

Influence of Yogic Practices on Psychological Parameters of Soccer Players

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Abstract

The purpose of the study was to find out the influence of yogic practice on psychological parameters of soccer players. For this study, sixty men soccer players were selected randomly from the affiliated colleges of Madurai Kamaraj University, Madurai, Tamil Nadu and they were divided into two groups as yogic practice group (YPG) and control group (CG). Psychological parameters namely anxiety aggression and self-confidence were administered at the beginning and end of twelve- week experimental treatment. The collected data was statistically analyzed by using analysis of covariance (ANCOVA). It was found that there was significant improvement in psychological parameters of YPG when compared to the CG.

Key Words: Yogic Practice, Anxiety, Aggression and Self-confidence.

Introduction

Sport psychology as an emerging field of psychology, is viewed as an attempt to understand, describe and explain the behaviour of sports persons in athletic setting both in practice and in competition, with a view to enhance performance" (Kamlesh, 1998). During the early twentieth century, few farsighted individuals recognized the importance of psychological factors in sport and initiated sport psychology research. Although sport psychology had not yet emerged as a distinct discipline, the pioneering work of these early sport psychologists have raised numerous issues and paved the way for much of our current work and research (Gill, 1986). In modern competitive sports, psychological preparation of a team is as important as teaching different skills of a game using scientific methods. Nowadays, teams are prepared not only to play, but to win the competition, for coach's feel that good mental and psychological preparation for competition is a necessary component for success. (Agyajit, 1991)

Yoga, an ancient Indian science has been practiced as a healthy way of life. Recently, yoga has been adopted as an approach to health within alternative medicine. Modern man is the victim of stress and stress related disorders which threaten to disrupt life totally. Yogic life style, yogic attitudes and various yogic practices help man to strengthen his body and mind. Living a happy and healthy life on all planes is possible through the unified practice of Sudarshan Kriya Yoga

(SKY) along with asana and pranayama when performed consciously and with awareness. SKY has a sound scientific basis and is an ideal tool for improving the health. The practice of yoga has beneficial effect on biochemical and physiological functions Madan and Pal, (2002]. Yoga emphasizes on controlled breathing (pranayama), body posture (asana), relaxation of mind (meditation) keeps a person energetic & healthy for maintaining health and fitness and for treating diseases. SKY is unique breathing process advocated by The Art of Living Foundation, Bangalore, India. SKY is said to heal and purify from within and is a natural and noninvasive technique. (Agte and Tarwadi, 2004]

Yogis observe the mind and the body as one and that if one is provided with the right yoga kit and tools and taken to the correct atmosphere, it can discover harmony and men itself. Yoga so is regarded as therapeutic. It aids one turn into more conscious of one's body's nearing, position and outlines of movement. It gives the body more stretchy and aids one relaxes even in the middle of a pressure stricken atmosphere. This is one of the main causes that people attract and start to practice yoga teacher training to experience fitter, be more energetic, and be content and peaceful. Yoga is science which has been practiced for many years. It is includes Ancient Theories, explanation and ideas about the mind and body connection that is now being established by modern drug. Extensive research has been performed to look at the health advantages of yoga India- from the yoga asanas, yoga pranayama and meditation. The information on yoga poses and advantages are grouped into 3 groups physiological, biochemical effects. In addition, scientists have set these outcomes against the advantages of usual exercise. (Harshika, Nov, 2010)

Objectives

The objective of the study was framed i.e. to know the importance of yogic practice to reduce the anxiety and aggression and increase the self-confidence level among the soccer players.

Methodology

To achieve the purpose of this study, sixty men soccer players were selected randomly from the affiliated colleges of Madurai Kamaraj University, Madurai, Tamil Nadu and they were divided into two groups as yogic practice group (YPG) and control group (CG). The age of the subjects ranges between 17-25 years. CTG group underwent yogic practices for 12 weeks, 5 sessions per week. The asana practice was delimited to the following asana pathahasthanasana, sarvangasana, halasana, dhanursana, shalabasana and savasana. The pranayama practice was delimited to the following exercises. Nadisudthi, Kapalabathi and Bhastrika. All the subjects were tested on selected variables prior to and immediately after the training period. Anxiety, aggression and self-confidence were measured by using SCAT Sports Competition Anxiety Questionnaire, Aggression test (**Bandara, 1973**) and Agnihotry's Self confidence inventory respectively.

Analysis of Data

The data pertaining to the variables in this study were statistically examined by using one way univariate analysis of covariance (ANCOVA) for each variable separately. The level of significance was fixed at 0.05 level of confidence.

Table-I

**Analysis of Covariance on Skill Related Performance of Circuit
Training and Control Groups**

Psychological Parameters	Tests/Groups	CTG	CG	SV	SS	df	MS	F
Anxiety	Pre-Test Mean ± SD	28.47 ± 1.59	26.13 ± 3.27	B W	81.667 382.933	1 58	81.667 6.602	12.37*
	Post-Test Mean ± SD	24.2 ± 1.99	25.77 ± 2.94	B W	36.817 366.17	1 58	36.817 6.313	5.83*
	Adjusted Post-Test Mean	23.33	26.64	B W	134.967 153.86	1 57	134.967 2.69	50*
Aggression	Pre-Test Mean ± SD	15.77 ± 1.94	15.47 ± 1.59	B W	1.35 182.833	1 58	1.35 3.152	0.42
	Post-Test Mean ± SD	13.83 ± 1.84	14.87 ± 1.57	B W	16.017 169.633	1 58	16.017 2.93	5.48*
	Adjusted Post-Test Mean	13.71	14.99	B W	24.169 51.93	1 57	24.169 0.911	26.53*
Self-Confidence	Pre-Test Mean ± SD	27.6 ± 4.03	28.37 ± 2.98	B W	8.817 728.17	1 58	8.817 12.55	0.70
	Post-Test Mean ± SD	24.67 ± 3.62	27.83 ± 4.24	B W	150.417 900.833	1 58	150.417 15.531	9.68*
	Adjusted Post-Test Mean	24.96	27.53	B W	97.878 459.588	1 57	97.878 8.063	12.14*

*Significant at 0.05 level of Confidence. Table $F_{(0.05)} = (1, 57 \text{ \& } 1, 58) = 4.01$

Results

The analysis of the data indicates that there was a significant difference between the YPG and CG on anxiety, aggression level and the level of self-confidence among the soccer players.

Discussions

The results of the study may be depends upon the following adaptations. A various postures of asanas are toned up the muscles, joints and ligaments. A different technique of pranayama helps to massaging the abdominal organs. The muscles of the organs of the abdominal region are toned up at the same time respiratory system gets better equipped to help one to breathe more fully, deeply and easily (thus increasing one's oxygen intake). Meditation improves the one's mental health due to enhanced energy through the pranayama practice. Various asana posture improve the physical health, pracnayama and meditation improve the mental health that leads to decrease the anxiety and aggression level and also increase the self-confidence level of the soccer players. Systematic yogic practice reduces the anxiety and aggression level. The above findings can also be substantiated by observations made by renowned experts **Harner, et al., (2010)**, **Subramanya and Telles, (2009)** and **Smith, et al., (2007)**.

Conclusions

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

1. 12 weeks of asana, pranayama and meditation reduce the level of anxiety and aggression level among the soccer players.
2. Self-confidence was significantly increased due to the influence of 12 weeks of yogic practices.

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