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Impact of yogic practices on mental fatigue and general fatigue among women football players

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Abstract

The purpose of the study is to investigate the impact of yogic practices on mental fatigue and general fatigue among women football players. To achieve the purpose of the study, thirty women football players studying in various departments and colleges of Dhanalakshmi Srinivasan group of institutions, Perambalur, Tamil Nadu were selected as subjects. Their age ranged from 18 years to 23 years. The selected subjects were randomly assigned into two equal groups of 15 subjects each. Group-I underwent yogic practices and group-II acted as control. The selected dependent variables mental fatigue and general fatigue was assessed by multi-dimensional fatigue inventory scale (MFI) before as well as after training. The assessed data of the two group's was analyzed through paired 't' test. Additionally, magnitude (%) of changes was also calculated. To abolish the early mean disparity, the two group's data (pre&post) were calculated through ANCOVA statistics. The confidence level 0.05 was set. Due to the yogic practices on mental fatigue and general fatigue among women football players were notably progressed however, yogic practices group to control group in developing mental fatigue and general fatigue of women football players.

Keywords: Yogic practices, mental fatigue, general fatigue and football

Introduction

Yoga is one of India's six mainstream philosophical systems. Yoga is derived from the Sanskrit root 'yuj', which means to tie, join, attach, and yoke, to focus and direct one's attention on, and to utilize and apply. It can also refer to a connection or a communion. It is the true union of the individual soul with the supreme soul, the yoking of all the faculties of body, mind, and soul to God; it is the discipline of the intellect, mind, emotions, and will to God.

Fatigue is a phrase that refers to a general feeling of exhaustion or a lack of energy. It's not the same as feeling sleepy or drowsy. When you're tired, you don't have any motivation or energy. Sleepiness is a symptom of weariness.

Among sport conditioning coaches, there is considerable discussion regarding the efficiency of training methods that improve mental fatigue and general fatigue. But the best method for achieving improvement in mental fatigue and general fatigue performance is disputed. Yogic practices are well-established training method and vital necessary for football players; however, there is a lack of information regarding yogic practice impact on mental fatigue and general fatigue football players.

Statement of the problem

The aim of the study was to evaluate the impact of yogic practices on mental fatigue and general fatigue among women football players.

Methodology

To achieve the purpose of the study, thirty women football players studying in various departments and colleges of Dhanalakshmi Srinivasan group of institutions, Perambalur, Tamil Nadu were selected as subjects. Their age ranged from 18 years to 23 years. The selected subjects were randomly assigned into two equal groups of 15 subjects each. Group-I underwent yogic practices and group-II acted as control.

The selected dependent variables mental fatigue and general fatigue was assessed by multi-dimensional fatigue inventory scale (MFI) before as well as after training. The assessed data of the two group's was analyzed through paired 't' test. Additionally, magnitude (%) of changes was also calculated. To abolish the early mean disparity, the two group's data (pre & post) were calculated through ANCOVA statistics. The confidence level 0.05 was set. Due to the yogic practices on mental fatigue and general fatigue among women football players were notably progressed however, yogic practices group to control group in developing mental fatigue and

general fatigue of women football players.

Statistical Technique

The data collected from the experimental and control groups on mental fatigue and general fatigue was statistically analyzed by Analysis of Covariance (ANCOVA). In all the cases the level of confidence was fixed at 0.05 level for significance.

The football player's mental fatigue and general fatigue was analyzed statistically and presented in table- I.

Table I: ANCOVA Statistics output on mental fatigue and general fatigue of chosen two groups

Consolidated ANCOVA table				
Variables	Test	Experimental Group	Control Group	'F' ratio
Mental fatigue	Pre-test Mean \pm S.D	10.50 \pm 2.06	10.55 \pm 2.01	0.066
	Post-test Mean \pm S.D	9.20 \pm 2.14	11.12 \pm 2.21	8.039*
	Adj. Post-test Mean	10.156	10.567	27.87*
General fatigue	Pre-test Mean \pm S.D	11.25 \pm 1.58	11.95 \pm 1.70	0.898
	Post-test Mean \pm S.D	10.70 \pm 1.97	11.80 \pm 2.15	13.933
	Adj. Post-test Mean	10.876	11.810	56.787*

* Significant at 0.05 level of significance. (The table value required for significance at 0.05 level of significance with df 1 and 28 and 1 and 27 were 4.196 and 4.210 respectively).

The ANCOVA result proved that the adjusted final means (Experimental group = 10.156 & CG=10.567) on mental fatigue of 2 chosen groups significantly differs, as the derived 'F' value (27.87) is better than the required value (df 1 & 27 = 4.210).

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Chosen two groups agility performance scores are illustrated in figure-I.

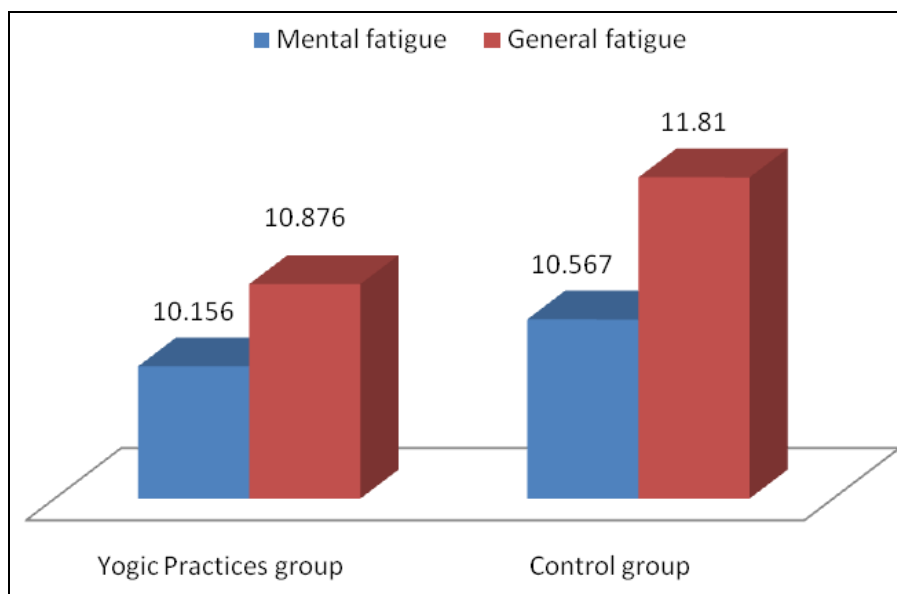


Fig I: Chart Showing mental fatigue and general fatigue of Chosen Groups

Discussion

The research study shows that yogic practices group have decreased mental fatigue and general fatigue. Hasan, Haidary & Gandomi (2020) [1] found that significant decrease on mental fatigue and general fatigue after eight weeks of yoga training for physical education students. Nejadi, *et al.* (2016) [3] found that significant improvement on fatigue after 12 week of yoga program patients with MS.

Conclusion

Due to the effect of yogic practices reduced mental fatigue (14.13%) and general fatigue (5.14%) of women football players were remarkably enhanced.

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