



Influence of Yogic Practice on Selected Psychological Variables among Cricket Players

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Abstract

The purpose of the study was to investigate the influence of yogic practice on selected psychological variables among cricket players. It was hypothesized that there would have been a significant influence of twelve weeks yogic practice on selected psychological variables among cricket players. For the present study 30 male cricket players from Tiruchirappalli district, Tamilnadu, India were selected as subjects at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent yogic practice and Group 'B' underwent no training. Anxiety was assessed using Spielberger questionnaire, aggression was assessed using Smith questionnaire and self confidence was assessed by Agnihotri's Self Confidence Inventory questionnaire. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique to find out the effect of yogic practice on selected psychological variables among cricket players. The level of significance was set at 0.05. The findings of the present study have strongly indicates that yogic practice of twelve weeks have significant effect on selected performance variable of cricket players. Hence the hypothesis earlier set that yogic practice would have been significant effect on selected psychological variables in light of the same the hypothesis was accepted.

Keywords: Yogic Practice, Anxiety, Aggression, Self confidence, Cricket.

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Introduction

Yoga is a science of right living and it works when integrated in our daily life. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. There are too many misconceptions clouding the science of Yoga. People perceive it to be some kind of black or white magic, sorcery, physical or mental debauchery through which miraculous feats can be performed (Chandrasekaran, 1999).

Cricket is a game in which each team has to bowl and bat according to certain rules and regulations. A team which scores greater number of runs will be the winner. In olden days, the game was played in different names in different countries. The game of Cricket is developed from a simple game of hitting an object with a piece of wood. Basically it is the battle between bat and the ball, but the approach has changed from time to time. Cricket is played in many forms such as Test, One day International, First class Twenty 20, Super Six, Eight a side, Indoor Cricket Max Cricket, Double wicket and Single wicket. Cricket is played in more than 105 countries around the globe. Cricket is defined as "a bat

and ball, team game played during the summer in the British Isles and in several countries influenced by the British, such as Australia, New Zealand, India, Pakistan, South Africa, and West Indian nations (Gurpreet, 2013).

Methodology

The purpose of the study was to investigate the influence of yogic practice on selected psychological variables among cricket players. It was hypothesized that there would have been a significant influence of twelve weeks yogic practice on selected psychological variables among cricket players. For the present study 30 male cricket players from Tiruchirappalli district, Tamilnadu, India were selected as subjects at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent yogic practice and Group 'B' underwent no training. Anxiety was assessed using Spielberger questionnaire, aggression was assessed using Smith questionnaire and self confidence was assessed by Agnihotri's Self Confidence Inventory questionnaire. The data was collected before and after twelve weeks of training. The data was analyzed by applying Analysis of Co-Variance (ANCOVA) technique to find out the effect

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of yogic practice on selected psychological variables among cricket players. The level of significance was set at 0.05.

on selected psychological variables among cricket players for pre-post test respectively have been presented in table No.1 to 3.

Results

The findings pertaining to analysis of co-variance between experimental group and control group

Table I. ANCOVA between Experimental Group and Control Group on anxiety for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	58.60	59.06	BG	1.633	1	1.633	0.07
			WG	608.533	28	21.733	
Post Test Mean	42.26	59.60	BG	2253.333	1	2253.333	107.57*
			WG	586.533	28	20.948	
Adjusted Post Mean	42.24	59.61	BG	2256.657	1	2256.657	104.52*
			WG	582.903	27	21.589	

* Significant at 0.05 level.

df: 1/27= 4.21

Table No. 1 revealed that the obtained 'F' value of 104.52 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant

difference in adjusted means of anxiety of cricket players between experimental group and control group. The graphical representation of data has been presented in figure No.I.

