



Effects of Selected Yogic Practices on Anxiety among State Level Cricket Players

Dr.K. Gopinath¹, Dr. A.M.Moorthy² & Dr. P.Ramasamy²

¹Yoga Instructor MRF Pace Foundation, Chennai, Yoga Consultant 1st division cricket teams in Tamilnadu.

²Consultant Sports Medicine and Yoga, Sree Balaji Medical College & Hospital (BIHER), Bharath University, Tamilnadu, India.

³Director-Research, Sree Balaji Medical College & Hospital (BIHER), Bharath University, Tamilnadu, India.

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Abstract

The purpose of the present study was to find out the effect of selected yogic practices on Anxiety among State Level Cricket Players. The study was conducted on 60 State Level Cricket Players. Totally four groups, namely, control & experimental group I, II, III consisting of 15 State Level Cricket Players underwent twelve weeks practice in selected The Yogasanas group, Pranayamas group and Combined (Yogasanas and pranayama practices) whereas the control group did not undergo 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: Yoga Practices, Anxiety, Cricket.

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Introduction

Cricket is a sport in which fitness is traditionally not thought of as very important. However, the success in the 1990s and 2000s of the world beating Australian team has been attributed to their professionalism, and in part to the way they address their fitness. The other test playing nations have rightfully put more emphasis on fitness recently and are reaping the benefits. With the introduction of one day Cricket and more recently Twenty20, the game has gone through major changes and the physical demands made on a Cricketer's body have also increased dramatically. Depending on the version of the game being played and the role of the player in the team, the importance of fitness will vary: the fitness requirements of a fast bowler will be greater and also different than that of an opening batsman, and one day Cricket will be more demanding than a test match.

Kapil Dev former Indian Cricket team captain and one of the best all rounder's in the world of cricket started training at a very young age and he firmly believes that it is complete physical fitness that has contributed to his overall success in all aspects of the gamebowling, batting and fielding. He contends that physical fitness achieved during offseason periods helped him in bowling long spells over and over again without fatigue or lapse of concentration. Kapil began his test career in 1978 (Amarnath, 1996).

Sports Psychology as the Science of applying psychology to sports. It is a study of behavioral science

in sports setting. Sports psychology is gradually and steadily gaining momentum in the field of training of high level sportspersons. Today, sport is no more a recreation. It is not just a game of nerves as well. With the winning margin of competitive sport narrowing down to fraction of seconds, modern day sport warrants an essential supply of psychological support to come to term with reality.

Tendulkar, Indian Cricketer, who holds the record of most number of runs both Test and One day International Cricket, In press conference (2010) he said, "When pressure builds up in the game I try to focus on the next ball with calmness without thinking of the future course of the match. My mood undergoes a change before every match as I start mentally preparing myself for the game," he added.

Statement of the Problem

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

Review of Related Literature

Mohan & 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

Correspondence

Dr. A.M.Moorthy

Consultant Sports Medicine and Yoga, Sree Balaji Medical College & Hospital (BIHER), Bharath University, Tamilnadu, India.

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 and combined on psychological variables of State Level Cricket

Results

Table 1. Computation of analysis of covariance of pre-test, post-test and adjusted post-test on anxiety of yogasanas , pranayamas and combined practices (Total Scores in no's)

	EX.GR. I	EX.GR. II	EX.GR. II	Control	Source of Variance	Sum of Squares	df	Mean Squ	Obtained F
Pre Test Mean	35.40	34.93	36.27	33.27	between	71.53	3.00	23.84	1.01
					within	1316.40	56.00	23.51	
Post Test M	22.60	19.67	17.47	34.13	between	2474.53	3.00	824.84	21.03*
					within	2196.40	56.00	39.22	
Adjusted Post Test N	22.44	19.68	16.99	34.76	between	2648.70	3.00	882.90	24.09*
					within	2015.74	55.00	36.65	
Mean Diff	12.80	15.27	18.80	0.87					

Table value at 0.05 level of confidence for 3 and 56 (df) is.2.77, 3 and 55(df) is 2.77 .

* Significant at 0.05 level.

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 four group of fifteen. The experimental group I would undergo asanas and the experimental group II undergo pranayamas programme and experimental group III undergo combined practices and the group IV consider as control group not attend any practices, and the pre test 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 and combined practices on psychological of the State Level Cricket Players in scientific method.

Training Schedule

Experimental Group I : Asanas (Duration alternate days (except Sunday)

Experimental Group II : Pranayamas (Duration alternate days (except sunday)

Experimental Group III : Combined (asana and pranayama) (Duration alternate days.

Group IV : Control Group (No Training).

Table 2. *Scheffe's post-hoc test for anxiety*

Control Group	Experimental Group – I (Circuit Training)	Experimental Group – II (Weight Training)	Experimental Group – III (Combined)	Mean difference	Post Hoc
34.76	22.44			12.32*	6.38
34.76		19.68		15.08*	
34.76			16.99	17.78*	
	22.44	19.68		2.76	
	22.44		16.99	5.45	
		19.68	16.99	2.69	

* Significant

Discussion on Findings of Anxiety

Finding of the study show that there was a significant improvement in State Level Cricket Players. It may be due to influence of differences experimental group I (Asanas), experimental group II (Pranayamas), and experimental group – III (combined) and group IV (control group).

Results

The statistical analysis of data on psychological variables collected on 60 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.

Discussion on the findings of Anxiety

The analysis of co-variance of Anxiety indicated that experimental group I (Asanas), experimental group II (pranayamas), and experimental group – III (combined) were significantly decrease the anxiety than the control group. It may be due to the effect of Asanas and pranayamas and combined.

The findings of the study showed that the experimental group III (combined) had decrease the anxiety than the experimental group – I (asana) and experimental group II (pranayamas) and control group.

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