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## Innovative yogic techniques to improve performance of female racket players

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### Abstract

This study is based on an idea to improve concentration reaction ability, eye-hand coordination, focusing ability. Yoga is the means or techniques for developing physical and mental abilities. Trataka is a part of shatkarma. Trataka helps to improve eyesight and strengthen the muscles surrounding the eyes and helps to get rid of mild eye problems like short sightedness. Trataka helps in reducing the stress and improve performance of the player, thereby increasing the power of concentration. The main objective of study was to improve concentration of the female racket players after providing 4 weeks of trataka practices. The data was collected from female racket game players age range was 18-23 of LNIPE, Gwalior. The study conducted in two groups, experimental and control. The data was obtained by testing on Mirror Tracer before and after trataka practice upon the above mentioned groups. Results indicate that there was improvement on performance of female players after practicing of trataka. It was concluded that "through regular practice of trataka one can increase its concentration."

**Keywords:** Trataka, concentration, yoga, eye-hand coordination, focusing ability etc.

### Introduction

This study is based on an idea to improve concentration reaction ability, eye-hand coordination, focusing ability. Yoga is the means or techniques for developing physical and mental abilities. Trataka is a part of shatkarma. It is a practice where the gaze is fixed on an object. Trataka helps to improve eyesight and strengthen the muscles surrounding the eyes and helps to get rid of mild eye problems like short sightedness. Trataka improves attention and removes distractions of the mind thus we can say trataka strengthen optic nerve and develops coordination of eye muscles and hand. It can make the mind calm and steady and also helps in reducing the stress and improve performance of the player, thereby increasing the power of concentration.

### Definition of yoga

Gita defines Yoga as Yogah Karmasu kaushlam. (ii / 48) "Yoga is skillful action" Yoga is art of all dedicated and focused work

Sri Aurobindo defines yoga mean a methodological effort towards self-perfection by the development of potentialities latent in the individual.

### Trataka

Trataka is to look, or to gaze it is a part of Shatkarma and is also called yogic gazing technique. Trataka practice, continuous gazing on the flame of a candle or any object is to be done, which helps in keeping the eyes healthy and in the alleviation of certain eye disorders and also enhances concentration by reducing anxiety and distractions.

### Concentration

Concentration is defined as the ability to give something our undivided attention to the exclusion of other distractions. Most students report dissatisfaction with their ability to concentrate and feel they do not work as efficiently as they would like. Intense mental application complete attention is concentration.

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## Yoga, concentration and performance

Performance with sure success is closely related with body mind coordination. The performer or players need is body mind coordination, without this performance can't perform skillful these are the major factor for winning the game. Improvement in concentration has been reported in several yogic studies. Without concentration intentional skillful movement would not be possible. The cognitive processes of game is needed to achieve, this include the executive and attention control. These processes are sensitive to age, working memory, motor control and concentration is associated with cognitive capacity of learning to game. Working is a theoretical concept central both to cognitive psychology and neuroscience. Intentional control is the cognitive process of controlling the focus of attention. Intentional control refers to an individual's capacity to choose what they pay attention to and what they ignore. It is also known as endogenous attention or executive attention. In lay terms, attention control can be described as an individual's ability to concentrate. Intentional control is thought to be closely related to other executive functions such as performing, concentration and attention. Yoga techniques, trataka give a tremendous beneficial effect on performance, concentration, and attention with skillful action in events.

### Statement of the problem

"Innovation of yogic techniques to improve performance of female racket players"

### Purpose

The purpose of the study was to examine the impact of Trataka on female racket players. A secondary purpose of this study was to determine trataka practice to improve performance of racket players. The study is to determine the effective use of Trataka would help players to remove problems related with performance.

### Significance of the study

The study is examine to concentration, eye-hand coordination and focusing ability of players after providing trataka practice and the study is helpful to the coaches and athletes to understand the role and emphasis trataka practice to improve cognitive abilities of game for female racket game players.

### Hypothesis

It is hypothesized that there will be no significant difference between experimental group and control group of female racket players.

### Delimitation of the study

The study was delimited to 30 racket game players of LNIPE, Gwalior the participants were an age group of 18-23 years divided into two groups the study was further delimited to assessment of concentration only Concentration was checked through Mirror Tracer.

