



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2020; 7(3): 279-281
© 2020 IJPESH
www.kheljournal.com
Received: 18-03-2020
Accepted: 20-04-2020

Dr. Yallappa M
(M.P. Ed, K-SET, N.I.S, Ph.D.)
National Kabaddi Player, Guest
Faculty, University College of
Physical Education, Bangalore
University, Bangalore, India

A study on psychological importance of yoga with kabaddi players

Dr. Yallappa M

Abstract

Kabaddi is a body contact game a team game with no hardware, inhale holding act, which tones up the mind; these are two outstanding highlights, which make kabaddi a remarkable team game 'Kabaddi is genuine regular game, with just system of Tag Game-a game of touch. It needs no exceptional outfit, exorbitant gear reservation of club. Kabaddi favour's body improvement with a strong quality stamina and perseverance; as a result of its extraordinary component "breathe holding" advances cardiovascular continuance and obstruction. Fine adaptability and dexterity is produced as one needs to move quicker in such a 10x13 meter Player's eyes and body movement move toward becoming quicker. Psychological real weights of holding penny make one to control mind and movement. Psychologically he needs to focus on his response time with appraise vitality and space. His physical movements are connected with the close movement of his adversary, as a team with his partners. Socially the game of Kabaddi might be assembled as aggressive however it is normally game of test between single individual [The raider] and the gathering of seven players.

Keywords: Game, endurance, flexibility, features

Introduction

Kabaddi is a game of speed, strength, strategy and, generally importantly, lungpower. In the first place you'll require twenty-four individuals split into two groups of twelve. Just seven players per team are on the playing field in the meantime. The rest of the colleagues are holds that can "sub in" later. The two teams go to inverse sides of the field, which is separated in two equivalent areas. Flip to see who goes first. That team starts out on offense and the two teams interchange offense/safeguard each turn until the point that the game is finished. Here's the place it gets intriguing. The culpable group conveys their "plunderer" to the adversary side of the field, where he should endeavour to touch however many contradicting colleagues as could reasonably be expected before returning securely to his side of the court. The catch? He should do the greater part of this while telling "Kabaddi, Kabaddi, Kabaddi, and Kabaddi". repeatedly and in one long breath. Also, the best part is: we're not influencing this to up! This is a REALSPORT! In the event that he makes it back to safety in one breath, everyone he labelled needs to leave and the offense gets a point for every one of them. Likewise, they may "resuscitate" a partner that was beforehand labelled out for every foe that gets the boot. On the off chance that a group prevails with regards to getting the whole other team out, they score a "lona" and get an additional two points. Play at that point proceeds by putting all players on the two sides back on the field. The team with the most focuses after two 20-minuterounds wins the game. Of course the protectors end ever to hold the poor plunderer down so he comes up short on "Kabaddi is" all alone turf. These bigger chaps are known as "plugs". To make things all the more fascinating (and reasonable) each team can just have four stoppers on the field on the double, and just a single plug can endeavour to stop a plunderer at any given time. Other current varieties of the game thrive all through the world today, including an adaptation called "Gaminee" where players can't be resuscitated. Rather the game is over when one of the teams is totally wiped out. Concerning the game's history? While there are no genuine records anyplace, there is clearly solid proof some place that proposes Kabaddi was created around 4000 years ago to enable Indian warriors to build up their self-protection abilities (also their articulation of the word Kabaddi skills). Today the game is played around the world. (Indeed,

Corresponding Author:
Dr. Yallappa M
(M.P. Ed, K-SET, N.I.S, Ph.D.)
National Kabaddi Player, Guest
Faculty, University College of
Physical Education, Bangalore
University, Bangalore, India

there's an American Kabaddi team.) There's even an official Kabaddi organization, the Kabaddi Federation of India (KFI), established in 1950 that directs play and principles and keeps a pack of records and stuff. Not prepared for the big leagues? Attempt the Amateur Kabaddi Federation (AKFI).

History and Development of Kabaddi

The sport has a long history dating back to pre-historic times. It was probably invented to ward off croup attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the "Mahabharata". Has made an analogy of the game to a tight situation faced by Abhimanyu, the heir of ' the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautama Buddha playing Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides. The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedugudu in Southern India and Kaumbada in Northern India, has undergone a sea change through the ages. Modern Kabaddi is a synthesis of the game played in its various forms under different names.

Pro Kabaddi

Pro Kabaddi League had its first season in 2014. The first season was from 26 July 2014 to 31 August 2014. There were double round robin matches along with two semi-finals, third place and final games. 56 games were to be played in first round and 4 in play off stage making a total of 60 games. 8 teams took part in the first edition. First game was played on July 26 between U Mumba and Jaipur Pink Panthers and the final was played on August 31 at Sardar Vallabhai Patel Indoor Stadium, Mumbai. Jaipur Pink Panthers beat U Mumba by 35–24 to win the inaugural Pro Kabaddi League.

