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Yoga asanas to regulate the sports person mind

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Abstract

Asanas are the most effective means to achieve daily practice of mental skills. A single set of asanas can be used to activate stimulation and deactivate relaxation. Athletes are generally willing to develop mental variables such as attention, motivation, achievement motivation, self-confidence, ambition level, mental health, mental health, and positive thinking. For this, the athlete must practice active asanas. In addition, athletes are usually willing to reduce aggression, anxiety, excitement, tension, stress, etc. in order to obtain better performance. When athletes want to reduce their high arousal levels and are in a relaxed state, they should practice the deactivation asanas at the right time. The best time is 5 to 6 minutes after they finish heating up. Several important benefits of asanas for players are: it helps you learn new skills and techniques faster and easier than before, you recover faster in practice and competitions, and you relax to stay focused on the task at hand, and Eliminate disturbing hearts, thoughts and feelings. The most important thing is to know that the optimal or required level of mental variables varies from game to game. For example, wrestlers need more aggressiveness, while table tennis players need less aggressiveness. Circumstances may need to increase or decrease psychological variables. It depends on the requirements. Physical education educators and trainers should use the most suitable asanas to achieve their goals.

Keywords: Yoga, mind relaxation

1. Introduction

It depends on the requirements. Physical education educators and trainers should use the most suitable asanas to achieve their goals. Installing the product into the motor system can cause injury. Efforts should be made to avoid this imbalance to ensure overall health. The task is to correct and compensate weak muscles through regular and systematic compensatory asana exercises. Compensatory postures strengthen each body system and promote the overall harmonious development of the body. Knowing the most suitable compensatory postures and their effects, as well as understanding poorly guided muscle groups is a wise task. Regeneration of asanas: a higher level of athletic performance requires hard and intensive training. Without fast and deep muscle regeneration, it is impossible to endure intense daily exercise. The ability to successfully complete a long-term high-intensity sports training to achieve the best results depends primarily on the degree of regeneration of the athlete's physical and mental abilities after training. Regeneration is a biological process cultivated by athletes to restore their abilities and prevent injury.

2. Application of Asana for Mind

Prana refers to all forms of energy, such as cosmic energy, spiritual energy, physical energy, etc. It roughly translates to breath. "Ayama" is control. Therefore, Pranayama is breath control or breath discipline or rhythmic breath control. The three main steps of pranayama are a) inhale: inhale as much air as possible, b) hold your breath: hold the inhaled air for half the inhalation time, and c) exhale: gradually exhale the air at almost the same rate. Time required for inhalation. If the breath is controlled and calm, the senses will calm down and the mind will calm down. Pranayama elevates the practitioner to a state of silence that is rarely experienced in normal daily life. Regular practice of pranayama can regulate the entire body and the specific respiratory system. In vigorous physical activity, cardiorespiratory endurance plays a vital role. Breathing changes a lot during rest and physical activity. During physical activity, the respiratory rate will increase to provide more oxygen, which is the fuel for muscle work. Therefore, systematic practice of pranayama is useful for all players.

