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Effect of Selected Yogic Practices on Selected Psychological Variable among State Level State Level Cricket Players

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Abstract

The purpose of the present study was to find out the effect of selected yogic practices on selected psychological variables among State Level Cricket Players. The study was conducted on 60 State Level Cricket Players. Totally three groups, namely, control & experimental group I & II consisting or 20 State Level Cricket Players underwent twelve weeks practice in selected Suryanamaskar and Dynamic Asanas whereas the control group did not under go any type of training. The psychological variables in Anxiety before and after the experimentation using the standardized questionnaire. Then data were analyzed by 't' test and Analysis of Covariance (ANCOVA).

Keywords: Cricket, Yoga Practices, Psychological.

Introduction

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components of the State Level Cricket Players. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, fear, or worry. Anxiety is a "generalized" mood condition that can often occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable. Another view is that anxiety is "a future-oriented mood state in which one is ready or prepared to attempt to cope with upcoming negative events" suggesting that it is a distinction between future vs. present dangers that divides anxiety and fear. Anxiety is considered to be a normal reaction to stress. It may help a person to deal with a difficult situation, for example at work or at school, by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into supreme reality. It is a science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or God. Yoga has the surest remedies for man's physical as well as psychological ailments. It makes the organs of the body active in their functioning and has good effect on internal functioning of the human body. Yoga is a re-education of one's mental process, along with the physical (Iyengar, B.KS., 1999).

Yoga has been practiced in India for over two millennia. Stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. Indian literature is a storehouse of knowledge about yoga covering every conceivable level. Roughly in chronological order are the vocals (books of scriptural knowledge), the Upanishada (Philosophical cosmologies), and their commentaries; then the Puranas (ancient cosmologies), and the two epics, the Ramayana and the Mahabharatha. The Mahabharatha contains within itself that master piece of Indian scripture, the Bagawad Gita. Towards the end of Vedic period comes the aphoristic literature, with the "yoga Aphorisms" of Patanjali of special interest to yoga students. Besides, whole bodies of works both ancient (Pre-Christian) and more modern with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline (Mira Mehta, 1998).

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Statement of the Problem

The purpose of the study was effect of selected yogic practices on selected psychological variables among State Level Cricket Players.

Review of Related Literature

Bell, Hardy, Beattie, and Stuart (2013) to evaluate the effectiveness of a mental toughness intervention

delivered to a group of elite youth cricketers. The central feature of the intervention was repeated exposure to punishment-conditioned stimuli in the training environment. To avoid the potentially harmful effects of punishment, the intervention was designed and delivered in a multidisciplinary transformational manner, and participants were taught a variety of coping strategies to deal with the threatening environment. A mixed model (group × time) design was used to compare the intervention group against a comparison control group on various markers of mental toughness over time. Generally speaking, the intervention group demonstrated significant improvements in mental toughness in comparison with the control group. To the best of our knowledge, this is the first theoretically derived mental toughness intervention that has shown meaningful effects that can be differentiated from general psychological skills training effects. Theoretical implications are discussed in the context of systematic desensitization training, and applied recommendations are offered in relation to the intelligent use of punishment in athletic training environments.

Mohan and Kalidasan (2012) analysed the impact of progressive muscle relaxation training on selected psychological characteristics namely cognitive anxiety, somatic anxiety, and self confidence among male athletes. To achieve the purpose of the study thirty male athletes have been selected from various Universities in the state of Tamil Nadu, India. The age of subjects were ranged from 18 to 25 years. The Competitive State Anxiety Inventory-2 (CSAI-2, also developed by Martens, et. al (1990) were used to collected relevant data. The subjects were randomly assigned into two groups of fifteen each, such as experimental and control groups. The experimental group participate in the in the muscle relaxation training for 3 days a week and for 6 weeks 20minutes per session. The control group maintained their daily routine activities and no special training was given. The subjects of the two groups were tested on selected variables namely cognitive anxiety, somatic anxiety and self confidence at prior and immediately after the training period. The collected data were analyzed statistically through analysis of covariance (ANCOVA) to find out the significance difference, if any between the groups. The 0.05 level of confidence was fixed to test the level of significance difference, if any between groups. The results of the study showed that there was significant differences exist between muscle relaxation training group and control group. And also muscle relaxation training group showed significant improvement on cognitive anxiety, somatic anxiety and self-confidence level compared to control group.

Methodology

The purpose of the study was to find out the effect of asanas and pranayama practices on psychological variables of State Level Cricket Players. For the purpose of this study, sixty State Level Cricket Players were chosen on random basis from Chennai. Their age group ranges from 18 to 22. The subjects were divided into three group of twenty. The experimental group I would undergo asanas and the experimental group II undergo pranayamas programme and the group III consider as control group not attend any practices, and the pre teat and post tests would be conducted before and after the training. Training would be given for twelve weeks. It would be found out finally the effects of Asanas and pranayamas on psychological of the State Level Cricket Players in scientific method. The statistical analysis of data on psychological variables collected on 45 State Level Cricket Players belonging to a experimental groups and a control group each have been presented in tables I to II. The random group design was employed in this study and subjects of the experimental groups and the control group were selected at random and were not equated with reference to the factors examined. The analysis of covariance (ANCOVA) was applied to examine the data with regard to the experimental groups and control group. The 'F' ratio was calculated to find out the significance of difference between pre- experimental mean and pre- control mean, pre- experimental mean and post experimental mean, pre control mean and post control mean, post experimental mean and post control mean.

Training Schedule

Experimental Group I : Asanas (Duration alternate days (except Sundays- 6.30 to 7.30 am)

Experimental Group II : Pranayamas (Duration alternate days (except Sundays- 6.30 to 7.30 am)

Group III : Control Group (No Training).

Table I. Computation of mean and analysis of covariance of anxiety of experimental and control group (Scores in marks)

Test	EXP. GRP I	EXP. GRP II	Control group	Source of varaince	df	Sum of square	Mean square	F
Pre-test mean	31.47	28.86667	27.80	Between	2	106.71	53.356	2.19
				Within	42	4925.87	117.28	
Post-test mean	22.27	19.62	30.07	Between	2	887.51	443.76	4.62*
				Within	42	4037.47	96.13	
Adjusted mean	20.53	20.03	31.38	Between	2	1222.14	611.07	40.26*
				Within	41	622.316	15.18	

Table value for df 2 and 42 was 3.21 Table value for df 2and 41 was 3.22.

Table II. Scheffe's post-hoc test for anxiety

Experimental group-1	Experimental group-II	Control group	Mean difference	Required C.I
20.53	20.03	-	0.50	3.54
20.53	-	31.38	11.35	
-	20.03	31.38	10.85	

Conclusion

The analysis of co-variance of Anxiety indicated that experimental group I (Asanas), experimental group II (pranyamas), were significantly decrease the anxiety than the control group. It may be due to the effect of Asanas and pranyamas. The findings of the study showed that the experimental group I (asanas) had decrease the anxiety than the experimental group II (pranayamas) and control group. Nearly everything in life requires balance. Asanas and pranayams on its own is a good step toward a healthy life style. However, as individual, it is important to malaise that we need to work on our body as well as our mind. We can use Asanas and pranayamas not only as part of a program to improve the blood pressure, but also as a way to assist in attaining other goals. We can use meditation to help motivate us to exercise, maintain a proper diet and sleep better, Holy Sumner (2001).

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