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## Investigation of the effect of six weeks yogic practice on mental toughness of soccer players

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### Abstract

The motive of this investigation was to find out the impact of Yogic exercise on mental toughness of soccer players. For achieving the purpose of the investigation total 30 players of soccer were selected as samples from various soccer club from Kolkata. Their age group between 15 to 19 years. Selected subject were divide in to two group equally 15 each as control and experimental group. All the selected subject were State or national level players. All of them were used to practice soccer for duration of two hours every day. A part from the soccer practice the experimental group go through yogic practice for Six weeks in a schedule of weekly three days with one hour Session each. The statistical tools used for the study. The statistical findings of the study revealed that the experimental group done the yogic practices significantly improved the mental toughness qualities.

**Keywords:** Yogic practice, mental toughness

### 1. Introduction

Players are facing with many challenges and it includes their physical, technical, tactical, and psychological skills. The elite level of sports performance requires complete psychological preparation. The players become mentally tough to face any challenges on the field. Soccer is a physical and mental game because soccer players should have strong psychic power to overcome many psychological obstacles during the match. Each day players work hard to improve these skills by many means and methods. Yoga has become a accepted part of the training regimen to improve psychic powers as well as physical skills. Yoga is becoming a common part of the preparation and workout routines in all the sports and games. The present investigation is also with the sole aim to find out the impact of Yogic exercises on mental toughness qualities among soccer players.

Mental toughness is having the psychological edge that allows one to perform at peak maximum effort and efficiency during the demands that are placed on them during training practice, or competition. Specifically when the demands are greatest or the conditions become adverse mentally tough athletes are self- confident, self-assured, and they are unaffected by completion or adversity, these athletes have the strong belief that they control their own destiny.

Goldberg defined "Mental toughness is an ability to cope with or handle pressure". Dennis defined "Mental toughness is an ability to overcome or rebound from failure." Besides tremendous gain in physical flexibility, Yoga can help with improving balance endurance, mental focus performance anxiety. Stress relief injury prevention and eliminating tension from the body.

Sports psychologists have consistently referred to mental toughness, as one of the most important psychological characteristics related to outcomes and success in elite sports. Mental toughness is the ability to consistently sustain one's ideal performance state during adversities in competition. Performing to one's potential requires good technique and mental skills. Ups and downs in performance are often directly traceable to psychological ups and downs. Players who create a special atmosphere with them perform consistently. Mental toughness is learnt, not inherited. The ultimate measure of mental toughness is consistency. Mentally tough players are determined and committed to success. These players want to succeed more than their competition and are willing to commit the necessary time and dedication to win.

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There are certain moments during competition that appear to carry great psychological significance, when the momentum starts to shift in one direction or another. These situations require players to remain completely focused and clam in the face of difficult circumstances. Soccer players talk of the goal during light match. Developing the soccer mental toughness is just one aspect in improving soccer game. To improve knowledge of soccer tactics requires mental toughness in training. Loehr emphasised that players and coaches fault that at least fifty percent success in due to psychological factors that reflect mental toughness. Mental toughness in an important psychological characteristic of sports performance, Norris emphasized the important of mental toughness in making of champion athlete. Everybody accept that Yoga can improve the coordination between the body and mind.

In all fields of Endeavour those who would achieve outstanding result must develop mental toughness. These include strengthening such as persistence, concentration self motivation self control, emotional power and relaxation. It begins with tough thinking, leads in to tough actions and then brings sweet rewards of success. Developing mental toughness is just one aspect in improving football game.

## 2. Methodology

For achieving the purpose of the study total 30 subject were selected as samples from football clubs in Kolkata. There aged ranged between 15 to 19 years and the selected subjects were divide in to two groups equally with 15 each as control and experimental group. All the selected subjects were stat or national level players and all of them were used to soccer practice for duration of two hours every day. A part from soccer practice the experimental group underwent yogic practice for six weeks in a schedule of weekly three days with one hour session each in morning.

**Table 1:** Analysis of convenience for pre, post and adjusted mean on mental toughness of experimental and control group

Test	Group		SV	Sum of Square	DF	Mean Square	F Ratio
	Exp.	Con.					
Pre-Test Mean	16.23	17	B	3.232	1	3.232	0.258
			W	332.13	28	10.865	
Post - test mean	24.63	17.16	B	411.09	1	411.09	72.114
			W	158.76	28	5.608	
Adjusted Mean	24.60	17.19	B	404.84	1	404.84	68.784
			W	156.38	27	5.746	

Significant at 0.05 level

The above table shows the pre post and adjusted mean and "F" ratio value. The pre-test mean value of experimental and control group were 16.23 and 17 respectively. The obtained F value of 0.258 was lesser than the required table value of 4.20 for significant with dfl and 28. The post- test mean values of experimental and control group were 24.63 and 17.16 and F ratio value was 72.114 for significant with dfl and 28. The adjusted post-test mean value were 24.60 and 17.19 and F ratio value was 68.784 which was higher than required "F" ratio value of 4.21 for significant dfl of 1 and 27. The result of the post-test mean value showed that there was a significant improvement mental toughness among soccer players due to Yogic and relaxation training combindely. Further the "F" value revealed that was significant difference in mental toughness between the experimental and control group among soccer players.

## Conclusion

From that analysis and discussion of the present study the

## Yogic training procedure

The one hour yoga training includes eleven asana and two pranayams. The asana are padmasana, Sarvanghsana, Halashana, Bhujangasana, Matsyanasa, Chakarasana, Dhanursanana, Ardhamtsyendersana, Vajrasana, Sirashasana, Shavasana and two pranayams are kapalbtiati and shitali.

## Testing procedure

The pre and post-test were conducted on selected psychological variables of mental toughness by using Dr. Alan Goldberg mental toughness questionnaire.

## Description of mental toughness questionnaire used

Mental toughness questionnaire consisted 30 statements and it measure five dimension of rebound ability, ability to handle pressure concentration ability, level of confidence and motivation. Each answer will have one mark and the statement having true as well false answer.

The overall score of 26-30 indicated strength in overall mental toughness. Score 23-25 indicates average to moderate skill in mental toughness, score of 22 or below mean that you need to start putting more time in to mental training area.

## Statistical procedure

Analysis of covariance (ANCOVA) was used as a statistical tool to determine the significant difference, If and exciting between pre and post test data on selected variable of mental toughness. The level of significance was fixed at 0.05 levels.

## Result and Discussions

The statistical analysis of data on mental toughness collected form 30 subjects of 15 subjects each as control and experimental groups have been presented in the table:

following conclusions were drawn:

Due to Yogi training overall mental toughness of the soccer players significantly improved.

Further the result of the study indicated that the Yogic result of the study indicated that the Yogic training also included the soccer players training program to develop their mental toughness which are essential to get success.

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