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It is more useful for athletes who complete endurance-type (aerobic exercise) activities (such as long-distance running, hockey, football, etc.). Therefore, it is recommended that players practice pranayama every day to perform better in sports. The application of Pratyahara is to withdraw the senses and liberate the mind from the realm of senses and external objects. The various sense organs restrict them from the mundane and introverted by the object to be pratyahara. Because of these worldly things, even in the world, he does not distribute the ideas of seekers. It is the connection between the first four stages and the last three stages of yoga. It requires very strong determination and suppression of the senses. This phenomenon helps players control their senses, thereby improving health and wellness, which is an important aspect of athletic performance. Buddha's application: it is the concentration on an object. This is a point, a state of complete absorption. The longer the mind remains in this state of concentration, the stronger it will become. This is the initial stage of meditation. Concentration is a prerequisite for all players. The importance of concentration varies from game to game and varies depending on the location of the game. Archery, shooting, chess and other elements require more attention. Additionally, soccer, hockey, and handball goalkeepers are more focused than their opponents, and players on the field require the highest degree of concentration. Athletes should be aware that distraction in training, especially in competitions, can lead to sports failure. Application of meditation: meditation is the stage of meditation. It is an uninterrupted climax. Meditation requires total concentration on the goal. At first the seeker only knows the shape of the object and then gradually he becomes aware of the whole object. The meditative mind lives in the eternal present, in a state of awareness and certainty with fewer options, in which there is no ambiguity. Generally speaking, hold the final resting posture passive and mindful for 4 to 10 deep breaths. This method significantly affects the important neuroautonomic plexus and endocrine glands. In addition, the metabolism and general regeneration of athletes are actively improved. Asana for Supplemental, supplemental training refers to the practice of sports and activities other than the main sports to develop general health. Starting from an early age will have a negative impact on the harmonious development of young children. Complementary asanas help young athletes build a solid foundation for developing specific skills. Practicing complementary asanas is an effective way to avoid tedious training. In the form of active rest, it complements the training load of balancing asanas. Competition with stress taxes the nervous system. Regular practice to replenish the battery of asanas is an effective way to restore energy and provide physical and mental balance. Sports performance is not one-dimensional, but multi-dimensional. There are several factors that affect the final sports performance. Like the athletic ability component, the requirements for psychological variables vary from game to game. The physical and psychological preparation of athletes is essential for better performance. Mental preparation must be accompanied by physical preparation and cannot be separated. Asanas are most useful for physical education educators and coaches to provide psychological training for athletes. Asanas are the most effective means to achieve daily practice of mental skills. A separate set of asanas can be used to activate (stimulate) and deactivate (relax). Athletes are generally willing to develop mental variables such as attention, motivation, achievement motivation, self-confidence, ambition level, mental health, mental health, and positive thinking. For this, the athlete must practice active asanas. In addition, athletes are usually willing to reduce aggression, anxiety, excitement, tension, stress, etc. in order to obtain better performance. When athletes want to lower their high arousal levels and are in a relaxed state, they should

practice the deactivation asana at the appropriate time. The best time is 5 to 6 minutes after you finish warming up. Some of the important benefits of asanas for players are: a) help learn new skills and techniques faster and easier than before, b) recover faster in practice and games, and c) relax more to focus on the task at hand. d) Eliminate disturbing inner thoughts and feelings. It must be known that the optimal level (required level) of mental variables varies from game to game. For example, fighters need more aggressiveness, while table tennis players need less aggressiveness. Circumstances may need to increase or decrease psychological variables. After intensive training or competition, the regeneration process needs to be started immediately. It is an integral part of exercise preparation. Implementing truly scientific regeneration methods can reduce muscle fatigue by 30% and increase training intensity by 20% (Liska and Zbojan, 1987). The rapid elimination of fatigue symptoms, especially muscle fatigue symptoms, significantly improves the effectiveness of the entire training process. They help develop correct motor skills, sports patterns and protect the athlete's body. The three basic types of regenerative body muscle relaxation are: Stretching. It involves stretching and relaxing shortened and painful muscles. Post-isometric relaxation is one of the relaxation methods. It is developed to counter low resistance after the isometric tension of the muscles lasts for 10 to 30 seconds. This active muscle stretching includes the inhibition of motor neurons and related muscles, which significantly promotes the release of muscles during the relaxation phase. The body seems to have a defensive inhibition of overload. This method is usually done with the help of a therapist or teammate. Anti-gravity relaxation. This is an active relaxation method. Utilize the natural resistance of the isometric contraction of the muscle, holding it for 15-20 seconds and then releasing it. This is a simple way for athletes to practice without the aid of auxiliary tools. The goal is to develop muscle relaxation after the muscle contraction phase. Practice the method of regenerating asanas. Pick a set of regeneration poses. Success or failure depends mainly on the choice of reproductive postures and the order of practice. Practice the asanas immediately after the training or competition process in the gym or sports field. This immediate regeneration phase should last 5 to 15 minutes. Practice asanas.

3. Conclusion

Sports performance is not one-dimensional, but multi-dimensional. There are several factors that affect the final sports performance. Like the athletic ability component, the requirements for psychological variables vary from game to game. The physical and psychological preparation of athletes is essential for better performance. Mental preparation and physical preparation are complementary and cannot be separated. Asanas are most useful for physical education educators and coaches to provide psychological training for athletes.

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