



Effect of Suryanamaskar and Dynamic Asanas on Risk Factor among Inter Collegiate Men Cricket Players

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Abstract

The purpose of the present study was to find out the effect of suryanamaskar and dynamic asanas on risk factor among inter collegiate men cricket players. The study was conducted on 45 Inter collegiate men cricket players. Totally three groups, namely, control & experimental group I & II consisting of 15 Inter collegiate men cricket players underwent six 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 equipment. Then data were analyzed by Analysis of Covariance (ANCOVA) and it was concluded that the selected practices (Suryanamaskar – Group – I) and (Dynamic Asanas – Group – II) had significant ($P < 0.05$) effect on the Anxiety.

Keywords: Suryanamaskar, Dynamic Asanas, Cricket.

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Introduction

Pathanjali, the father of yoga philosophy defines yoga as, "the control of thought waves in the mind, i.e., the Chitta, is made up of three components, viz., Manas, Buddhi and Ahamkara. The Manas (mind) is the modification of the impressions gathered by the senses from the external world. The Buddhi (intellect) is the modification of these impressions and the reactions to them. The Ahamkara (ego) is the modification of the inner organ, which claims these impressions as its own and stores them up as individual knowledge.

Eating proper nutritious diet offers numerous health benefits that keeps you mentally and physically well. Proper nutrition does not mean starving our self, but taking food in balanced manner with lean proteins, carbohydrates and fats. Daily our body has to get 45-60% calories from carbohydrates, 10-35% calories from proteins and 20-35% calories from fats.

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioral components of the 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.K.S., 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),

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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).

Methodology

The purpose of the study was to find out the effect of Suryanamaskar and Dynamic Asanas on psychological variables of Inter collegiate men cricket players. For the purpose of this study, forty five Inter collegiate men cricket players were chosen on random basis from Various colleges in Chennai. Their age group ranges from 18 to 22.

The subjects were divided into three group of fifteen each. The experimental group I would undergo Suryanamaskar and the experimental group II undergo

Dynamic Asanas programme and the group III 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 six weeks. It would be found out finally the effects of Suryanamaskar and Dynamic Asanas on psychological variable such as anxiety of the Inter collegiate men cricket players in scientific method.

Training Schedule

Experimental Group I : Suryanamaskar (Bihar school of Yoga) (Duration alternate days (except Sundays- 6.30 to 7.30 am)

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

Prayer

Sitilikarana Vyayama

Tadasana, Utkatasana, Shasanka bhujangasana, halasana, paschimottanasana (From Iyng), Parivritti Trikonasana Savasana.

Group III : Control Group (No Training).

Table 1. 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 variance	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 2 and 41 was 3.22.

Table 2. 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*	

Discussion on Findings of Anxiety

The finding of the study show that there was a significant improvement in Cricket Players. It may be due to influence of differences experimental group I (Suryanamaskar), experimental group II (Dynamic Asanas) and group III (control).

Results

The statistical analysis of data on psychological variables collected on 45 Inter collegiate men 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 (Suryanamaskar), experimental group II (Dynamic Asanas), were significantly decrease the anxiety than the control group . It may be due to the effect of Suryanamaskar and Dynamic Asanas.

The findings of the study showed that the experimental group I (Suryanamaskar) had decrease the anxiety than the experimental group II (Dynamic Asanas) and control group.

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