

Effect of Selected Yogic Practices on Anxiety Level of Volleyball Players

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Abstract

Aim: The purpose of the study was to investigation effect of yogic programs on management of competitive state anxiety on volleyball players of university level. **Material and Methods:** 30 volleyball university level player of U.P. were selected as the subject for the study. The range of age is the 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. To find out the effect of yogic programme on the management of competitive sports anxiety, ANCOVA was applied at 0.05 level. **Results:** The analysis of variance for post test means of groups revealed that the obtained f- ratio (2.56) was less than the tabulated (4.20) at .05 level of confidence. 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). **Conclusion:** The yogic programme is a very effective method for the management of competitive sports anxiety of volleyball players of university level.

Key words: Sports Anxiety & Yogic Exercise

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 state 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 them as well as for their country contrary to earlier philosophy of participation in sports competition for sake of participation, In other words, competitive sports has come to be valued in society. Towards the attainment of top performance, the physical educationists and coaches are trying to bring the new innovations as they are deeply involved in the preparation of sportsmen for present and future. The modern trend in preparation of sportsmen is to proceed in a scientific manner and take its help of allied sciences to achieve a top level performance.

METHODOLOGY:

The purpose of the study was to investigation effect of yogic programs on management of competitive state anxiety on volleyball players of university level.

30 volleyball university level player of U.P. were selected as the subject for the study. The range of age is the 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.

1. Pranayama
2. Surya Namaskar
3. Anuloma-Viloma Pranayama

4. Kapalbharti

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:

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 post test means of groups revealed that the obtained f-ratio (2.56) was less than the tabulated (4.20) at .05 level of confidence. 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).

Discussion of Finding:

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.

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