Figure I. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Anxiety

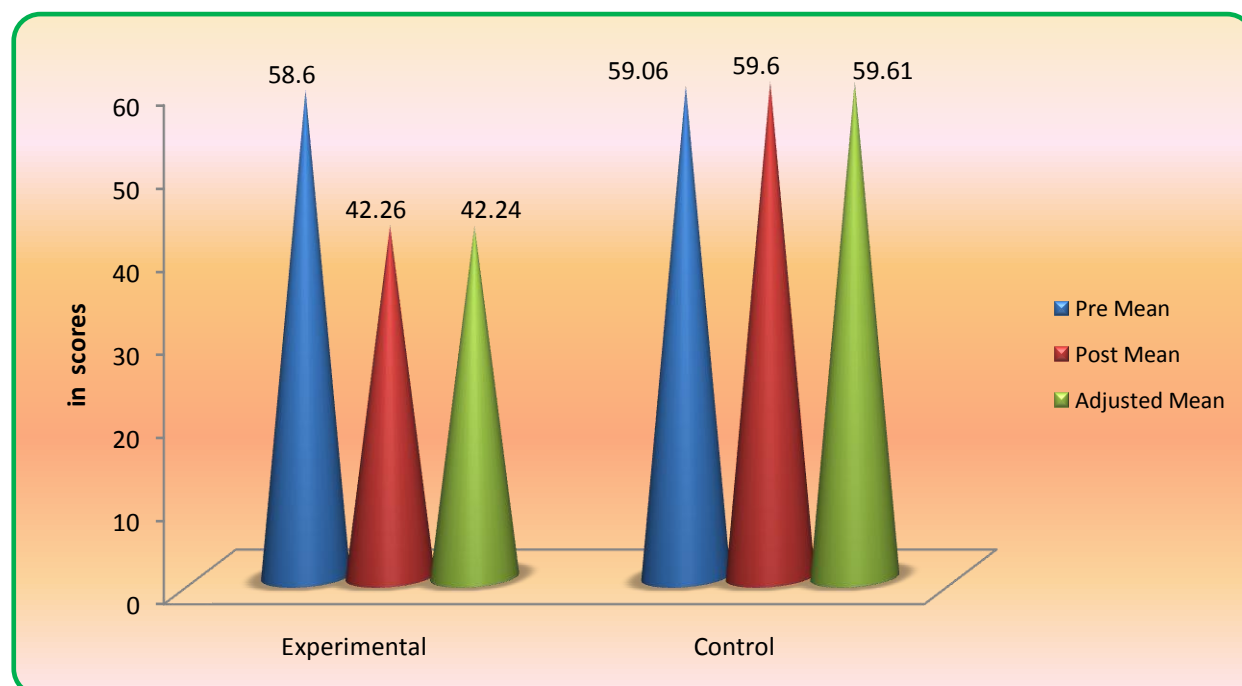


Table II. ANCOVA between Experimental Group and Control Group on aggression for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	15.33	15.66	BG	0.833	1	0.833	0.25
			WG	90.667	28	3.238	
Post Test Mean	10.13	14.46	BG	140.833	1	140.833	39.64*
			WG	99.467	28	3.552	
Adjusted Post Mean	10.10	14.49	BG	143.205	1	143.205	39.91*
			WG	96.874	27	3.588	

* Significant at 0.05 level.

df: 1/27= 4.21

Table No. II revealed that the obtained 'F' value of 39.91 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant

difference in adjusted means of aggression of cricket players between experimental group and control group. The graphical representation of data has been presented in figure No.II.

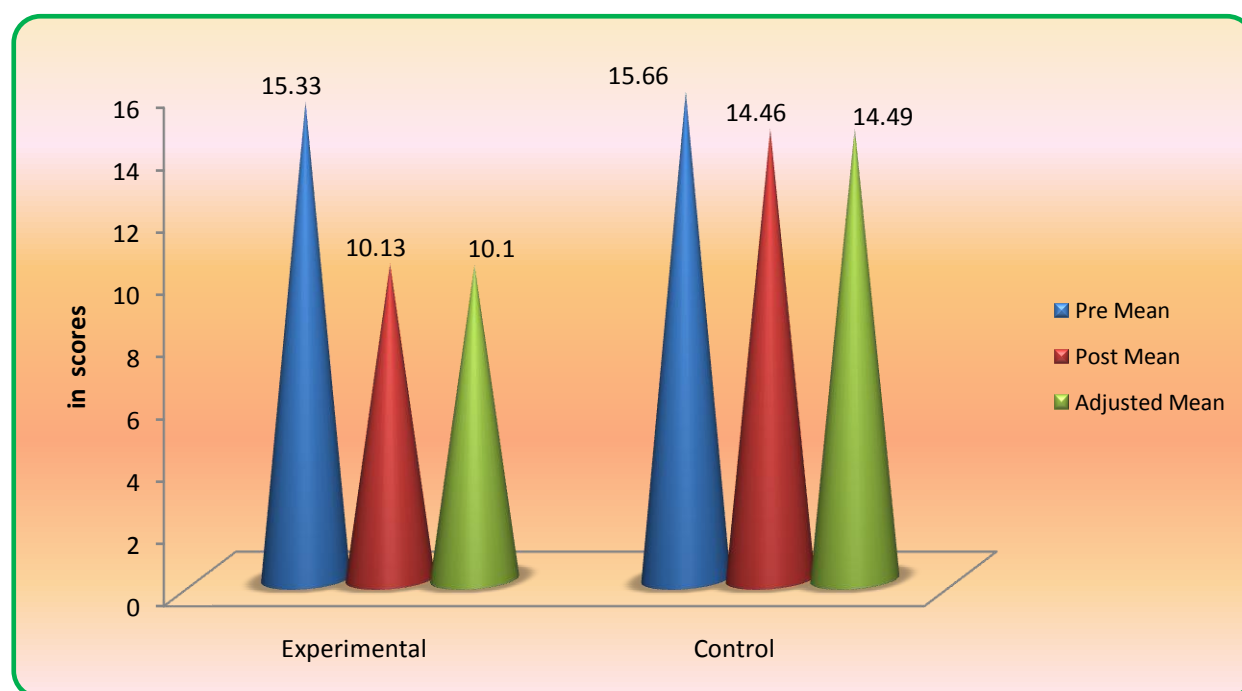
Figure II. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Aggression

