



INFLUENCE OF YOGIC PRACTICE ON SELECTED PSYCHOLOGICAL VARIABLES AMONG MALE HOCKEY PLAYERS

Dr. S. Viswanath

Assistant Professor, YMCA College of Physical Education, Nandanam, Chennai,
Tamilnadu

Abstract:

The purpose of the study was to find out the influence of yogic practice on anxiety and achievement motivation among male hockey players. To achieve the purpose of the study, thirty male hockey players have been randomly selected from various colleges in and around Salem district, Tamil Nadu state, India. The age of subjects ranged from 18 to 25 years. The subjects were randomly divided into two equal groups of twelve each such as experimental group and control groups. The experimental group participated in the yogic practice for 8 weeks, 3 days a week, one session per day. The control group maintained their daily routine activities and no special training was given. The subjects of the two groups were tested on selected variables prior and immediately after the training period. The collected data were analyzed statistically through analysis of covariance (ANCOVA) to find out the significance difference, if any between the groups. The 0.05 level of confidence was fixed to test the level of significance difference, if any between groups. The results of the study showed that there was significant differences exist between yogic practice group and control group. And also yogic practice group showed significant decrease on anxiety and increase on achievement motivation compared to control group.

Key Words: Anxiety

Introduction:

Yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise deshpande et al (2008). It is also useful against physical stress like cold exposure selvamurthy et al (2005) and stress due to diseases like epilepsy usha Panjwani (1995) Yoga has been found useful for mental disorders like depression. Shannon (2000) Yoga helps to improve the mental health of both the young and seniors by reducing stress. Yoga can be wisely applied in welfare programs to improve the Quality of Life in all age groups. Yogic practice has a significant reduction in total anxiety (Kocher, 1972). Yoga offers a fine tool for the development of the emotional personality of men (Mohan, 2005). Sound health is the men's priceless treasure. Health, happiness and peace of mind are the treasures that cannot be purchased. Stress according to Yoga is imbalance. Imbalance is a misery at the mental and physical levels. Thus, a demanding situation that causes pain and leads to ailments and diseases. Many studies have proved that yoga and meditation are beneficial in case of psychiatric and psychosomatic disorder like stress, aggression, anxiety, depression, mental retardation, hyper tension, diabetes, etc (Mark Nesti, 2004). Susan Lark (1993) said that practicing Yoga will "provide effective relief from anxiety and stress. Hatha yoga could be a helpful adjunct to medical and psychological treatment when practiced regularly by clients on their own to improve feelings of physical health, reduce their anxiety and enhance their self-concepts and emotional tone." Stress is understood as the total of organic adaptation reactions, which had the aim to maintain or re-establish the inner and/or outer balance. From the psychological point of view, stress is related to the activation of the cognitive functions and is generally understood as a psychological demand or mental activity Noce et al (2002).

Methodology:

To achieve the purpose of the study, thirty male hockey players have been randomly selected from various colleges in and around Salem district, Tamil Nadu state, India. The age of subjects ranged from 18 to 25 years. The subjects were randomly divided into two equal groups of twelve each such as experimental group and control groups. The experimental group participated in the yogic practice for 8 weeks, 3 days a week, one session per day. The control group maintained their daily routine activities and no special training was given. The subjects of the two groups were tested on selected variables prior and immediately after the training period. The collected data were analyzed statistically through analysis of covariance (ANCOVA) to find out the significance difference, if any between the groups. The 0.05 level of confidence was fixed to test the level of significance difference, if any between groups.

