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## A study of volleyball and cricket players attitude towards yoga

**Shahzad Ahmad Wani and Manoj Kumar Pathak**

### Abstract

Present study was intended to explore the level of volleyball and cricket players' attitude towards yoga. The study was carried in context of descriptive research. The total sample for the present study consists of 400 adolescents. Whole data was collected by using Random Sampling Technique (RST). The data was collected by using yoga attitude scale developed by K. M. Mahesh (2016). The collected data was put to suitable statistical treatment by using descriptive as well as comparative statistics. The results of the study indicate that there exists no significant difference has been found volleyball and cricket players on their attitude towards yoga. Thus the type of game played by respondents was seen with identical level of attitude towards yoga.

**Keywords:** Volleyball players, cricket players, attitude towards yoga

### Introduction

Yoga attitude refers to a range of mental sets people can have towards the benefits of yoga refers to harmonious well-being of body, mind and spirit in people. As yoga typically has the method for making a dynamic body, enriching the mind, and elevating the spirit. Over the past three decades, the research material available based on yoga has convinced the researchers that most of our fundamental attitudes to life have their physical counter parts in the body. Extrinsic attitude is one of the psychological factors that determine one's endeavour and pursuits in life. Also male and female differs potentially in most of the psychological traits. Thus comparison and criticism of attitude carries enough scope to be analysed. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual. The practice of yoga is, indeed, very much about disciplining the body and mind. Those who practice yoga regularly find that they are in greater control of their thoughts and emotions. Yoga paves way for a healthier life and is considered an easy way to stay fit, than other forms of exercises. You can easily practice it at home; it needs no tutor and no machines as well. Yoga includes:

- 1. Meditation:** Yoga encompasses meditation as well. Concentrating and counting your breath helps you meditate simultaneously while humming "Om" under your breath.
- 2. Physical postures:** Various physical postures are there for every part of our internal and external body parts that should be practiced according to the needs of a person.
- 3. Breathing techniques:** To regulate and control breathing is one of the primary techniques that should be practiced while doing yoga. During this technique it relieves the psychological complexities of an individual like depression, anxiety, insomnia, neurosis etc.
- 4. Body control:** The yoga postures demands that you have control in your body. Each posture requires you to stay in that position for a certain amount of time. this way you enhance your body balance and control as well.
- 5. Mind control:** The breathing techniques and meditation helps you gain complete control over your mind and improve your concentration and productivity, along with giving you mental peace.

So, in sum, the word yoga means a discipline which is also a union. Yoga helps us to discipline ourselves, and as a result of this discipline we feel a stronger union with the divine – and that includes the divine in ourselves and in those who also follow this discipline. The art of practicing yoga helps in controlling an individual's mind, body and soul. Large number of the research studies has been conducted in the same domain notable studies are; Bourgois et, al. (2001) <sup>[1, 2]</sup>, Bourgois J, Claessens, A., Janssens M, V. Renterghem, B., (2001) <sup>[1, 2]</sup>, Bowlby, J. (1988) <sup>[3]</sup>, Chakradhara, S. (2017) <sup>[4]</sup>, Chanda, T.; Debnath, G. K.; Hossain, M. E.; Islam, M. A.; Begum, M. K. (2012) <sup>[5]</sup>, Chatterjee, S., Chatterjee, P., Bandyopadhyay, A. (2006) <sup>[6]</sup>. In context to same, the investigator considers it vital to explore the study which reads as:

**Statement of the research problem:** The statement of research problem is as under:

A study of volleyball and cricket players attitude towards yoga

**Objectives of the study:** The objectives of the study are as under:

1. To explore the attitude of volleyball and cricket players towards yoga.

**Hypothesis:** The researcher holds richness background of the knowledge in the same domain. Apart from this deep survey was conducted by the investigator in the relevant field. Accordingly, on the basis of the same, the present study consists of below mentioned objectives:

1. There exists no significant difference between volleyball and football players on their attitude towards yoga

**Operational definitions of terms and variables:** The operational definitions of terms and variables are reported as under:

- Under nineteen Volleyball players:** Under nineteen volleyball players in the present study consist of those 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> class students. Besides, only those respondents were selected who hold playing experience more than 4 years. Further it is imperative to mention here that only under nineteen players were selected within the age group of 14-18 years.
- Under nineteen Cricket players:** Under nineteen cricket players in the present study consist of those 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> class students. Besides, only those respondents were selected who hold cricket playing experience more than 4 years. Further it is imperative to mention here that only fewer than nineteen players were selected within the age group of 14-18 years.
- Yoga attitude:** Yoga attitude in the presents study refers the set of score obtained by the respondents on yoga attitude scale developed by K. M. Mahesh

**Delimitation of the problem:** The constraint of time budget and other implications were exiting in the entire process. The present study will be delimited to following domains:

1. The present study was delimited to 400 respondents only.
2. The female gender was deliberately excluded from the existing study.
3. The present study was delimited to four Districts of Kashmir Division viz. Anantnag, Kulgam, Pulwama and Shopian

**Methodology:** The methodology of the present study has been stated in the following heads-

- **Method of the study:** Keeping the nature of the study under consideration, the descriptive method will be used by the researcher for the present study.
- **Sample:** Representative samples of 400 respondents were selected by using random sampling technique. These respondents were selected from the delimited area of the study.
- **Tools used:** In the present study the researcher after securitising number of research tools found suitable to use yoga attitude scale developed by K. M. Mahesh (2016).
- **Statistical treatment:** The collected data was put to suitable statistical treatment by using:
  - a) Frequency distribution,
  - b) Percentage
  - c) Mean
  - d) Standard deviation
  - e) Independent 't' test.