Table III. ANCOVA between Experimental Group and Control Group on Self Confidence for Pre, Post and Adjusted Test

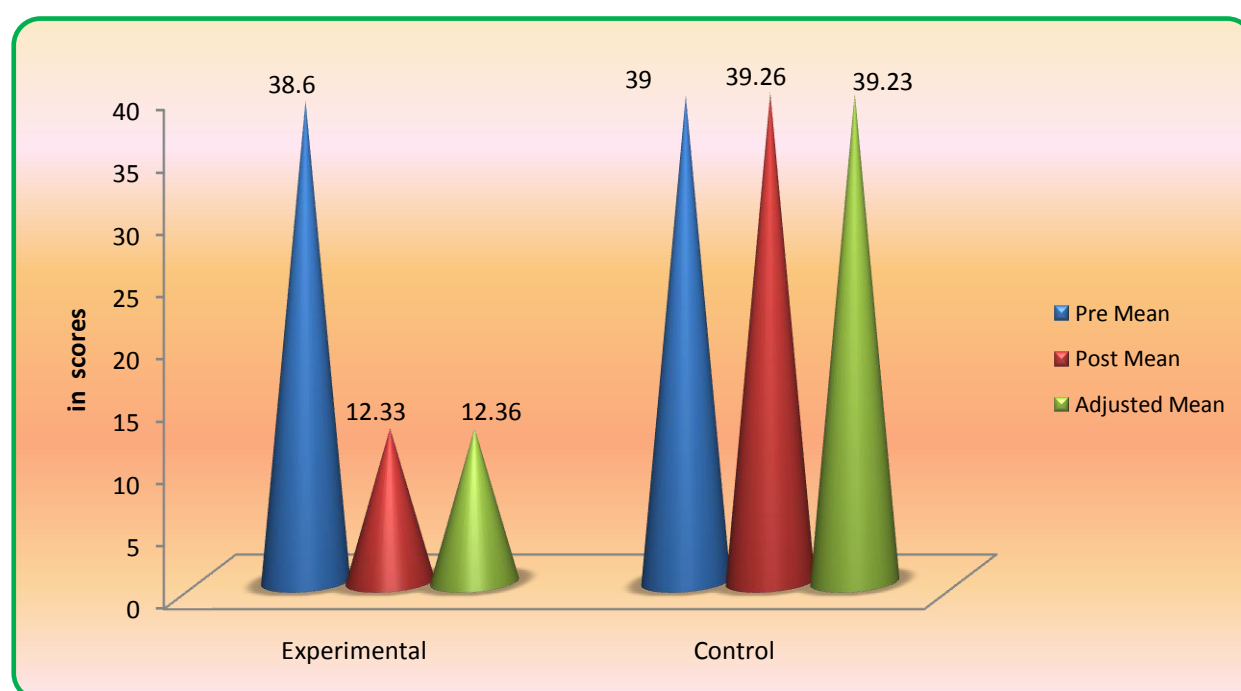
	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	38.60	39.00	BG	1.200	1	1.200	0.17
			WG	189.600	28	6.771	
Post Test Mean	12.33	39.26	BG	5440.533	1	5440.533	634.02*
			WG	240.267	28	8.581	
Adjusted Post Mean	12.36	39.23	BG	5377.558	1	5377.558	620.03*
			WG	234.170	27	8.673	

* Significant at 0.05 level.

df: 1/27= 4.21

Table No. III revealed that the obtained 'F' value of 620.03 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant

difference in adjusted means of Self Confidence of cricket players between experimental group and control group. The graphical representation of data has been presented in figure No.III.

Figure III. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Self Confidence

In case of psychological variables the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular yogic practices which may also bring sudden spurt in psychological variables in cricket players. The findings of the present study have strongly indicates that yogic practice of twelve weeks have significant effect on selected psychological

variables of cricket players. Hence the hypothesis earlier set that yogic practice would have been significant effect on selected psychological variables in light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions

were drawn: Significant effect of yogic practice was found on psychological variables of cricket players.

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