

EFFECT OF SELECTED YOGIC PRACTICES ON ANXIETY LEVEL OF VOLLEYBALL PLAYERS

Ms. Nazia Khan,

Assistant Professor, Department of Physical Education,
Aligarh Muslim University, Aligarh, U.P.

Ms. Rachna Vishwakarma

Physical Education Teacher, (Gymnastic Coach)
Mayo Girls School, Ajmer, Rajasthan



ABSTRACT

The purpose of the study was to investigate the effect of yogic programs on the management of competitive state anxiety in volleyball players at the university level. **Material and Methods:** 30 volleyball university level players from U.P. were selected as the subjects for the study. The age range was 18-28. The subjects were randomly divided into two groups, each with 15 subjects. The subjects did not participate in routine physical exercises during the experiment. However, their dietary habits remained as per their socio-economic status. To determine the effect of the yogic program on competitive sports anxiety, ANCOVA was used at a 0.05 level. The analysis of variance for post-test means of the groups showed that the obtained f -ratio (2.56) was less than the tabulated value (4.20) at a .05 level of significance. Analysis of covariance for adjusted values showed that the obtained f value (.36) was less than the tabulated f value (4.20). On the contrary, analysis of covariance for adjusted values showed that the obtained F -value (9.51) was more than the tabulated F -value (4.21). The yogic program is a very effective method for the management of competitive sports anxiety in volleyball players at the university level.

Keywords: Yogic Exercises, State Anxiety and Depression.

INTRODUCTION

Anxiety is one of the greatest problems of modern trends in context to scientific knowledge, culture conflict, economic problems; industrialization all of which adds to the problem of men thus increasing the anxiety level. Anxiety refers to that emotional state of mind where a fear or danger or loss surfaces a prominent feature. It generally arises because of fear of something unknown, which creates tension and disturbance. The origin of anxiety may be either psychic or somatic or even both. The most vital point in each case is the intensity of abating, that triggers off psychochemical reaction on the body and creates a vicious circle. Complex psychic states like depression, helplessness, threat to ego and aggressions etc. may produce psychological imbalance. Competitive element is inherent in sports, as now sportsmen participate to win and achieve laurels for themselves as well as for their country contrary to the earlier philosophy of participation in sports competition for the sake of participation. In other words, competitive sports has come to be valued in society. Towards the attainment of top performance, physical educationists and coaches are trying to bring new innovations as they are deeply involved in the preparation of sportsmen for the present and future. The modern trend in the preparation of sportsmen is to proceed in a scientific manner and take the help of allied sciences to achieve a top level performance.

METHODOLOGY

The purpose of the study was to investigate the effect of yogic programs on the management of competitive state anxiety in volleyball players at the university level. 30 volleyball university level players from U.P. were selected as the subjects for the study. The age range was 18-28. The subjects were randomly divided into two

groups, each group consisting of 15 subjects. The subject did not take part in routine physical exercises during the period of experiment. However, their dietary habits were as per their socio-economic status.

CRITERION MEASURE

The criterion measure chosen for testing the hypothesis of the study was the score obtained from the Competitive State Anxiety Inventory-2 (CSAI-2). Prepared and standardized by Rainer Martin and Damon Burton. This is one of the most reliable tool and being widely used all over the world by sports psychologists. The tests were taken before and after the completion of experimental period of six week. All the tests were administered by the investigator himself with the help of assistance who were trained and oriented for the purpose of the present study.

SELECTION OF QUESTIONNAIRE AND PROCEDURE

The Competitive State Anxiety Inventory-2 (CSAI-2) by Rainer Marten was selected for the study because it is a sports specific anxiety test. Further it assesses competitive anxiety on the basis of three dimension anxiety i.e., cognitive anxiety, somatic anxiety and self-confidence.

Procedure

The CSAI-2 was scored by computing a separate total for each of the three sub-scales with high score, ranging from a low of 9 to a high of 36. The higher the score the greater the cognitive or somatic anxiety as well as greater the state self-confidence. No. Of total score for the inventory was computed. The cognitive state sub-scale was scored for totaling the responses for the following 9 items 1, 4, 7, 10, 13, 16, 19, 22 and 25. The somatic state sub-scale was scored by adding the responses to the following items 2, 5, 8, 11, 14, 17, 20, 23, 26; and state self-confidence sub-scale was scored by adding the following items 3, 6, 9, 12, 15, 18, 21, 24 and 27. Scoring for items is reversed in calculating the score for the somatic and cognitive anxiety and self-confidence.

Administrative the test

The CSAI-2 normally takes 5 minutes to complete and should be administered not more than 1 hour and ideally close as possible before competition. When administering the CSAI-2 it was recommended that the title on the form given to subject be the Illinois Self Evaluation Questionnaire (or the state of your choosing). This technique may help reduce response bias to the inventory. In addition, the anti-social desirability instructions should be committed to memory and orally communicated with conviction to the respondents. Social desirability can further by reduced by not having subjects put their name on their questionnaires. If possible subjects can respond anonymously, or, if identification was needed to much questionnaire from the same subjects, numbers or code name can be employed.

