



Effects of Yogic Practice on Selected Psycho Physiological Variables among Athletes

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Abstract

The purpose of the study was to find out the effect of yogic practice on selected psycho physiological variables among athletes. To achieve the purpose of the present study, thirty athletes from SDAT Tiruchirappalli, Tamilnadu, India were selected as subjects and their ages ranged from 16 to 20 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group (Yogic practices) and Group II acted as Control Group. Experimental Group was exposed to yogic practices and control group were not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. CSAI II Inventory was administered to test the cognitive anxiety, somatic anxiety and self confidence. After the experimental treatment, all the thirty subjects were tested on their selected variables. To find out the difference between pre and post test of each groups, paired 't' test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The yogic practices had shown significant improvement in all the selected psychophysiological variables among athletes after undergoing yogic practices for a period of twelve weeks.

Keywords: Yogic Practice, Cognitive Anxiety, Somatic Anxiety, Self Confidence, Athletes.

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Introduction

Yoga is an art in all its aspects, from the most practical to the highest. It is a spiritual art, in the sense that it transforms the seer and brings him into contact with his inner soul. It is a fine art, since it is aesthetic, expressive, visual art, since the body is made to form geometrical designs, lines architectural shapes and the like which are beautiful to behold. It is essentially a useful art for the doer and is presented as a performing art for viewer. The art of yoga is creative, rhythmic in practice and individualistic in nature. It is ennobling. It is the purest of knowledge where wisdom begins and investigates into the nature as being as love is experienced by the lover and the beloved. As living is an art, yogic enhances the quality of one's life. Hence it is an art. It improves one's thought process and enables one to face life's difficult situations happily and with equanimity. It teaches one to strive to achieve a goal in life, to cultivate friendliness, concentration, piety, contentment, joy and more essentially to discard what is not essential to life and to cultivate good habits to lead a righteous life. Yoga is disciplined action to achieve and attain final emancipation (Eugene, 1997).

Yoga is considered as a full fledged science. The science of yoga consists of acquiring knowledge through observation and experiment. It is a science,

which deals with the body and mind controlling the body through the practice of Yoga to achieve the rhythm of mind. The health and strength of the body and the mind are acquired, only when a state of equilibrium is attained whereby the body and the mind are balanced. Like all other arts, Yoga is also a science as well as a philosophy too. As science is concerned with analyses Yoga too is bent on analysis. Yoga analyses the turbulent mind and shows the ways and means of reaching the ultimate goal of freedom. As any other science, yoga too conveys truth. On a practical level, yoga keeps the body healthy the mind quite and pure, and self in beatitude. It is therefore a darsana. The practical aspect of yoga darsana conveys the artistic aspect of Yoga with its precision and beauty. The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person, when imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in opposition to one another. Therefore, yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good at the whole body. Therefore yoga develops the personality of an individual mentally, morally, spiritually and intellectually (Eugene, 1997).

Methodology

The purpose of the study was to find out the effect of yogic practice on selected psycho physiological variables among athletes. To achieve the purpose of the present study, thirty athletes from SDAT Tiruchirappalli, Tamilnadu, India were selected as subjects and their ages

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ranged from 16 to 20 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group (Yogic practices) and Group II acted as Control Group. Experimental Group was exposed to yogic practices and control group were not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. CSAI II Inventory was

administered to test the cognitive anxiety, somatic anxiety and self confidence. After the experimental treatment, all the thirty subjects were tested on their selected variables. To find out the difference between pre and post test of each groups, paired ‘t’ test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

Results

Table I. Significance of mean gains & losses between pre and post test scores on selected variables of yogic practices group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Cognitive Anxiety	23.46	20.00	3.46	3.15	0.81	4.25*
2	Somatic Anxiety	22.00	19.33	2.66	1.67	0.43	6.16*
3	Self Confidence	26.80	31.13	4.33	3.10	0.80	5.39*

* Significant at 0.05 level

An examination of table-I indicates that the obtained ‘t’ ratios were 4.25, 6.16 and 5.39 for cognitive anxiety, somatic anxiety and self confidence respectively. The obtained ‘t’ ratios on the selected variables were found to be greater than the required table value of 2.14

at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that statistically significant and explained its effects positively.

