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To study the effect of six week yogic activities program on the aggression of state level air pistol shooters

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Abstract

Sports offer many opportunities for people to make the best use of their abilities, to experience the joy, and sometimes the misery, of losing along with enjoyable victory. Aggression is of significant concern for psychological development and mental health. In sports, aggression is a characteristic that can have many negative as well as positive effects on performance. Yoga due to its Physical-psychological impact can play an important role on aggression. Yoga can calm, energize and focus the individual's resulting in stabilize his/her body and mind. The purpose of this was to determine the effect of six week yogic activities program on the aggression of state level air pistol shooters. Sixty male air pistol shooters age between 14 to 18 years were selected as the subject of the study and their pre-test was conducted through the questionnaire. Then among the 60 samples 30 subjects with high level of aggression were kept in experimental group on which six weeks yoga training was manipulated whereas remaining 30 subjects was kept as controlled group. After completion of six week yoga program post-test conducted through the same questionnaire. Results shows that calculated 't' value of Physical aggression was 14.057, Verbal aggression was 7.751, Anger scale was 10.562, Hostility was 8.750 and for Indirect aggression scale 6.804. All the calculated values for respective aggression components were found statistically significant at 0.05 level ($p=0.001$). From the above results it can be concluded that six weeks yoga program was effective to reduce the aggression of the state level air pistol shooters.

Keywords: Aggression, yogic activities program, state level air pistol shooters

Introduction

Yoga is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. The aim of Yoga is Self-realization, and to overcome all kinds of sufferings. Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga. Yoga is a discipline that seers and practicing since ancient times to bring flexibility to the spine and joints, to keep the muscles of the body pliable and youthful, increase circulation in arteries and strengthen internal organs. And yet, yoga is so much more than this. Yoga has been said to help strengthen the power of concentration, Yoga has also been said to strengthen the mind-body connection, bring calmness and relaxation to mind, enhance self-confidence, strengthen self-discipline and self-resolve, reduce stress / anxiety and increase vitality and energy throughout the body. Evidently, it would appear that yoga has extensive benefits and can help us to be a more balanced, relaxed, focused, efficient and effective person. The benefits of yoga can thus be applied to a variety of disciplines including professional sporting athletes. In order to play a sport well, it is necessary that a person is able to focus and concentrate with confidence on the task at hand without distraction or timidity. As such, dealing with distractions, adversity and stress is an important component. As such, in addition to being able to maintain mental poise and balance, it is essential for a professional athlete to have a high degree of alertness, concentration and focus throughout the sporting match / event. Yoga is the application of physical postures, control of breath, purification and relaxation of mind / body and spiritual principles aimed at bringing greater unity and balance to the mind and body. The use of pranayama and breathing techniques prescribed in Yoga enables a person to focus on breath and helps to calm and still the mind and cultivate concentration ability. Internal cleansing methods prescribed in Hatha Yoga are beneficial for professional athletes to not only improve purity of body and overall

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physical wellbeing, but to also enhance one's concentration ability as well. The Yoga asanas help to develop the control and concentration of the mind. Being able to hold a posture with steadiness, relaxation and comfort requires that a person is able to focus their mind for an extended period of time. This helps for developing strength and concentration in mind / body and is beneficial to playing sports especially in shooting at highly competitive levels. Swami Sivananda highlights that steady and systematic practice of yoga will "make the mind very obedient and faithful and make the practitioner "successful in every attempt". Asanas help to create harmony and balance between the mind and body and achieve a healthy body and stable mind. They are aids for controlling the mind through physical discipline. Through asana the functioning and efficiency of internal organs is improved and this consequently affects all other parts of the body in a positive manner. "Yogic exercises are mainly designed to develop the function of the cerebellum, the brain centre that controls how the body works. Inverted asana can be particularly beneficial to break bad habits and old patterns of behavior. For a professional athlete wishing to optimize their performance, it is essential that they have the ability to change body movements and behaviors as required to maximize efficiency and effectiveness. The use of Yoga Nidra and visualization can assist in the development of a skill and to reinforce a new pattern of behavior or beliefs. BP Bam highlights this point. He states "all of the top Indian sport persons who have worked with me have been making extensive use of various techniques of visualization". "Purification of memory or reinforcing the best from the past, by remembering it again and again, makes a major contribution to the perfecting of a skill. Meditation and chanting can also help to reduce stress and anxiety and create a mental calmness and poise beneficial for performing at peak times.

