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Influence of yogic training on selected psychological parameters among cricketers

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Abstract

The purpose of the study was to find out the influence of yogic training on selected psychological parameters and performance among cricketers. To achieve the purpose of the study fifty cricket specialization students from the Department of Physical Education and Sports Sciences, Annamalai University were selected as subjects at random. The age of the subjects were ranged between 18 and 22 years. The subjects were further classified at random into two equal groups of 25 subjects each. Group - I underwent yogic training for five days per week for six weeks and group - II acted as control. The selected criterion variables namely anxiety and aggression were assessed before and after the training period. The collected data were statistically analysed by using Analysis of Covariance (ANCOVA). From the results of the study it was found that there was a significant control on anxiety and aggression among the yogic training group when compared with the control group.

Keywords: Yogic training, Anxiety, Aggression, Psychological variables and Cricketers

Introduction

Yoga is the oldest known science of Self-development. Yogic exercises are confined minimum motions involved with a low temperature. Further by influencing the automatic nervous system, the yogic exercises ensure better food utilization and improved nourishment besides proper relaxation due to voluntary control of individuals. The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in opposition to each other. Therefore, yoga aims at bringing the different bodily functions into perfect co-ordination, so that they work for the good the whole body. Yoga is one of India's wonderful gifts to mankind. One of its valuable qualities is that it builds up a store of physical health through the practice of a system of exercises called asanas which keep the body cleansed and fit. Yoga believes that circulation and all internal processes functioning smoothly.

Yoga has been practiced in India for over two millennium stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. Roughly in chronological order are the vocals (books of scriptural knowledge), the Upanishads (philosophical speculations), and their commentaries, then the Puranas (ancient cosmologies), and the two epics, the Ramayana and Mahabharata. The Mahabharata contains within itself that master piece of Indian scripture the Bhagavad-Gita. Toward the end of Vedas period comes the aphoristic literature, with the "Yoga Aphorisms" of patanjali of special interest to Yoga students. There are, besides whole bodies of work both ancient (pre-Christian) and more modern dealing with various aspects of Yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline.

Yoga has a hoary past. The importance for the spiritual attainment has been recognized throughout the ages by all the systems of Indian philosophy. There is no doubt the essence of yoga has been considered in the spiritual enlistment of man. One may question as to how then yoga is related to the physical education and whether yoga will not be pulled down from its highest pedestal in doing this. It is necessary, therefore, to clear the concepts of yoga and physical education first.

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A sound mind grows only with a sound body and has growth of one is complementary to that of the other. This indicates as attitude of mind mental discontent is caused by physical equilibrium. Man is endowed with mind, intellect and goes collectively known as consciousness, which is a source of thinking understanding and acting. Asanas and pranayama bring the mind to a state of stability.

Anxiety is man tested in a varied of ways. Sometimes individual experiences it as merely in sense of harmless dread without being able to identify or of what he is fearful. Psychiatrist call his three floating anxiety to indicate that it is not attached to any specific object. When all individual main symptoms are that of free floating anxiety psychiatrist diagnose the condition as an anxiety state (Neil 1981).

Over anxiety leads to tension and it adversely affects the function like function like digestion circulation excretion and sleep. Yogic exercise helps to develop the control of the senses and bring balance and harmony leading to coordination of body and mind. Nowadays in youth there is clear evidence of unrest and frustration, which leads to aggressive behavior. All this constitutes the greatest threat to life, peace and happiness of humanity, learning influences all aggression to some extends and it is especially important in human instrumental aggression. People use aggression to obtain their objectives, if they have found that this form of behavior gets them what they want on other hand many animals may have uniform capacity for aversely. Stimulated aggression so this form of aggression can occur without prior learning, although it can be modified, strengthened or weekend by experience. There is no doubt that yoga could add a whole dimension to the training process.

Methodology

The purpose of the study was to find out the influence of yogic training on selected psychological parameters and performance among cricketers. To achieve the purpose of the study fifty cricket specialization students from the Department of Physical Education and Sports Sciences, Annamalai University were selected as subjects at random. The age of the subjects were ranged between 18 and 22 years. The subjects were further classified at random into two equal groups of 25 subjects each. Group - I underwent yogic training for five days per week for six weeks and group - II acted as control. The selected criterion variables namely anxiety and aggression were assessed before and after the training period. The selected variables were measured by

using standard testing procedures (anxiety: IPAT- anxiety scale, aggression: C. Smith Aggression Scale). The data collected from yogic training and control groups before and after completion of the training period on selected variables were statistically examined by applying analysis of covariance (ANCOVA). All the data were analyzed using SPSS statistical package. The level of confidence was fixed at .05 level of significance.