Table 1: Tools used

S.No	Variables	Designed / Prepared by
1	Stress	Spielberger (1972)
2	Achievement Motivation Questionnaire	M. L. Kamlesh (1991)

Table 2: Descriptive Analysis of Anxiety and Achievement Motivation among Experimental and Control Groups

S.No	Variables	Group	Pre-Test Mean	SD (±)	Post -Test Mean	SD (±)	Adjusted Mean
1	Anxiety	YPG	55.66	0.48	52.43	0.28	52.42
		CG	55.89	0.63	54.03	1.72	54.04
2	Achievement motivation	YPG	27.79	0.48	30.01	0.60	30.10
		CG	27.98	0.61	28.66	1.31	28.58

YPG = Yogic Practice Group

CG = Control Group

The tables 2 the pre, post-test means, standard deviations and adjusted means on anxiety and achievement motivation of male hockey players were numerical presented. The analysis of covariance on selected variables of yogic practice group and control group is presented in table 3

Table 3: Computation of Analysis of Covariance on Selected Psychological Variables among Hockey Players

S.No	Variables	Test	Sum of Variance	Sum of Squares	Df	Mean Square	F ratio
1	Anxiety	Pre-test	B.G.	0.42	1	0.42	1.34
			W.G.	8.91	28	0.31	
		Post-test	B.G.	19.35	1	19.35	12.64*
			W.G.	42.84	28	1.53	
		Adjusted means	B.S.	18.80	1	18.80	11.86*
			W.S.	42.81	27	1.58	
2	Achievement	Pre-test	B.G.	0.24	1	0.24	0.81
			W.G.	8.55	28	0.30	
		Post-test	B.G.	13.63	1	13.63	13.10*
			W.G.	29.12	28	1.04	
		Adjusted means	B.S.	16.85	1	16.85	21.23*
			W.S.	21.43	27	0.79	

* Significant at 0.05 level of confidences

(The table values required for significance at 0.05 level of confidence for 1 & 28 and 1 & 27 are 4.20 and 4.21 respectively).

In the table the results of analysis of covariance on anxiety and achievement motivation. The obtained 'F' ratio of 1.34 and 0.81 for Pre-test means was less than the table value of 4.20 for df 1 and 28 required for significance at 0.05 level of confidence on anxiety and achievement motivation. The obtained 'F' ratio of 12.64 and 13.10 for post-

test means was greater than the table value of 4.21 for df 1 and 28 required for significance at 0.05 level of confidence on anxiety and achievement motivation. The obtained 'F' ratio of 11.86 and 21.23 for adjusted post-test means was greater than the table value of 4.20 for df 1 and 27 required for significance at 0.05 level of confidence on anxiety and achievement motivation. The result of the study indicated that there was a significant difference among the adjusted post test means of yogic practice group and control group on anxiety and achievement motivation. And also yogic practice group showed significant improvement on anxiety and achievement motivation compared to control group.