Aggression

Aggression is a verbal or physical behavior that is directed intentionally toward another individual and has the potential to cause psychological or physical harm. It incorporates the notion of intent to cause harm i.e. for behavior to be classified as aggressive, the perpetrator must have the intent to harm the victim. Aggression has been distinguished between *Instrumental* and *hostile*. Instrumental aggression is a behavior directed at the target as a means to an end, for example, injuring a player to gain a competitive advantage, or late tackling to stop an opponent from scoring. Thus, instrumental aggression is motivated by some other goal. In contrast, hostile aggression is a behavior aimed toward another person who has angered or provoked the individual and is an end in itself. Its purpose is to harm for its own sake, for example, hitting an opponent who has just been aggressive against the player. Hostile aggression is typically preceded by anger. Instrumental aggression, in pursuit of a goal, is not normally associated with anger and, in sport, is far more frequent than hostile aggression. In both types of aggression, a target person is harmed, and the harm can be physical or psychological. In sport, the word *aggressive* is often used when *assertive* is more appropriate. For example, coaches describe strong physical play as aggressive, when this type of play is actually assertive; it is within the rules of the game and there is no intention to cause harm. The difference between aggression and assertion lies in the intention to harm. If there is no intent to harm the opponent, and the athlete is using legitimate means to achieve goals, the behavior is assertive, not aggressive. When one is being assertive, the intention is to

establish dominance rather than to harm the opponent. Behaviors such as tackling in rugby, checking in ice hockey, and breaking up a double play in baseball may be seen as assertive as long as these are performed as legal components of the contest and without malice. However, these same actions would represent aggression if the athlete's intention was to cause injury.

Air pistol / rifle shooting

Shooting originated as a means of survival, and it was practiced in order to hunt game for food. Sport shooting has been a competitive sport in a variety of forms since the mid-1800s. Shooting is an Olympic sport. The International Sport Shooting Federation, ISSF, is the governing body for shooting competitions throughout the world. There are 19 different categories of shooting competitions of shooting recognized at the Olympic game. Shooting is the third largest Olympic sport in terms of medal, participants and countries, while it is the second most popular international sport behind track and field, and the only sport to be held at both the summer and winter Olympic Games. The organization with 154 national member federations has its head quarters in Munich, Germany. There are 19 different categories of shooting competitions of shooting recognized at the Olympic game.

The National Rifle Association of India (NRAI) was formed on April 17, 1951, to develop the shooting sport in India and impart training to civilians for self-defense. G.V. Mavlinkar, first Speaker of the Lok Sabha, was NRAI's founder president. He was called the Father of the shooting sport in India. The first secretary general of NRAI was K.G.Prabhu. In 1953, the Lok Sabha passed a resolution and entrusted NRAI to impart training through its rifle association's all over India. Shooting is gaining popularity in India as a competitive sport. The objective of sports shooting is to deliver a number of perfectly executed shots to a target usually within a given time limit. There are 4 categories of firearms used in shooting sports, Pistols are short firearms held with one unsupported hand in a standing position. Different pistols used for different events e.g. air pistols that use compressed air to discharge lead pellets, rapid fire pistols in which 5 pellets are shot in quick succession and traditional or free pistols which shoot one pellet at a time.

One of the greatest pleasures in the sports is exposure to performance at its highest level. Getting to the highest level requires skill attainment, mental toughness, years of purposeful practice and dedication. The ultimate aim of training is to achieve top level performance. Serious athletes do not need reminding of the importance of sports conditioning. To compete at one's very best one needs to build the appropriate strength, power and speed elements into one's conditioning regime. That is what gives one the extra edge one needs, to excel at one's sport. One's best gains in performance will be achieved when key parts of one's training closely mimic what one does when one competes. The more specific one's training, the greater will be the impact on one's performance one of the greatest pleasures in the sports is exposure to performance at its highest level. There is something almost artistic about an athletic that is well beyond the normal and demonstrates exceptional grace speed, and control while performing a skill. Getting to the highest level requires skill attainment, mental toughness, years of purposeful practice and dedication. Similarly, to compete at one's very best in shooting one needs to build the appropriate stance, holding, breathing, sighting, individual tactics. Moreover, the most important thing is to maintain the

temperament and balance during extreme competitive situations.