Figure I. Bar diagram shows the pre and post test scores on selected variables of experimental group

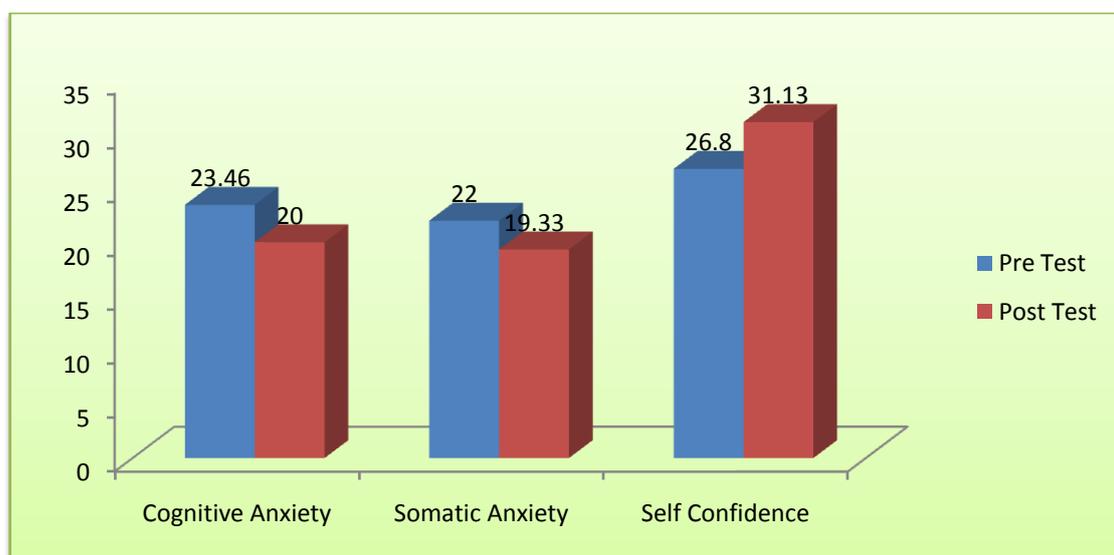


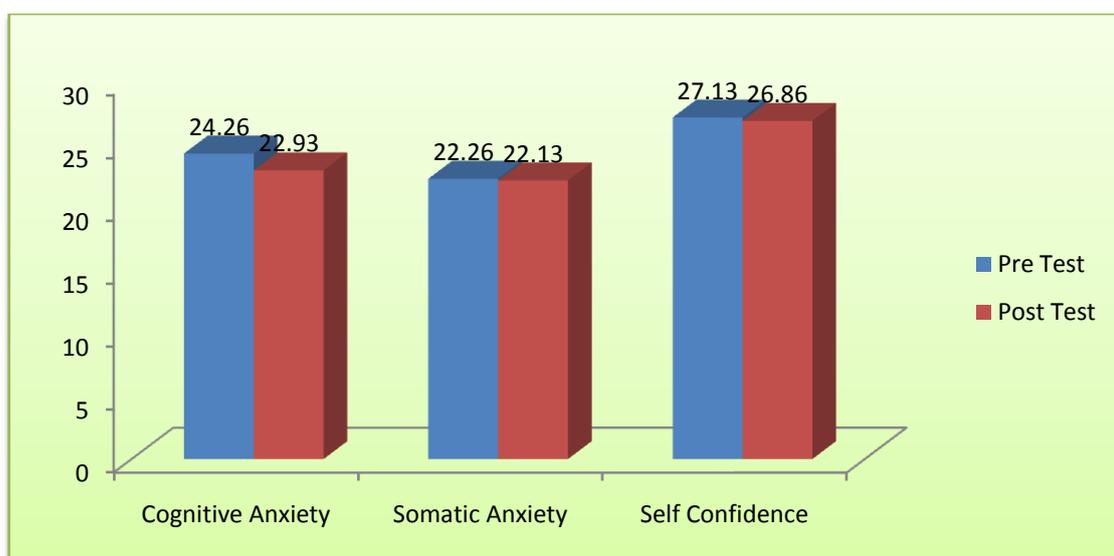
Table II. Significance of mean gains & losses between pre and post test scores on selected variables of control group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Cognitive Anxiety	24.26	22.93	1.33	2.91	0.75	1.76
2	Somatic Anxiety	22.26	22.13	0.13	0.99	0.25	0.52
3	Self Confidence	27.13	26.86	0.26	1.57	0.40	0.65

* Significant at 0.05 level

An examination of table-II indicates that the obtained 't' ratios were 1.76, 0.52 and 0.65 for cognitive anxiety, somatic anxiety and self confidence respectively. The obtained 't' ratios on the selected variables were

found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant.

Figure II. Bar diagram shows the pre and post test scores on selected variables of control group

Conclusion

The yogic practices had shown significant improvement in all the selected psychophysiological variables among athletes after undergoing yogic practices for a period of twelve weeks.

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