How to Improve the above Skills with Yogic Training

The term "yoga" comes from a Sanskrit word meaning "union". Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

Researchers have given one-month training to Kabaddi player daily one hours. All the player practice following asana's: sarvangasana, dhanurasana, paschimottanasana, powenmukk asan, matsyasana, nokasan, bhujangasana, shalbasan, vakrasan, ardhramchindrasan, vrikshasana, utkatasana. Along with these asana's trainer teach them trataka, kapalbhati and pranayam. In pranayama anulom vilom, ujjai, shiali and AUM jup. At the end of program yoga nidra as a relaxation technique has taken. In pranayama purak, recehak and kumbhak, prayers & bjanas, meditation, mudras, kriyas, and all asanas are important. It helps to improve CANT which is Atama of Kabaddi game. Coach and player comments about yoga training: - The coach have commented that normally CANT for adult and junior boys can be range from 20 to 25 seconds. But with the above training the cant improves up to 25 to 30 seconds. The players show more positive relaxed and flexible approach towards game. They told that they feel fresh and this training helps to improve our physical fitness.

Performance-Enhancing Drugs

The Risks Many athletes take anabolic steroids at doses that are much higher than those prescribed for medical reasons, and most of what is known about the drugs' effects on athletes

comes from observing users. It is impossible for researchers to design studies that would accurately test the effects of large doses of steroids on athletes, because giving participants such high doses would be unethical. This means that the effects of taking anabolic steroids at very high doses haven't been well studied.

Men May Develop

- Prominent breasts
- Baldness
- Shrunken testicles
- Infertility

Women may develop

- A deeper voice
- An enlarged clitoris
- Increased body hair
- Baldness

Both Men and Women Might Experience

- Severe acne
- Increased risk of tendinitis and tendon rupture
- Liver abnormalities and tumors
- Increased low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Decreased high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Hypertension
- Heart and circulatory problems
- Suppression of the hypothalamic-pituitary-gonadal axis
- Prostate gland enlargement
- Aggressive behaviours, rage or violence
- Psychiatric disorders, such as depression
- Drug dependence
- Infections or diseases such as HIV or hepatitis if you're injecting the drugs
- Inhibited growth and development, and risk of future health problems in teenagers

Conclusion

- Yoga training helps Mental health and Moral value
- Yoga training helps Enhance your presence of mind
- Yoga training helps Pay attention to small things
- Yoga training helps Fighting with the right spirit is important
- Yoga training helps to improve the raider cant.
- Yoga training helps to improve physical and mental skills.
- Yoga training helps players to look in to him; it leads to development of sportsman spirit.

References

1. Gamer J, Schmukle SC, Luka-Krausgrill U, Egloff B. Examining the dynamics of the implicit and the explicit self-concept in social anxiety: changes in the Implicit Association Test-Anxiety and the Social Phobia Anxiety Inventory following treatment. *Journal of Personality Assessment*. 2008; 90(5):476-80.
2. Durin JVGA, Rahaman MM, Br Nutr J. 2011; 21:681-9.
3. Fox EL, Robinson S, Weigman D. *J Appl. Physiol*. 2011; 27:174-8.
4. Sodhi HS, Sidhu LS. *Physique and Selection of Sportsmen, a Kinanthropometry Study*, Punjab Publishing House Patiala, India, 2009.
5. Morehouse LE, Rasch PJ. *Sports Medicine for Trainers*,

- 2nd ed., Philadelphia, USA, 2014.
6. Tappen NC. *Am. J Phys. Anthropol.* 2012; 8:64-9.
 7. Tanner JM. *The Physique of the Olympic Athlete*, London, UK, 2014.
 8. De Garay AL, Levine L, Carter JEL. *Genetic and Anthropological Studies of Olympic Athletes*. New York, USA, 2013.
 9. Reilly T, Hardiker R. *J Sports Med. Phys. Fit.* 2011; 21:186-91.
 10. Boennec PM, Prevot M, Ginet J. *Med. Sport.* 2013; 54:45-54.
 11. Reilly T, Seaton A. *J Sports Med. Phys. Fit.* 2010.
 12. Khanna GL, Ghosh AK, Sharma JG, Malhotra MS, Snipes J. 2014; 6:21-7.
 13. Saltin B, Astrand PO. *J Appl. Physiol.* 2014; 23:353-8.
 14. Heath BH, Carter JEL. *Am. I. Phys. Anthropol.* 2010; 27:57-74.
 15. Shri WE. *Technique for Measuring Body Composition*, Washington, USA, 2014, 223-44.
 16. De AK, Debnath PK, Nagchaudhuri J. *Soc. Natl. Inst. Phys. Ed. Sports.* 2012; 1(2):46-50.
 17. Forrester WR, Tashchian A. Characteristics of work groups and their relationship with social and task cohesion in student teams. *Psychological Reports.* 2004; 95(1):207-14.