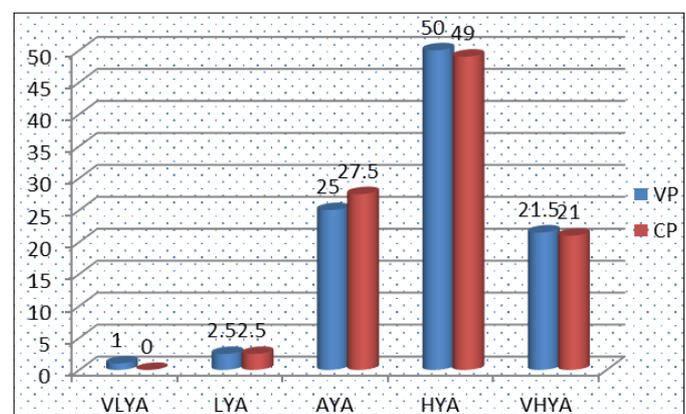
**Analysis and interpretation of the data:** The data has been analysed with the help of descriptive and comparative analysis. The detailed analysis and interpretation is reported as under:

**Table 1:** Showing frequency and percent wise distribution of Volleyball and cricket players on their attitude yoga attitude scale. (N=200 each).

Yoga Attitude	VP		CP	
	F	%	F	%
VLYA	2.00	1.00	0.00	0.00
LYA	05.00	2.50	05.00	2.50
AYA	50.00	25.00	55.00	27.5
HYA	100.00	50.00	98.00	49.00
VHYA	43.00	21.5	42.00	21.00
TOTAL	200	100	200	100

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- V&CP=Volleyball & cricket players
- CP= Cricket players
- VLLYA= Very low level yoga attitude
- LLYA = Low level yoga attitude
- ALLYA = Average level yoga attitude
- HYA= High yoga attitude
- VHYA= Very High yoga attitude
- F= Frequency



**Fig 1:** Showing graphical representation of Volleyball and cricket players on their attitude yoga attitude scale.

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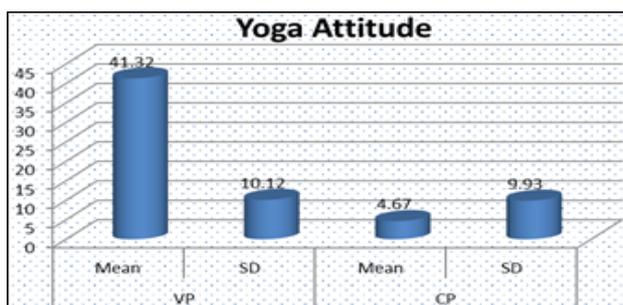
- V&CP=Volleyball & cricket players
- CP= Cricket players
- VLLYA= Very low level yoga attitude
- LLYA = Low level yoga attitude
- ALLYA = Average level yoga attitude
- HYA= High yoga attitude
- VHYA= Very High yoga attitude

**Discussion**

The perusal of the table 1 (Fig.1) gives information about the mean comparison of volleyball and cricket players about the frequency and percent analysis. The results reveal that 1.00% (F=2.00) volleyball players were seen with very low level of yoga attitude. Besides, the obtained results indicate that 2.50% (5.00) volleyball players were seen with low yoga attitude. The analysis indicate that 50.00% (F=25.00) volleyball players were seen with average level of yoga attitude. The results reveal that 100.00% (F=50) volleyball players were seen with very low level of yoga attitude. The results reported in the same table indicate that 21.5% (43.00) volleyball players were seen very high level of attitude towards yoga. Coming towards their counterparts, it was seen that 0.00% (F=0.00) cricket players were reported with very low level of attitude towards yoga. The results reveal that 2.50% (F=5.00) cricket players were reported with low level of attitude towards yoga. The results reveal that 27.5% (F=55.00) cricket players were reported with average level of attitude towards yoga. The results justify that 49.00% (F=98.00) cricket players were reported with high level of attitude towards yoga. The results reveal that 21.00% (F=42.00) cricket players were reported with very high level of attitude towards yoga.

**Table 2:** Showing significance of difference between Volleyball and cricket players on their attitude towards yoga (N=200 each).

Variable	VP		CP		't' value
	Mean	SD	Mean	SD	
Yoga attitude	41.32	10.12	4.67	9.93	0.64####



**Fig 2:** Showing graphical representation of volleyball and cricket players on their attitude towards yoga.

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- VP=Volleyball players
- CP= Cricket players
- ####= insignificant at 0.01 level of significance

**Discussion**

While glancing towards the table 2 gives analysis about the mean significant difference between volleyball and cricket players on their attitude towards yoga. The results reveal that the value of volleyball players was reported 41.32 and the mean value of cricket players was reported 4.67. Besides, both group of respondents were comparatively analysed with

the help of independent 't' test. In the same statistical procedure, the 't' value came out to be 0.64, which is significant at 0.01 level of confidence. Hence, from the reported results it can be inferred that both volleyball and football players hold identical level of attitude towards yoga. Both the group of respondents consider that adoption of yoga will bring peace of mind and will shape their physical fitness. Therefore, from the above reported results significant difference has been reported between volleyball and cricket players on their level of attitude towards yoga.

**Conclusions of the study:** Present study was intended to explore the level of Volleyball and Cricket Players' Attitude Towards Yoga. In context to same, the results of the study indicate that there exists no significant difference has been found volleyball and cricket players on their attitude towards yoga. Thus, the type of game played by respondents was seen with identical level of attitude towards yoga.

**Competing interest:** The research declared that no potential if interest with respect to authorship, research and publication of this article.

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