The training was delimited to trataka practice only. Trataka practice was given only for 4 weeks.

### Research mythology variables of the study

#### Independent Variable

Trataka.

#### Dependent Variable

Concentration.

#### Demographic Variable

Female racket players.

#### Sample of the study

A total of 30 female racket game players of LNIPE, Gwalior were selected as the subjects of the study and divided into experimental group and control group, with 15 players in each group.

#### Control group

15 female racket game players Experimental

#### Group

15 female racket game players

#### Tools and techniques

The data were obtained with the help of Mirror Tracer before and after trataka practice upon the above mentioned groups. Mirror tracing is an activity which is related with visual and motor learning. In mirror tracing a pencil is require for the subjects. The task is required to subjects to move the pencil to trace the diagram of a star while looking at his or her hand as a reflection in mirror. The students were assembled in a hall and made to sit in rows and then scholar had given instruction to subjects to collection the data. Data were collected before Trataka practice and after four weeks from both the groups experimental and control group.

#### Design of the study

To fulfill the aim of the study a methodology had been designed. This study consists of comparing different groups between two different sets of conditions. The process of the design is illustrated by the following table.

**Table 1:** Design of the study

S. No.	Group	Data	Intervention	Data
1	Experimental	Pre	Trataka	Post
2	Control	Pre	Non	Post

For present study experimental and control group data design had been used. This study involves data collection from both the groups at pre and post basis of Trataka practice

#### Schedule for yoga practice

**Table 2:** Progressive chart of training schedule

S. No	Practice	Week 1	Week 2	Week 3	Week 4
1	Opening prayer	3	3	3	3
2	Eye exercise	4	4	3	2
3	Jatru trataka	6	4	3	3
4	Trataka	6	7	8	9
5	Post eye exercise	8	9	10	10
6	Closing prayer	3	3	3	3
7	Total time	30	30	30	30

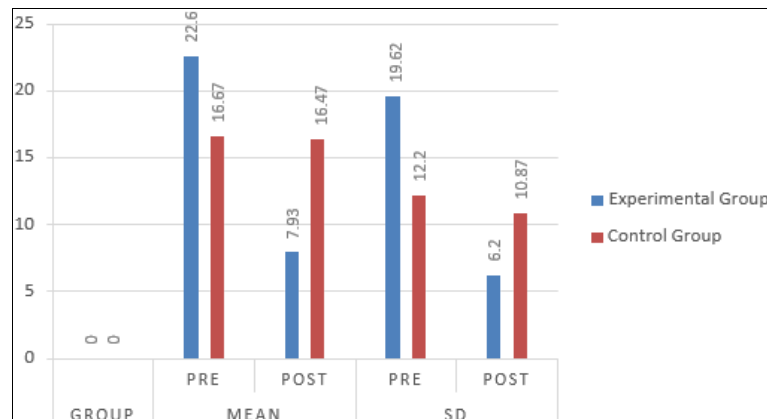
**Note:** Trataka practice is not suitable for people with psychic problems

#### Hypothesis testing

There is no significant difference of mean scores between experimental group and control group of female racket players.

**Table 3:** Difference between mean scores of experimental group and control group

Group	Mean		SD	
	Pre	Post	Pre	Post
Experimental Group	22.6	7.93	19.62	6.2
Control Group	16.67	16.47	12.2	10.87



Note: Here N was 15 because sample of the study was 15

**Fig 1:** Difference between mean scores of experimental group and control group

Table: 1.3 Reveals that mean scores of experimental group and control group pre are (22.6 & 16.67) and post are (7.93 & 16.47) respectively and SD score of experimental group and control group pre are (19.62 & 12.2) and post are (6.2 & 10.87) respectively. This shows that there is change in concentration of experimental group after Trataka practice. Thus, hypothesis is rejected.

### Conclusion

The present study observed changes after Trataka practice on female racket players of LNIPE Gwalior. Research indicates that there is always a possibility of improvement in planning the action to be taken to achieve the aim. Yoga could be incorporate to inculcate and enhance various skills of sports persons. Yoga with its all perspectives at the physical, mental, emotional and intellectual with spiritual basis can be right solution to problem and to improve performance. As per the finding of the research it can be said that effect of Trataka improves performance and concentration. Students practicing Trataka had shown to have better maintain concentration.

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