
Effect of Yogic Practices on Selected Psychological Variables among College Men Kabaddi Players

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Abstract

The purpose of the study was to investigate on Effect of Yogic Practices on selected Psychological variables among college men kabaddi Players. It was hypothesized that there would be significant differences on selected Psychological variables due to the effect of Yogic Practices among college men kabaddi players. For the current study the 30 college men kabaddi player from Madurai district. The age of the subjects ranged from 17 to 24 years. The chosen subjects were divided into one experimental group and one control group at random. For the present study pre test and post test random group design, which consists of control group and experimental group was used. On a random sampling, 30 players were selected. The chosen subjects were evenly divided into two group's of fifteen each namely experimental group with Yogic Practices and Control Group have not underwent any training. Stress was assess by The perceived stress scale and Anxiety was assess by Hamilton Anxiety Rate Scale. The data were collect before and after six weeks of training. The data were analyze by applying t-ratio. The level of significance was set at 0.05 level of confidence. The experimental group show well development on Stress and Anxiety among the college men kabaddi players than the control group.

Key words: Yogic Practices, Stress, Anxiety and Kabaddi.

Yogic Practices

Yoga has a wealth of benefits for athletes, and it's worth trying if you want to gain strength, flexibility, and balance. It may help improve your range of motion, mobility, and coordination, all of which can boost your performance and prevent injury. Yoga has been referred to as a spiritual practice as it helps in combating all sorts of mental, physical & emotional issues. Flowing through yoga poses enhances balance and coordination, as well as concentration. By improving balance, you can reduce the risk of falls and improve technique when exercising, leading to better performance overall. The ancient practice of yoga is thousands of years old. It was first brought to India 3,500 years ago by nomads from central Asia practicing an intellectual discipline they referred to as 'Yoga'. It was a way of using the mind to restrain the senses and control the body. The main tradition practiced in Western Europe is Hatha Yoga which is based on the Hatha Yoga Pradipika, which is a sort of manual of Patanjali's Yoga Sutras. It describes how to train the body, so that it can be used as a means of enlightenment.

Methodology

The purpose of the study was to investigate the effect of Yogic Practices on Selected Psychological variables among college men kabaddi Players. It was hypothesized that there would be significant differences on selected

Psychological variables due to the effect of Yogic Practices among college men kabaddi players. For the here study the 30 college men kabaddi players from Madurai district were selected at random and their age ranged from 17 to 24 years. For the present study pre test and post test random group design, which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent Yogic Practices and Group 'B' has not undergone any training. Stress was assess by The perceived stress scale and Anxiety was assess by Hamilton Anxiety Rate Scale. The data were collect before and behind six weeks of training. The data were analyze by applying t-test. The level of significance was set at 0.05.

Table –I

Analysis of t-Ratio Pre and Post-test for Control and Experimental group on Stress

Variabless	Group	Mean		Sd		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Stress	Control	25	22	2.28	2.19	0.45	14	1.29
	Experimental	18	13	2.13	1.98	0.31		3.79*

