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## Effect of aerobic exercises and yogic practices on stress and self-confidence among male soccer players

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**Abstract**

The purpose of present study was to find out the effect of aerobic exercises and yogic practices on stress and self-confidence among male soccer players. To achieve this purpose, forty five soccer players, studying in various colleges and departments from Dhanalakshmi srinivasan educational institutions, Perambalur, Tamil Nadu, India in the age group of 19-25 years were selected as subjects. The selected forty five subjects were randomly divided into three groups of fifteen each, out of which group-I (n=15) underwent aerobic exercise (continuous running) for three days (alternative days) per week, group-II (n = 15) underwent yogic practice for five days per week (Monday to Saturday) for twelve weeks and group-III (n=15) remained as control. Prior to and after the training period the subjects were tested for, stress and self-confidence. Stress was assessed by using Everly and Giordano stress scale and self-confidence assessed by using Rekha Agnihotry self-confidence Questionnaire. The statistical tool were used for the present study is Analysis of covariance (ANCOVA). If obtained 'F' ratio is significant, Scheffe's test used as a post hoc test to find out the differences among the groups. The result of the study was a significant altered on stress and self-confidence after twelve weeks of aerobic exercises and yogic practices. However the different was favour of experimental groups. There was no significant difference was occurred between aerobic exercises and yogic practices group after twelve weeks of aerobic exercises and yogic practices.

**Keywords:** Aerobic exercises, yogic practices, soccer, stress and self-confidence

**Introduction**

Oxygen consuming activity helps in counteracting cardiovascular illnesses like elevated cholesterol, hypertension, type-2 diabetes, joint inflammation and stroke. High impact workouts like weight training, strolling and running helps to evade osteoporosis. Regardless the truth that one's feelings among the diseases, oxygen consuming activity will help to reduce diseases. Dynamic or vigorous workouts additionally secures the impervious frame work. It blazes calories; in adding up to it is the principal sort of activity that specifically smolders sway to fat quotients.

Physical exercise, like aerobic or cardio-exercise with minimum to maximum impact is based mainly on the cardiac power development process (Plowman and Smith, 2011) [4].

'Yoga' is not an antique legend hidden in forgetfulness. It's best number of precious in stupor. That is the necessary requirement of today moreover, the traditions of tomorrow. It's a skill of proper living and, as like as, proposed may be an additional in daily life. It workings on all characteristic of the individual: the imperative, mind, arousing, corporeal, intuitive, and religious (Satyananda Saraswati, 1999) [6].

In the game of football, there are eleven players are played in each side of two sides or teams on a rectangular play field with goals of net at either end. The players shall drive the football into the opponent's goal by heading, kicking or using any part of the human body except the arms and hands.

**Statement of the Problem**

The purpose of present study was to find out the effect of aerobic exercises and yogic practices on stress and self-confidence among male soccer players.

**Methodology**

To achieve this purpose, forty five soccer players, studying in various colleges and departments

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from Dhanalakshmi srinivasan educational institutions, Perambalur, Tamil Nadu, India in the age group of 19-25 years were selected as subjects. The selected forty five subjects were randomly divided into three groups of fifteen each, out of which group-I (n=15) underwent aerobic exercise (continuous running) for three days (alternative days) per week, group-II (n = 15) underwent yogic practice for five days per week (Monday to Saturday) for twelve weeks and group-III (n=15) remained as control. Prior to and after the training period the subjects were tested for, stress and self-

confidence. Stress was assessed by using Everly and Giordano stress scale and self-confidence assessed by using Rekha Agnihotry self-confidence Questionnaire.

### Analysis of Data

The data collected prior to and after the experimental periods stress and self-confidence on aerobic exercises and yogic practices and control group were analyzed and presented in the following table –1

**Table 1:** Analysis of covariance of aerobic exercises and yogic practices and control groups

Variable Name	Group Name	Aerobic Exercises	Yogic Practices	Control Group	F ratio
Stress	Pre-test Mean $\pm$ S.D	23.33 $\pm$ 2.20	23.47 $\pm$ 1.25	23.33 $\pm$ 2.23	0.024
	Post-test Mean $\pm$ S.D.	21.07 $\pm$ 2.09	20.53 $\pm$ 1.13	24.07 $\pm$ 2.31	14.88*
	Adj. Post-test Mean $\pm$ S.D.	21.107	20.453	24.107	99.67*
Self-Confidence	Pre-test Mean $\pm$ S.D	27.53 $\pm$ 1.125	27.00 $\pm$ 1.25	27.27 $\pm$ 1.79	0.529
	Post-test Mean $\pm$ S.D.	30.20 $\pm$ 1.42	29.13 $\pm$ 1.12	26.80 $\pm$ 2.11	17.55*
	Adj. Post-test Mean $\pm$ S.D.	29.947	29.366	26.800	53.18*

Significant at .05 level of confidence

\* (The table value required for significance at .05 level of confidence with df 2 and 42 and 2 and 41 were 3.22 and 3.23 respectively.)

### Results

From the table-1 it is clear that aerobic exercises and yogic practices decrease stress and increase self-confidence when compare with control group.

Further to determine which of the paired means has a significant improvement, Scheffé S test was applied as post-hoc test. The result of the follow-up test is presented in Table-2.

**Table 2:** Scheffé S test for the difference between the adjusted post-test mean of stress and self-confidence on aerobic exercises and yogic practices and control group

Aerobic Exercises	Yogic Practices	Control Group	Mean Difference	Confidence interval at .05 level
<b>Adjusted Post-test Mean of Stress</b>				
21.107		24.107	3.00*	0.712
21.107	20.453		0.654	0.712
	20.453	24.107	3.654*	0.712
<b>Adjusted Post-test Mean of Self-Confidence</b>				
29.947		26.800	3.147*	0.826
29.947	29.366		0.581	0.826
	29.366	26.800	2.566*	0.826

\* Significant at 0.05 level of confidence.

Both aerobic exercises and yogic practices decrease stress and increases self-confidence when compare with control.

### Conclusions

From the analysis of the data, the following conclusions were drawn.

The result of the study shows that there was high decrease in stress after yogic practices and aerobic exercises. Cong *et al.*, (2011) [2] cited that the a survey which depended on eight randomized control preliminaries and clinical controlled preliminaries demonstrated a beneficial outcome of yoga in lessening stress levels on stress symptoms. Shohani *et al.*, (2018) [8] has discovered critical decrease on stress after the yogic practice. Sharma *et al* (2013) [7] has found that significant decrease on stress after the slow and fast pranayama practices. Moreover, the current test's outcome shows that there was no significant difference which was found between the training groups on stress.

For the variable self-confidence, yogic practices group and aerobic exercises group essentially expanded in self-confidence when compared with the control group. Samsudeen and Kalidasan (2007) [5] has discovered that there was a critical improvement in self-confidence after the yogic practices. Claudio Robazza, and Laura Bortoli (2007) [1] has recommended from his research work that there was a high improvement in self-confidence after the yogic practices. The results of the investigation indicated that considerable difference did not happened in self-confidence between the

training groups, i.e. aerobic exercises group and yogic practices group.

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