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## Attitude of selected sportsmen towards yoga

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### Abstract

The present study was stated as “Attitude of selected sportsmen towards yoga”.by observing the importance of yoga in the field of life, researchers make a “yoga attitude scale”, to make yoga more effective in our life. The purpose of the study was to find out the yoga attitude of the sports person.120 players were taken from football, basketball, handball, hockey, swimming and athletics. The age of subjects was ranged from 18 to 24 years. A standardized questionnaire was employed for the collection of data. Simple random sampling procedure was employed for the selection of subject. The collected data were treated statistically by applying F-ratio. The result towards showed that the percentage of selected sportsmen’s attitude was very high towards yoga.

**Keywords:** Attitude, sportsmen, yoga

### Introduction

The term ‘Yoga’ is commonly used in India to indicate various aspects of a single entity. The word derived from the Sanskrit root ‘YUJ’ to yoke i.e. to integrate or combine, the ultimate desire or aim being the integration of the individual soul (Jeevatma) with universal soul (Paramatma or God). In modern age allopathic and medicine based cure for disease are not complete and successful in itself, in this perspective yoga is accepted as an alternative cure. Cure with our medicines, However it was in practice in our ancient time, but in the meantime in medieval age we depend and inclined towards medicines, Ayurvedic, unani and later on Allopathic due to our lei sureness. Now trend has been changed in favor of Yoga and complete cure through Yoga for the group of all ages, it is very necessary to know and Teach about Yoga, through formal non formal distance education, so that student may know yoga keeping in vies, therefore the researchers were interested to undertake the present study.

### Objective of the Study

The objective of the study was to find out the yoga attitude of the sports person.

### Methodology

Simple random sampling procedure was employed for the selection of subjects. A Questionnaire (list of 30 items) was administered on 120 players of age ranging 18 to 24 year to measure the received responses. A detail understanding was provided to the respondents for the collection of reliable information’s. The scoring was made on the basis of received responses through the rating scale of the questionnaire. The questionnaire had 15 positive and 15 negative items. For positive 2, 1, 0 scores were given and agreed, undecided and disagreed respectively. As for negative items scoring were reversed.

| S. No | Scores | Percentage | Yoga Attitude Group     |
|-------|--------|------------|-------------------------|
| 1     | 0-12   | Up to 20%  | Very low Yoga Attitude  |
| 2     | 13-24  | Up to 40%  | Low Yoga Attitude       |
| 3     | 25-36  | Up to 60%  | Average Yoga Attitude   |
| 4     | 37-48  | Up to 80%  | High Yoga Attitude      |
| 5     | 49-60  | Up to 100% | Very High Yoga Attitude |

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At first the researchers had the subjects and the rules and given instructions about the testing conditions of the test were explained procedure with brief explanation to all clearly.

**Table 1:** Table showing the percentage of Overall Sportsmen's Attitude towards Yoga

| S. No | Yoga Attitude Group     | Number Of Players | Percentage |
|-------|-------------------------|-------------------|------------|
| 1     | Very High Yoga Attitude | 75                | 62.50%     |
| 2     | High Yoga Attitude      | 34                | 28.34%     |
| 3     | Average Yoga Attitude   | 10                | 8.33%      |
| 4     | Low Yoga Attitude       | 1                 | 0.83%      |
| 5     | Very Low Yoga Attitude  | 0                 | 0%         |
|       |                         | N=120             | 100%       |

**Findings**

The findings table reveals that, out of 120 players 62.50% (75 players) are fall under categories of very high yoga attitude.

28.34 % (34 players) are in favor of High yoga attitude, 8.33% (10 players) are in favor of average yoga attitude of 0.83% (1 player) are the category of very low yoga attitude.

**Table 2:** One way Analysis of Variance of Yoga Attitude among Football, Hockey, Handball, Basketball, Swimmers and Athletics' Players

| Source of Variance | Degree of Freedom | Sum of Square | Mean of Sum Square | F-Ratio |
|--------------------|-------------------|---------------|--------------------|---------|
| Between the Group  | 5                 | 389.8/5       | 77.96              | 1.33@   |
| Within Group       | 114               | 6671/114      | 58.52              |         |

No significant difference at .05 level.

Tabulated F.05 (5.114) =2.295

The finding of the table show that there is no significant difference in the mean score of yoga attitude among Footballer, Hockey player, Handballer, Basketballer, Swimmer and Athletes of Inter university level sportsmen as the calculated F-ratio of 1.33 is lesser than the tabulated F-value of 2.295 at 0.05 level of confidence.

**Conclusion**

It is concluded the sportsmen of the selected games and sports have shown very high yoga attitude as compared to rest of the variables concerned. It may be owing to the involvement of players in the field of yoga and well known to the influencing aspects of yoga health, fitness and performance.

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