



## Effect of Traditional Football Training with Yogic Practices on Competition Anxiety and Stress among College Men Football Players

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### Abstract

*The purpose of the study was to find out the effect of traditional football training with yogic practices on competition anxiety and stress among college men football players. To achieve this purpose of the study, thirty men football players studying in and around the colleges in Kumbakonam, Tamil Nadu, India were selected as subjects at random. The age of the subjects were ranged from 18 to 22 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as traditional football training with yogic practices group (Group I) and control group (Group II). The traditional football training with yogic practices group (Group I) underwent their respective training programme for three days per week for twelve weeks. Group II acted as control in which they did not undergo any special training programme apart from their regular activities. All the subjects of two groups were tested on selected criterion variables such as competition anxiety and stress at prior to and immediately after the training programme by using Rainer Marten's Competition Anxiety Test Questionnaire and Everly and Girdandos Psychological Stress Scale respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any in-between the groups. The level of significant to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate. The results of the study revealed that there was a significant difference between traditional football training with yogic practices group and control group on selected psychological variables such as competition anxiety and stress. Significant changes on selected criterion variables namely competition anxiety and stress were also noticed due to yogic practices.*

**Keywords:** Traditional Football Training, Yogic Practices, Competition Anxiety, Stress, Football Players.

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### Introduction

Fitness is the ability to work our daily activities without excessive fatigue. Physical training such as push-ups, pull-ups strengthens the arms, wrists and squat exercises of the abdominal organs. Hardayal Singh explained that improving fitness is the main goal of sports training. Explosive actions need to be improved by specific training combined with plyometrics and sprinting compared to regular football training.

Yoga can be as useful or superior as physical work out in enhancing various measures of fitness outcomes. Breath control is pranayama. This is one of the yoga techniques that can cause different physiological responses in healthy individuals. Asanas are passive and offer a gentle stretch that acts as a lubricant for joints, muscles, ligaments, tendons, etc. Asana is useful for tightening the nervous system, improving blood circulation, relieving tension and

increasing flexibility. Asana is supposed to promote a state of mental and physical health. It has an extraordinary ability to restore, rejuvenate and balance the entire system, even if it is done by the physical body. The different poses exert pressure on different points and clean and strengthen the Nadis.

### Methodology

The purpose of the study was to find out the effect of traditional football training with yogic practices on competition anxiety and stress among college men football players. To achieve this purpose of the study, thirty men football players studying in and around the colleges in Kumbakonam, Tamil Nadu, India were selected as subjects at random. The age of the subjects were ranged from 18 to 22 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as traditional football training with yogic practices group (Group I) and control group (Group II). The traditional football training with yogic practices group (Group I) underwent their respective training programme for three days per week for twelve weeks. Group II acted as control in which they did not undergo any special training programme apart from their regular

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Table 1

*Analysis of covariance of the data on competition anxiety of pre and post tests scores of traditional football training with yogic practices group and control group*

Test	Traditional Football training with Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
<b>Pre Test</b>							
Mean	31.87	31.73	Between	0.53	1	0.53	0.129
S.D.	1.63	1.53	Within	114.27	28	4.08	
<b>Post Test</b>							
Mean	27.93	31.33	Between	87.24	1	87.24	27.07*
S.D.	1.48	1.53	Within	117.87	28	4.209	
<b>Adjusted Post Test</b>							
Mean	27.82	31.33	Between	92.43	1	92.43	65.93*
			Within	37.88	27	1.402	

\* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.21 respectively)

The table 1 shows that pre-test means on competition anxiety of traditional football training with yogic practices group and control group are 31.87 and 31.73 respectively. The obtained "F" ratio of 0.129 for pre -test means is less than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on competition anxiety. The post-test means on competition anxiety of traditional football training with yogic practices group and control group are 27.93 and 31.33 respectively. The obtained "F" ratio of 27.07 for post-test means is more than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on competition anxiety.

The table 1 further shows that the adjusted post-test mean values on competition anxiety of traditional football training with yogic practices group and control

### Analysis of the Data

The influence of traditional football training with yogic practices on each psychological variable were analyzed separately and presented below.

### Competition Anxiety

The analysis of covariance on competition anxiety of the pre and post test scores of traditional football training with yogic practices group and control group have been analyzed and presented in Table I.

group are 27.82 and 31.33 respectively. The obtained "F" ratio of 65.93 for adjusted post-test means is greater than the required table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on competition anxiety. The results of the study indicated that there was a significant difference between the adjusted post-test means of traditional football training with yogic practices group and control group on competition anxiety.

### Stress

The analysis of covariance on stress of the pre and post test scores of traditional football training with yogic practices group and control group have been analyzed and presented in Table 2.

Table 2

Analysis of covariance of the data on stress of pre and post tests scores of traditional football training with yogic practices group and control group

Test	Traditional Football training with Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained ‘F’ Ratio
Pre Test							
Mean	18.68	18.83	Between	3.38	1	3.38	0.46
S.D.	0.89	0.91	Within	203.60	28	7.27	
Post Test							
Mean	16.35	18.71	Between	177.73	1	177.73	8.09*
S.D.	1.03	0.98	Within	615.47	28	21.98	
Adjusted Post Test							
Mean	16.54	18.69	Between	196.87	1	196.87	128.67*
			Within	42.86	27	1.53	

\* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.21 respectively)

The table 2 shows that pre-test means on stress of traditional football training with yogic practices group and control group are 18.68 and 18.83 respectively. The obtained "F" ratio of 0.46 for pre -test means is less than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on stress. The post-test means on stress of traditional football training with yogic practices group and control group are 16.35 and 18.71 respectively. The obtained "F" ratio of 8.09 for post-test means is more than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on stress.

The table 2 further shows that the adjusted post-test mean values on stress of traditional football training with yogic practices group and control group are 16.54 and 18.69 respectively. The obtained "F" ratio of 128.67 for adjusted post-test means is greater than the required table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on stress. The results of the study indicated that there was a significant difference between the adjusted post-test means of traditional football training with yogic practices group and control group on stress.

### Conclusions

1. There was a significant difference between traditional football training with yogic practices group and control group on competition anxiety.

2. There was a significant difference between traditional football training with yogic practices group and control group on stress.
3. And also it was found that there were significant changes on selected criterion variables such as competition anxiety and stress due to traditional football training with yogic practices.

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