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Effect of Yogic exercises on selected Psychological variables of female students in Physical Education

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Abstract

Aim: The purpose of the study was to investigation effect of yogic exercises on selected psychological variables on Female Students in physical education.

Material and Methods: 40 Female Students in physical education of Govt. Girls Degree College, Panna, were selected as the subject for the study. The range of age is the 17-22. The subjects were randomly divided into two groups, each group consisting of 20 subjects. The subject did not take part in routine physical exercises during the period of experiment. The Study was further delimited to the selected psychological variables i.e. anxiety & mental toughness. For assessment of anxiety by using Sports Competition Anxiety test (SCAT) prepared by Rainer Martens and assessment of mental toughness by using Mental Toughness Questionnaire (MTQ) prepared by Alan Goldberg. For the purpose of analysis of data 't' test was employed to compare the degree of aggression between batsmen and bowlers.

Results: There was a significant difference between the means of Pre Data & Post Data on the scores of anxiety since the obtained value of 't' (2.13) was higher than the tabulated value and no significant difference on mental toughness the obtained value of 't' (.483) was lower than the tabulated value.

Conclusion: The yogic exercises is a very effective method for the management of competitive sports anxiety of Female Students in comparison to mental toughness of in physical education.

Keywords: Sports anxiety, mental toughness & yogic exercise

Introduction

Today performance in sports not only demands systematic training to develop physical, physiological variable and technical aspect of sports but also demands training and consideration of psychological characteristics of success in this field.

Mental preparation is very essential to any competitive sports continually urge players to 'think' out to concentrate. Games are said to have been won as a result of mental preparation or lost of for the lack of it.

Psychological fitness is almost important because it a player cannot be in the right time. It is of little use to have superstic work and footwork without fitness, because a player will never have the stamina to carry out his or her skills having run half the length of field. Performance of hockey players depends upon the morphological and psychological parameters where the knowledge and application of exercise physiology is important.

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 selected psychological variables on Female Students in physical education. 40 Female Students Govt. Girls Degree College, Panna were selected as the subject for the study.

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The range of age is the 17-22. The subjects were randomly divided into two groups, each group consisting of 20 subjects. The Study was further delimited to the selected psychological variables i.e. anxiety & mental toughness. For assessment of anxiety by using Sports Competition Anxiety test (SCAT) prepared by Rainer Martens and assessment of mental toughness by using Mental Toughness Questionnaire (MTQ) prepared by Alan Goldberg. 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

Sports Competition Anxiety test (SCAT)

Purpose: - The purpose of Sports Competition Anxiety test (SCAT) is to assess individual differences in sports competition anxiety or to response to these situations with important state of anxiety.

Procedure: - The SCAT questionnaire consists of fifteen items. The subject response to each item using a three point ordinal scale (hardly ever, sometime, or often).

Scoring: The items 2, 3, 5, 8, 9, 14 and 15 worded in such manner that they score according to the following key:- 1Point given in Often, 2 Point given in Sometimes and 3 point given in case of Hardly ever.

In the case of item 6 and 11 scoring carried according to the following key:- 3 Point given in Often, 2 Point given in Sometimes and 1 point given in case of Hardly ever. 1, 4, 7, 10 and 13 not to score as suggest by Rainer martens. The total score of SCAT is from ranging between 10 (low competition anxiety) to 30 (high competitive anxiety). The subjects assigned to the following category according to the scores obtained by them.

Raw	Classification
Less than 17	Low Anxiety
17-24	Moderate Anxiety
More than - 24	High Anxiety

Mental Toughness Questionnaire (MTQ)

Purpose: - The purpose of Mental Toughness Questionnaire (MTQ) is to assess the level of mental toughness of the players.

Procedure: - The MTQ questionnaire consists of sixty items, which has four categories namely: handling pressure (20), concentration (17), mental rebounding (14) and winning attitude (9).

Every statement has two possible responses i.e. True or False. The subjects response to each question by placing a √ on the appropriate response.

