

EFFECT OF YOGIC PRACTICES ON ANXIETY AMONG UNIVERSITY LEVEL PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of yogic practices on anxiety among university level players. To achieve the purpose of the present study, thirty men university level players from Alagappa University, Karaikudi, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group (Yogic practices) and Group II acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses. It was observed that the twelve weeks of experimental group have significantly decreased the anxiety of University level players.

KEYWORDS: Yogic Practices, Anxiety, University Players.

INTRODUCTION

The yogic art is cosmic art. When you achieve Yoga, you find pure consciousness in action and good health, resistance power, etc. When the heart works normally through the circulation of blood, it gets the blood purified by the lungs and keeps the digestive system in order; the various glands function and maintain the balance of body; and the mind works calmly and keeps the body functioning through the intricate nervous system. In case of illness it does become inevitable to resort to medication, but health is regained only through the intrinsic strength of the inner organs. Medicine helps when the body mechanism functions properly. Many of the common health and social problems cannot be solved through germ theories, antibiotics, vaccines or surgeries. The fascinating diagnostic tools have started pointing to the role of mind on matter. Biochemical, psychological, neuro-physiological and immunological researchers are recognizing the role of lifestyle, stress, suppressed emotions and so on as the cause of many of the challenges faced today. Hence health professionals are forced to accept the paradigm shift in the approach of understanding human health problems. As everyone knows, yoga involves different patterns of exercises and postures, practicing them appropriately help to improve muscle strength, stamina, immune stability, perceptual sharpness, intelligence, memory, emotional stability and altogether maintain a positive physical and mental health (McCaffrey, 2005).

METHODOLOGY

The purpose of the study was to find out the effect of yogic practices on anxiety among university level players. To achieve the purpose of the present study, thirty men university level players from Alagappa University, Karaikudi, Tamilnadu, India were selected as subjects at

random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group (Yogic practices) and Group II acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses.

RESULTS

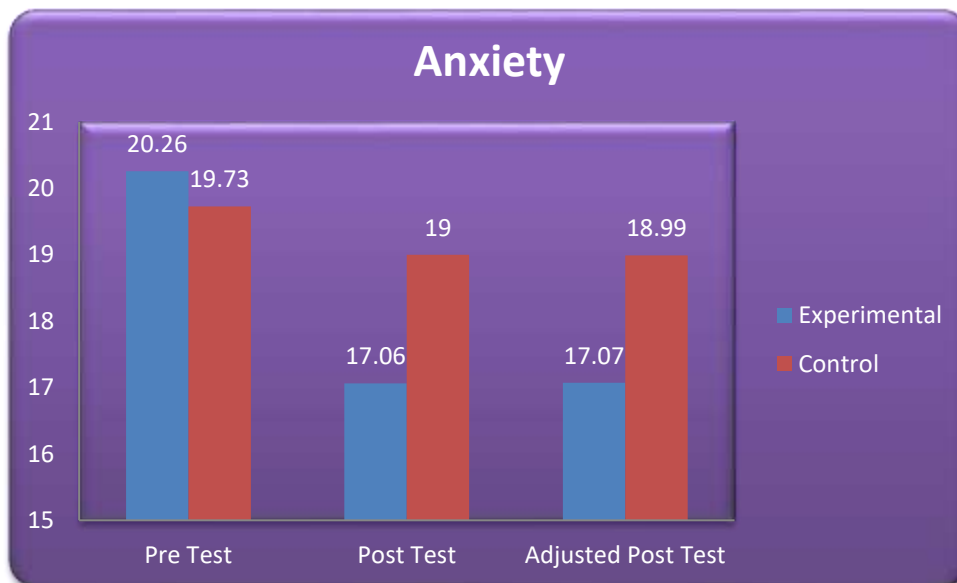
TABLE-I
COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF ANXIETY OF
EXPERIMENTAL AND CONTROL GROUPS

	Experimental	Control	Source of variance	Sum of squares	df	Mean square	F
Pre test mean	20.26	19.73	BG	2.13	1	2.13	0.25
			WG	235.86	28	8.42	
Post test mean	17.06	19.00	BG	28.03	1	28.03	3.75
			WG	208.93	28	7.46	
Adjusted post mean	17.07	18.99	BG	27.37	1	27.37	6.80*
			WG	108.76	27	4.02	

* Significant at 0.05 level

The above table indicates the adjusted mean value of anxiety of experimental and control groups were 17.07 and 18.99 respectively. The obtained F-ratio of anxiety 6.80 was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on anxiety. The above table also indicates that both pre and post test means of experimental and control groups differ significantly. The pre, post and adjusted mean values of anxiety of both experimental and control groups are graphically represented in the Figure-I.

FIGURE – I
BAR DIAGRAM SHOWING THE MEAN VALUES OF PRE-TEST, POST-TEST AND
ADJUSTED POST MEANS OF CONTROL AND
EXPERIMENTAL GROUPS ON
ANXIETY



CONCLUSION

It was observed that the twelve weeks of experimental group have significantly decreased the anxiety of University level players.

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