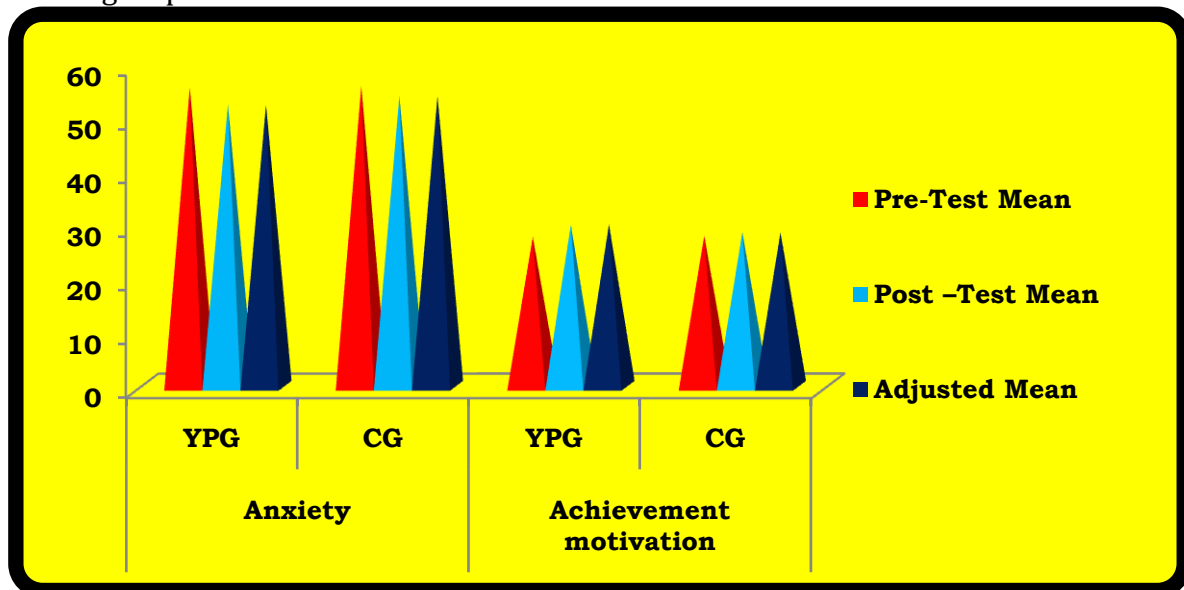


Figure 1: The pre, post and adjusted mean values of anxiety and achievement motivation of both experimental and control groups are graphically represented in the figure 1.

Discussion of Findings:

The results of the study indicate that the experimental group which underwent yogic practice group had showed significant decrease on anxiety and improvement on achievement motivation level compared to control group. The control group did not show significant improvement on anxiety and achievement motivation level. The past studies on selected anxiety and achievement motivation reveals of Ramesh (2017), Gopinathan (2016), Kuntal Thakur (2016). Gururaja et al (2011).

Conclusions:

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

- ✓ The experimental group hockey players showed significant decrease on anxiety and improvement achievement motivation level.
- ✓ The control group did not show significant improvement on anxiety and achievement motivation.

References:

1. Gopinathan, P., (2016). Effect of yogasanas on stress and anxiety among inter collegiate players. *International Journal of Adapted Physical Education & Yoga*, 1(1), 1-5.
2. Gururaja, D., Harano, K., Toyotake, I., & Kobayashi, H. (2011). Effect of yoga on mental health: Comparative study between young and senior subjects in Japan. *International Journal of Yoga*, 4(1), 7-12. <http://doi.org/10.4103/0973-6131.78173>.

3. Kuntal Thakur (2016). A study on pre-competitive and post-competitive anxiety and stress of national level yoga performers, *International Journal of Yogic. Human Movement and Sports Sciences*, 1(1), 65-69.
4. Deshpande, S., Nagendra, H.R, Nagarathna, R.A (2008). Randomized control trial of the effect of yoga on verbal aggressiveness in normal healthy volunteers. *Int J Yoga*. 1:76-82.
5. Selvamurthy, W., Ray, U.S, Hegde, K.S, Sharma, R.P.(2005). Physiological responses to cold in men after six months practice of yoga exercises. *Int J Biometeorol*. 32:188-93.
6. Shannon, M., Bennett, Weintraub, A., Sat Bir, S., Khalsa (2009). Initial evaluation of the life force yoga program as a therapeutic intervention for depression. *Int J Yoga Ther*. 18:49-57.
7. Usha, Panjabi., Gupta, H.L, Singh, S.H., Selvamurthy, W., Rai., U.C (1995) Effect of sahaja yoga on stress management in patients of epilepsy. *Indian J Physiol Pharmacol*. 1995;39:111-6.
8. Noce, F., Santos, I.C., Samulski, D.M., Carvalho, S.L., R.V., Santos & Mello, M.T. (2008). Monitoring levels of stress and overtraining in an elite brazilian female volleyball athlete: case study. *Revista de Psicología del Deporte*. Vol 17(1) pp. 25-41. ISSN: 1132-239X.
9. Mohan, T. (2005). *Yoga the science of Holistic Living, Integral Yoga, Vivekananda Kendra Prakashan, Chennai.P.102.*
10. Kocher,H.C., & Pratap, V. (1972). Anxiety level and Yogic P. *Yoga Mimamsa*, 15(1):11-15.
11. Mark Nesti. (2004). *Existential Psychology and Sport, Theory and Application*, Routledge, London.
12. Lark Susan, M. (1993). "Anxiety and Stress", *The Women's Health Series*, Westchester Publishing Co., Los Altos, Ca, P.201.