Scoring: There are total 60 score is possible on this questionnaire. The classification criterion given by Alan Goldberg is as follows:

Raw	Classification
55-60	Mentally-Tough
48-54	Pretty Solid Mentally
40-47	Average Mental Toughness
Below 40	Need mental Toughness Exercise

Administrative the test

Questionnaire 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 questionnaire 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.

- a) Pranayama Surya
- b) Namaskar
- c) Anuloma-Viloma Pranayama
- d) Kapalbharti

Statistical Analysis

To find out the effect of yogic exercises on selected psychological variables paired't' test was applied at 0.05 level.

Analysis of data and results of the study

Table 3: Comparison of Means of Female Students of pre-test and post-test of Anxiety

	Mean	SD	SE Mean	DM	't' ratio
Pre Data	17.70	2.11	.42	0.60	2.13*
Post Data	18.30	1.34	.67		

*Significant at 0.05 level.

t.05 (18) =2.05

The mean value of pre-test and post- test of anxiety is 17.70 and 18.30 respectively. Standard Deviation value of pre-test and post-test is 2.11 and 1.34 respectively. Value of 't' ratio is 2.132, this value of Anxiety is significant at 0.05 level.

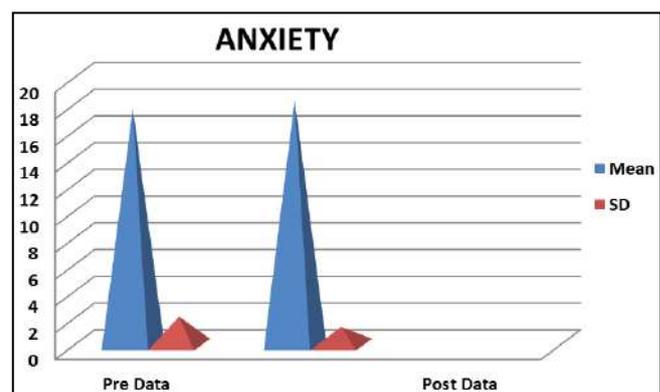


Fig 1: The graphical representation of psychological variables of Sport Competition Anxiety test in female student in physical

Table 2: Comparison of Means of Female Students of pre-test and post-test of Mental Toughness

	Mean	SD	SE Mean	DM	't' ratio
Pre Data	51.60	3.06	.97	0.60	.483
Post Data	52.20	4.31	1.36		

*Significant at 0.05 level.

t.05 (18) =2.05

The mean value of pre-test and post- test of Mental Toughness is 51.60 and 52.20 respectively. Standard Deviation value of pre-test and post-test is 3.06 and 4.31 respectively. Value of 't' ratio is .483, this value of Mental Toughness is not significant at 0.05 level.

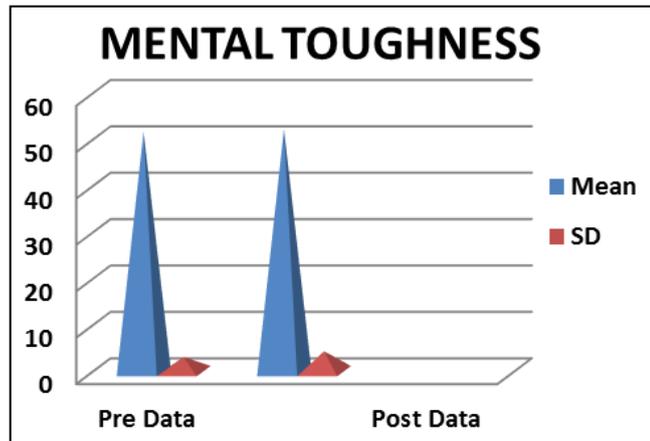


Fig 2: The graphical representation of psychological variables of Mental Toughness in female student in physical education

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 female students. 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, 't' test was employed. Within the limitation of the present study the following conclusion is drawn:

1. The yogic programme is a very effective method for the management of competitive sports anxiety of female students in physical education.
2. The yogic programme is a less effective method for the management of mental toughness of female students in physical education.

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