groups	Test	Sub Groups	Mean	Std div	T	P	
Hockey	Pre-post	Control	-0.34	1.43	3.45	0.001	HS
		Experimental	0.80	0.1074			
Basketball	Pre post	Control	0.05	0.26	5.43	0.000	HS
		Experimental	0.71	0.81			

Among Hockey players change in the experimental group 0.8000 ± 1.074 was significantly higher compared to control group -0.340 ± 1.43 with $t = 3.45$, $p = 0.001$. So yoga is effective in hockey players. Among basketball players change in the experimental group 0.7060 ± 0.8140 was significant compared to control group 0.0500 ± 0.2565 with $t = 5.43$, $p = 0.000$. So it can conclude that the yogic practices may have most likely helped the experimental group to improve perception for both the games. It can be concluded that the yogic practices may have most likely helped the experimental group to improve their perception for both the games

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Conclusion

From the result of this study the investigators come to following conclusions

- Six weeks of yoga training has shown significant improvement on anxiety level of the hockey and basketball players.
- Six weeks of yoga training has shown significant improvement on perception of the hockey and basketball women players

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