Yogic Training

Asana is a body position, typically associated with the practice of Yoga, intended primarily to restore and maintain a practitioner's well-being, improve the body's flexibility and vitality, and promote the ability to remain in seated meditation for extended periods. These are widely known as Yoga postures or Yoga positions, which are currently practiced for exercise and as alternate medicine. The practitioner should devise his programme and select asanas according to his needs and abilities and the availability-of time. For practicing asanas, a clean mat, rug or towel, which is used for no other purpose, is to be used. Practice asana early in the morning or in the evening. Do asana on an empty stomach; 3 to 4 hours after meals; 11/2 to two hours after a moderate quantity of solid or large quantity of liquid food. Women shall not practice asana during monthly periods. Asana are to be practiced in a separate room, which is clean. Do every asana slowly. Do not compel any posture position. Try to practice asana everyday, Avoid practicing asana with strenuous exercises. Savasana for 5 to10 minutes is to be done at the beginning and end of every practice. The following were the asanas selected for the training schedule for the improvement of psychological variables and the performance among the cricketers.

- Savasana
- Dhanurasana
- Bhujangasana
- Patchimottanasana
- Halasana
- Yogamudra
- Supta Vajrasana
- Sarvangasana
- Shalabasana

The analysis of covariance on anxiety of control group and experimental group were statistically examined and presented into table-I

Table I: Analysis of Covariance on of Control Group and Yogic Training Group in Terms of Anxiety

	Control Group	Yogic Training	Source of Variance	Sum of Squares	Degrees of Freedom	Mean Squares	Obtained 'F' ratio
Pre-test mean	40.88	38.80	Between	54.08	1	54.08	0.68
Standard Deviation	8.49	9.27	Within	3792.64	48	79.01	
Post-test mean	40.16	36.40.	Between	176.72	1	176.72	2.05
Standard Deviation	9.18	9.38	Within	4135.36	48	86.15	
Adjusted post-test mean	39.10	37.46	Between	32.73	1	32.73	9.81
			Within	156.82	47	3.34	

Table-I shows that the pre-test means of anxiety of control group and yogic training group are 40.88 and 38.80 respectively. The obtained 'F' ratio value of 0.68 for pre-test means on anxiety is lesser than the required table value of 7.28 for significance at 0.05 level of confidence with degrees of freedom 1 and 48. The post-test means on anxiety of control group and yogic training group are 40.16 and 36.40 respectively. The obtained 'F' ratio value of 2.05 for post-test

data on anxiety is less than the required table value of 7.28 for significance at 0.05 level of confidence with degree of freedom 1 and 48. The adjusted post-test means on anxiety of control group and yogic training group are 39.10 and 37.46 respectively. The obtained 'F' ratio value of 9.81 of adjusted post-test data on anxiety is greater than the table value of 7.28 required for significance at 0.05 level of confidence with degree of freedom 1 and 47.

The results of the study showed that there was significant difference among the adjusted post-test means of control group and yogic training group.

The analysis of covariance on aggression of control group and yogic training group were statistically examined and presented into table-II.

Table II: Analysis of Covariance on Aggression of Control Group and Yogic Training Group

	Control Group	Yogic training	Source of Variance	Sum of Squares	Degrees of Freedom	Mean Squares	Obtained 'F' ratio
Pre-test mean	14.96	12.72	Between	62.72	1	62.72	4.66
Standard Deviation	3.73	3.60	Within	646.00	48	13.46	
Post-test mean	14.20	11.32	Between	103.68	1	103.68	8.96*
Standard Deviation	3.21	3.58	Within	555.44	48	11.57	
Adjusted post-test mean	13.19	12.33	Between	8.57	1	8.57	11.88*
			Within	33.91	47	.72	

Table-II shows that the pre-test means of aggression in terms of control group and yogic training group are 14.96 and 12.72 respectively. The obtained 'F' ratio value of 4.66 for pre test means on aggression is less than the required table value of 4.20 for significance at 0.05 level of confidence with degrees of freedom 1 and 48. The post-test means on aggression of control group and yogic training group are 14.20 and 11.32 respectively. The obtained 'F' ratio value of 8.96 for post-test data on aggression is greater than the required table value of 4.20 for significance at 0.05 level of confidence with degree of freedom 1 and 48. The adjusted post-test means on aggression of control group and yogic training group are 13.99 and 12.93 respectively. The obtained 'F' ratio value of 11.88 of adjusted post-test data on aggression is greater than the table value of 4.21 required for significance at 0.05 level of confidence with degree of freedom 1 and 47.

The results of the study showed that there was significant difference among the adjusted post-test means of control group and yogic training group.

Conclusion

It may be concluded from the results of the study that significant differences were found on anxiety between control group and yogic training group. This study also shows that yogic training group had significant impact on anxiety of the cricketers.

It may be concluded from the results of the study that significant differences were found on aggression between control group and yogic training group. This study also shows that yogic training group had significant impact on aggression of the cricketers.

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