

Impact of Selected Yogic Exercises on Anxiety of Inter-Collegiate Female Volleyball Players

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ABSTRACT

The purpose of the present study was to find out the difference between pre- competitive anxiety and post-competitive anxiety in intercollegiate level female volleyball players. Total Thirty (N=30) intercollegiate level female players were randomly selected from Guru Kashi University, Talwandi Sabo. Age limit of the subjects was from 18 to 25 years. To access the anxiety of female volleyball players, anxiety scale developed by Dr. Subhash and Mr. Gautam Das was used. This inventory is highly reliable and valuable to access the anxiety level of selected volleyball players. The data was collected before and after 4 weeks training of selected yogic exercises (Hala Asana, Bhujanga Asana, and Tada Asana, Nauk asana, Shava asana and Surya Namaskar) and breathing exercises (Kapala bhati, Bhastrika, Om Velom, Bharamari). The result of the study indicates that there is no significant difference between pre competitive and post competitive anxiety of volleyball players. For the statistical purpose t-test was used and level of significance was set at 0.05 levels.

1. Introduction

Sports psychology is a specialized area of psychology that seeks to understand the mental factors that affect individual and team performance in sports. In other word sport psychology is the scientific study of the behaviors of sport persons. It deals with increasing performance by managing emotions and minimizing the psychological factors that causes injury and deteriorate performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, using rituals, attribution training, and per iodization. It has been recognized for many years that psychological factors, in particular anxiety and stress, play an important role in competition (Lizuka, C.A et al., 2005). There are two types of anxiety such as competitive trait anxiety as "a tendency to perceive competitive situation with feeling of apprehension or tension." while state anxiety on the other hand, an actual feeling of tension and nervousness. Whereas trait anxiety is a relative stable personality characteristic, state anxiety is considered to be a transitory emotional state. A certain amount of anxiety is needed for peak performance. Our body's autonomous nervous system prepares for competition with the "fight and flight" response which quick reaction time, sharpens our senses and increases our strength. But excessive anxiety, however, is debilitating to performance. Competitive trait anxiety is a concept, which denotes how anxious an individual typical becomes in competitive situations. It reflects an individual's tendency to perceive competitive situations as threatening (Martens, 1977). Yoga techniques aim to develop and retain a healthy balance between all aspects of body and mind. Yoga can be divided into four main branches which are: Bhakti yoga, Karma yoga, Gyana yoga, and Ashtanga yoga. Yoga is commonly perceived as an alternative medicine. In Sanskrit, Yoga means union or unification. These variations fundamentally offer a means by which individuals are able to enhance their control and development of body and mind. Ashtanga Yoga can also be divided into two branches. Firstly, Hatha yoga, involving exercises (Asana), deep relaxation, control of breathing (Pranayama), and meditation. Secondly

Raja yoga which generally focus on the mind, which may promote mind skills such as accuracy, concentration, determination and memory. Psychological set up of the sportsman takes a leading role on top level performance in any competitions. Psychological factors determine the competitive behavior, mental processes and preparation before competition. Precompetitive anxiety has been defined as the tendency to perceive pre-competitive situation as threatening and to respond to these situation with feeling of apprehension or tension. Anxiety consists of two subcomponents, namely cognitive and somatic anxiety, which influence performance before and during competition (Weinberg and Gould, 1999). One approach is that increases in competition anxiety, and particularly cognitive symptoms, always have a detrimental effect on performance. At the same time as providing challenge and stimulation, sport also provides considerable uncertainty. Thus, anxiety is one of the most commonly measured parameter in sports psychology. Anxiety can be considered the emotional impact or cognitive dimension of arousal. Anxiety has been viewed as feeling of nervousness and tension associated with activation or arousal of the organism. Anticipatory or imaginative process causes it. Competitive sport can make even the world's most successful athlete feel nervous. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of anxiety in athletes (Moran, 2004). In modern time, school yoga asanas competition is one of the most popular competitions in India. It is well known that yoga reduces stress, anxiety and aggression. But in the time of competition these psychological components may increase and affected performance. Now the question is that can anxiety be controlled through yoga at the time of competition? Thus, investigators intended to find out the state of pre-competitive and post-competitive anxiety among male and female yogic performers. The purpose of this study was to examine the impact of selected yogic exercises on competitive anxiety on intercollegiate level volleyball players.

2. Methodology

Total Thirty (N=30) intercollegiate level female volleyball players were randomly selected from Guru Kashi University, Talwandi Sabo. Age limit of the subjects was from 18 to 25 years. To access the anxiety of female volleyball players, anxiety scale developed by Dr. Subhash and Mr. Gautam Das was used. The data was collected before and after 4 weeks training of selected yogic exercises (Hala Asana, Bhujanga Asana, and Tada Asana, Nauk asana, shava asana and surya

namaskar) and breathing exercises (Kapala bhati, Bhastrika, Om Velom, Bharamari).

3. Statistics

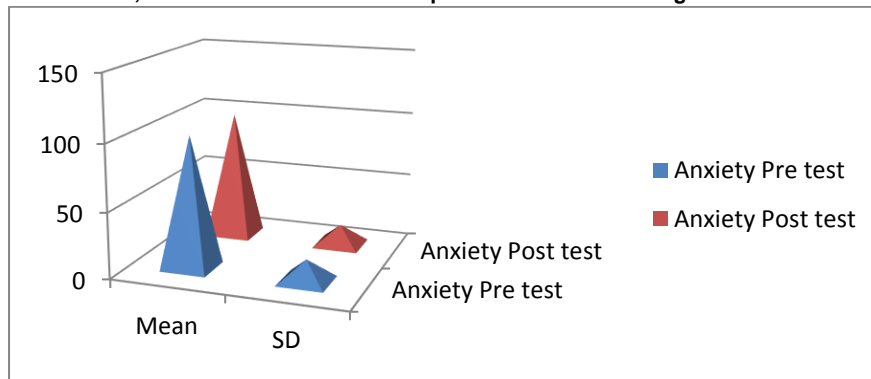
In the present study for the sake of analysis of data; mean and standard deviation of the raw scores of anxiety were calculated separately for pre & post competition for both groups and statistical t-test was used to compare the mean. The level of significance was set at 0.05 levels.

4. Result and Discussion

Table No-1
Mean, Sd Value of Pre and Post Experiment of Selected Yogic Exercises on Anxiety

Variable	Test	Mean	SD	t-value
Anxiety	Pre test	100.43	16.55	0.38
	Post test	98.16	15.82	

Fig No-1
Shows the Mean, Sd Value of Pre and Post Experiment of Selected Yogic Exercises on Anxiety



From table no. 1, result found that the Female Volleyball players have shown less Anxiety level after practicing selected yogic exercises and breathing exercises (Mean=100.43, SD=16.55) as compare to pre practicing yoga exercises (Mean= 98.16, SD= 15.82). The calculated t-value is 0.38 which is less than tabulated value, so there is no significance difference has been found at 0.05 levels. Similar results have found by **Gupta and Michelson** who observed a decrease in both types of anxiety from yoga intervention. These findings support those of the previous studies by **Michelson** the efficacy of yoga on reducing depression despite differences in duration and methods of practice. As with general exercise, yoga can

reduce anxiety and neurosis. Physical practices of yoga include stretching postures and **Mueck Weyman** has suggested that by undertaking stretching postures for only 15 min each day improve autonomic activity.

5. Conclusion

It is concluded that there has been no significant difference found in female volleyball players. This yoga could be an effective treatment of anxiety in female volleyball players and that it has the potential to play an important therapeutic role in addition to or indeed, instead of medication.

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