Methodology

As the researcher wants to study the effect of yogic activities program on the aggression of state level air pistol shooters, the study was conducted by experimental method. For the present study the pretest-posttest nonequivalent group design was used. The 60 male air pistol shooters between the age group 14-18 years of Jammu and Kashmir were selected as the sample of the study and two different groups i.e. controlled group and experimental group of 30 shooters each was formed. As the study was carried out to reduce the aggression of aggressive shooters, therefore the aggression level of the shooters was examined through a pre-test conducted through the questionnaire. The first 30 shooters those who found high level of aggression in pre-test among the 60 shooters were selected for the yogic training program of six week i.e. in experimental group, and the remaining 30 shooters with low level of aggression were kept as controlled group where there is no implementation of any yogic training program except the weekly lectures were given regarding the importance and benefits of yoga. After the completion of six weeks yoga training program the posttest of both the groups was conducted. In this study aggression scale of Arnold H. Buss and Mark Perry was used to measure the aggression of the shooters. The data collected was analyzed by using SPSS software version 17.00.

Table 2: Descriptive Statics of change in performance

Variables	T-ratio	Df	Sig(2-tailed)	Mean difference
Physical Agression	14.05	58	0.001	-6.70
Verbal Agression	7.75	58	0.001	-7.33
Anger Scale	1.056	58	0.001	-7.023
Hostility Scale	8.750	58	0.001	-6.20
Indirect Aggression	6.80	58	0.001	-7.166

Calculated 't' value of Physical Aggression was 14.05 with Mean difference -6.70, for Verbal Aggression the calculated 't' value was 7.75 and Mean difference -7.33, for Anger Scale calculated 't' value was 10.56 and Mean difference was -7.23, for Hostility Scale calculated 't' value was 8.750 and Mean difference -6.20, for indirect Aggression the calculated 't' value was 6.80 and Mean difference -7.166. The degree of freedom (df) is 58. All the calculated 't' values for respective aggression components were found statistically significant at 0.005 level ($p=0.001$).

Conclusion

From the result of the study, it can be concluded that Six Week Yogic Activities Program was effective to reduce the physical aggression, verbal aggression, anger scale, hostility scale, and indirect aggression significantly. Hence it can be concluded that yoga program reduces the aggression of the air pistol shooters which is very important to create inner peace, modification of mind, control pressure, happiness, balance of mind and harmony which results in increasing the performance of the air pistol shooters. It also vanishes the negative tendencies, stabilize the mind and develops the mental peace which is of utmost importance in order to perform in highly pressurize sports like shooting.

Recommendations

On the basis of conclusion of this study, the following recommendations and suggestions for further studies are drawn.

Results and discussion

To find out the change in the performance scores of the aggression of the all subjects obtained in the pre-test of both the experimental and controlled groups were minimized in the score obtained in the post-test in all five factors of aggression, then the collected data of both the groups were compared by independent sample t-test.

Table 1: Descriptive Statics of change in performance

Variables	Experimental Group			Control Group		
	N	Mean	Sd.	N	Mean	Sd.
Physical Agression	30	-6.03	1.847	30	0.667	1.844
Verbal Agression	30	-7.00	4.093	30	0.333	3.176
Anger Scale	30	-7.66	2.85	30	-4.33	2.43
Hostility Scale	30	-6.00	2.92	30	0.20	2.55
Indirect Aggression	30	-6.23	5.40	30	-0.93	2.01

There were 30 subjects each in experimental and control group. Results showed that change in performance the mean and standard deviation of experimental group on physical aggression, verbal aggression, anger scale, hostility scale, and indirect aggression scale was $(-6.03 \pm 1.847, -7.00 \pm 4.093, -7.66 \pm 2.85, -6.00 \pm 2.92, -6.23 \pm 5.40)$ respectively, whereas the mean and standard deviation of control group on physical aggression, verbal aggression, anger scale, hostility scale, and indirect aggression scale was $(0.667 \pm 1.844, 0.333 \pm 3.176, -4.33 \pm 2.43, 0.20 \pm 2.55, -0.93 \pm 2.01)$ respectively).

- From the results drawn it is recommended that yoga should be included in the school curriculum so that students get benefits.
- It is recommended that similar study may be conducted on female shooters.
- It is recommended that similar study may be conducted on different psychological variables.
- It is recommended that similar study may be conducted on athletes of high aggression games and sports.

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