Significance of .05 level of confidence* **Table Value = 2.15

Figure-I

Bar diagram showing the pre and post test means values of Stress

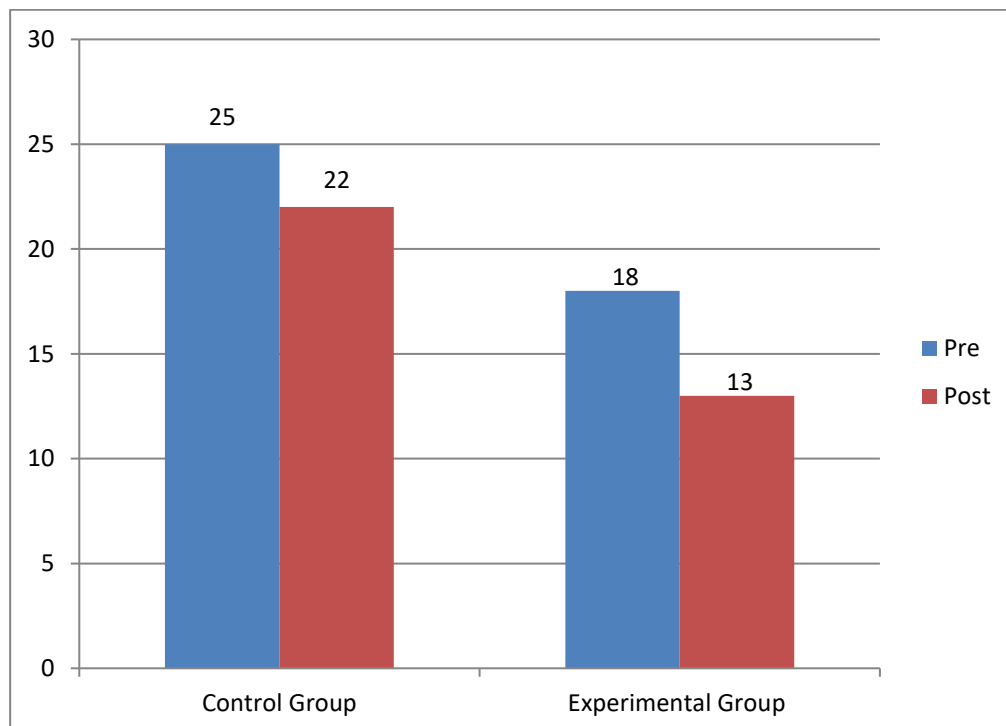


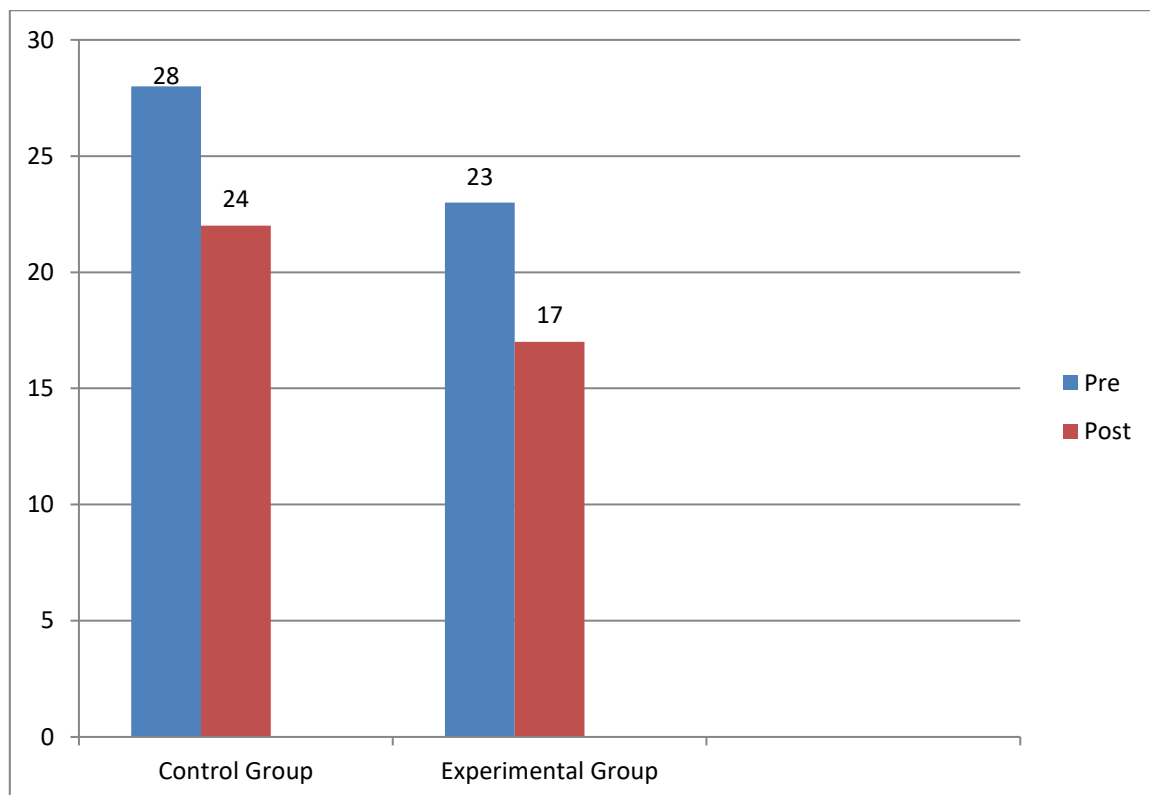
Table –II

Analysis of t-Ratio Pre and Post-test for Control and Experimental group on Anxiety

Variabless	Group	Mean		Sd		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Stress	Control	28	24	3.56	3.29	0.55	14	2.31
	Experimental	23	17	3.13	2.98	0.46		4.48*

Figure-II

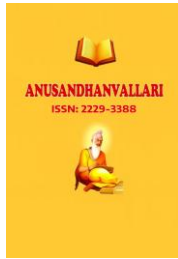
Bar diagram showing the pre and post test means values of Anxiety



Discussion on Findings

The outcome of the lessons indicates that the experimental group namely Yogic Practices had significantly better in the selected dependent variables namely Stress and Anxiety.

From the results of the present investigation, it is also concluded that significant difference on Yogic Practices in developing dependent variables Stress and Anxiety the hypothesis was accepted.



Conclusion

On the basis of findings and within the limitations of the study the follow conclusion was drawn:

- ❖ Yogic Practices had positive impact on Stress and Anxiety among college men kabaddi players.
- ❖ The experimental group show well enhancement Stress and Anxiety among college men kabaddi players than the control group.

Reference

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