Procedure for experimental treatment

Yogic practices were conducted for six weeks. Practices were conducted thrice in a week, 30-45 minutes daily in morning. The following yogic practices were selected as a treatment.

- Pranayama
- Surya Namaskar
- Anuloma-Viloma Pranayama
- Kapalbhati

Statistical Analysis

To find out the effect of yogic programme on the management of anxiety, ANCOVA was applied at 0.05 level.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

| | Yogic practice group | Control group | Sum of square | | d.f. | Mean sum of square | F-Ratio |
|-------------------------|----------------------|---------------|---------------|---------|------|--------------------|---------|
| Pre test mean | 26.23 | 25.55 | A | 5.60 | 1 | 5.60 | .361 |
| | | | W | 434.07 | 28 | 15.50 | |
| Post test mean | 26.76 | 25.22 | A | 40.13 | 1 | 40.13 | 2.56 |
| | | | W | 438.63 | 28 | 15.66 | |
| Adjusted post test mean | 26.38 | 25.48 | A | 69.78 | 1 | 69.78 | 9.51* |
| | | | W | 198.224 | 27 | 7.34 | |

*Significant at 0.05 level. $F_{.05 (27, 1)} = 4.21$ and $F_{.05 (28, 1)} = 4.20$

FINDING AND RESULTS

The analysis of variance for pre-test means of groups revealed that obtained F ratio (0.361) was less than the required value (4.20) at .05 level of significance which shows that the pretest means do not differ significantly and the random assignment of the subjects to the two groups was quite successful.

The analysis of variance for posttest means of groups revealed that the obtained f- ratio (2.56) was less than the tabulated (4.20) at .05 level of significance. Analysis of covariance for adjusted as the obtained f value (.36) was less than the tabulated f value (4.20). On the contrary, analysis of covariance for adjusted as the obtained F- value (9.51) was more than the tabulated F- value (4.21). It is evident from the finding that six weeks of yogic programme has significantly lowered down the competitive sports anxiety level of state level of volleyball players. This may be attributed to the fact that yogic programme method might be one of the most effective programmes of management of competitive sports anxiety.

CONCLUSION

To find out the difference between initial and final score of competitive sports anxiety of Table-Tennis players, ANCOVA was employed. Within the limitation of the present study the following conclusion is drawn: The yogic programme is a very effective method for the management of competitive sports anxiety of volleyball players of university level.

REFERENCES

- Baraka A and Bizri, S.Haroun (2000), "Single Vital Capacity Breath for Preoxygenation", Canadian Journal of Anesthesia, Vol.47.
- Bhole M.V. and Karambelkar, P.V. (1977), "Effect of Yogic Treatment in Breathing Holding Time in Asthma Patients", Yoga Mimamsa, Vol. 14.
- Bhole, M.V. and Karambelkar P.V. (1972), "Effect of Yoga Training on Vital Capacity and Breath Holding Time" Yoga Mimamsa Vol. 09.

- Ganguly, S.K., Gharote, M.L and Jolly, K. (1981), "Immediate Effect of Kapalbhathi on Cardio-Respiratory Endurance", Yoga-Mimamsa, 28-1.
- Gharote M.L. and Ganguly, S.K. (1973), "Effect of Yogic Training on Physical Fitness", Yoga Mimamsa, Vol.15.
- Gore, M.M. and Gharote, M.L. (1986), "Immediate effect of one minute Kapalbhathi on Respiratory functions", Yoga Mimamsa, Vol. 25.
- Jack H. Wilmore and David L. Costill (2004), "Physiology of sports and exercise" (United State, Champaign; Human Kinetics, Third Edition.
- Gore, M.M. (1988), "Effect of Kapalbhathi on some of the body functions", Yoga Mimamsa, Vol. 27.
- M.M. Gore (1984), "Anatomy and Physiology of Yogic Practices" (Pune: Kanchan Prakashan, Lonavala).
- Meston, J and Bhole M.V. (1979), "Cardiac Out-put in Normal, Deep and Ujjayi Pranayamic Breathing – A Preliminary study". Yoga Mimamsa, Vol. 19.
- Moses, Robson (1972), "Effect of Yoga and Flexibility and Respiratory Measures of Vital Capacity and Breath-holding Time" Ed. Dissertation: University of Oregon.
- Nandi, S. and Adhikari, H., "Effect of Selected Yogic Practices on Pubescence", Seventh edition, 1983).
- Swami Niranjanananda Saraswati (2002), "Prana Pranayama Prana Vidya" (Bihar: Yoga .Publication Trust, Munger, 2nd Edition).
- Swami Satyananda Saraswati (1976), "Four Chapters on Freedom" (Munger: Yoga Publication Trust, Munger, Bihar, 1st Edition).
- W. Oczenski and S. Schwarz (2004), "Vital Capacity Man Oeuvre in General Anesthesia", European Journal of Anesthesiology, Vol. 21.
- Wenger, M.A. and B.K.Bagchi (1996), "Stress of Autonomic Functions in Practitioner of Yoga in India", Behavioural Science, 6.