



A PILOT STUDY OF EFFECTS OF YOGA ON ANXIETY OF KABADDI PLAYERS

Ajinkya Chavan

Phule Nagar , Nanded Maharashtra

Abstract : The primary aim of the study was effect of Yoga Training on Anxiety of Kabaddi Players. Two groups were targeted; experimental and control group; 15 Kabaddi players considered as experimental group and 15 other than Kabaddi players considered as control group. The training programme was only given to experimental group. The age of the subjects were ranged between 15 to 25 years. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. The Anxiety, was measure through Sports competition anxiety test questionnaire prepared by Rainer Martens (1986). The Surya Namaskar, Padmasana (the lotus pose), Vajrasana (the thunderbolt pose), Trikonasana (the triangle stretch pose), Navasana (The Boat pose), Pada Hastasana (the forward bending pose), Halasana (the plough pose), Matsyasana (the fish pose), Bhujangasana (the cobra pose), Shalabhasana (the locust pose) , kapalbhati pranayama, Bhastrika, Anulom Vilom and Bhramri Pranayama Involved in the yoga Training program . The result of the study shows that significant effects of yoga was found on Anxiety in experimental group

INTRODUCTION

Anxiety refers to anticipation of a future concern and is more associated with muscle tension and avoidance behavior. Fear is an emotional response to an immediate threat and is more associated with a fight or flight reaction – either staying to fight or leaving to escape danger. Yoga means to attain physical and mental purification and balance. The aim of the Yoga is to eliminate toxin and impurities within the body that accumulate due to dietary habit. Yoga provides physical and mental relation for sports man in the playing field is very much necessary to produce the desired results. Especially physical and mental relaxation at the time of critical junctures during the actual competition can be a boon to the sports persons. Nervousness can be detrimental in sports situation. Those players, who have learnt to relax physically and mentally at critical junctures such as in the game situation, have better chances of winning. 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.

METHODS

Two groups were targeted; experimental and control group; 15 Kabaddi players considered as experimental group and 15 other than Kabaddi players considered as control group. The training programme was only given to experimental group. The age of the subjects were ranged between 15 to 25 years. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. The research design was experimental research design all data collect from the Nanded . The study included safeguards for protecting humans, which involved three major ethical principles: beneficence, respect for human dignity, and human justice.

TOOLS OF THE STUDY

Anxiety

Sport Competition Anxiety Test (SCAT) Purpose :- Sports competition anxiety test questionnaire prepared by Rainer Martens (1986) was originally constructed for children (ages 10-15) its adult version was developed later on by suitably modifying the instructions and items. The reliability of quotient is 0.85 had been reported for the adult version of SCAT.

TRAINING PROGRAMME

Training programme was planned as 3 weeks, 5 days a week &, 60 minutes per day in morning sessions.. The Surya Namaskar, Padmasana (the lotus pose), Vajrasana (the thunderbolt pose), Trikonasana (the triangle stretch pose), Navasana (The Boat pose), Pada Hastasana (the forward bending pose), Halasana (the plough pose), Matsyasana (the



fish pose), Bhujangasana (the cobra pose), Shalabhasana (the locust pose), kapalbhati pranayama, Bhastrika, Anulom Vilom and Bhramri Pranayama Involved in the yoga Training program were performed. Training was only given to those students who participated in experimental group.

RESULT AND DISCUSSION

The present section is dedicated to the presentation of results along with the discussion of present study. The results and discussion have been presented in concise comprehensive manner that is easy to comprehend starting with selected variables

TABLE-1
DESCRIPTIVE STATISTICS OF MORPHOLOGICAL CHARACTERISTICS OF CONTROL GROUP

Sr. No.	Components	Means Scores	Standard Deviations
1.	Age (Year)	24.67	3.67
2.	Weight (Kg)	69.07	8.45
3.	Height (cm)	171.22	15.06

Table -1 depicted the morphological characteristics of control group (Other than Kabaddi Players), the Mean Scores (S.Ds.) age of control group was 24.67 (3.67) years, mean scores (S.Ds.) weight was 69.07 (8.45) Kg, and mean scores (S.Ds.) height was 171.22 (15.06) cm.

TABLE-2
SHOWS MEAN SCORES AND STANDARD DEVIATIONS OF MORPHOLOGICAL CHARACTERISTICS OF EXPERIMENTAL GROUP (KABADDI PLAYERS)

Sr. No.	Components	Means Scores	Standard Deviation
1.	Age (Year)	22.60	3.10
2.	Weight (Kg)	68.90	7.56
3.	Height (cm)	171.23	15.34

Table-2 shows Mean Score (S.Ds.) age of Experimental group was 22.60 (3.10) years, mean score (S.Ds.) weight was 68.90(7.56) Kg., mean score (S.Ds.) height was 171.23 (15.34) cm.

TABLE -3
PRE AND POST TEST OF MEAN SCORES AND STANDARD DEVIATION WITH T-RATIO OF PSYCHOLOGICAL EFFICIENCY OF CONTROL GROUP

Parameter	Stages	Numbers	Mean scores	S.D.	t-ratio
Anxiety	Pre Test	15	12.45	2.06	0.90 NS
	Post Test	15	12.54	2.17	

Table – 3 Shows the pre and post-test of mean scores and standard deviation with t-ratio of psychological efficiency of control group. With regards to mean score of pre and post of Anxiety of control group were obtained 12.45 and 12.54, However, the Standard Deviation of pre and post of Anxiety of control group were obtained 2.06 and 2.17 respectively. The result given in Table 3 reveals that no significant difference of Anxiety was found between pre and post-test of control group.

TABLE-4
PRE AND POST TEST OF MEAN SCORES AND STANDARD DEVIATION WITH T-RATIO OF PSYCHOLOGICAL PARAMETERS OF EXPERIMENTAL GROUP (KABADDI PLAYERS)

Parameter	Stages	Numbers	Mean scores	S.D.	t-ratios
Anxiety	Pre Test	15	12.45	2.11	3.20*
	Post Test	15	12.54	2.19	

Table – 4 Shows the pre and post-test of mean scores and standard deviation with t-ratio of psychological efficiency of Experimental group (Kabaddi Players). With regards to mean score of pre and post of Anxiety of Experimental



group (Kabaddi Players) were obtained 12.45 and 12.54, However, the Standard Deviation of pre and post of Anxiety of Experimental group (Kabaddi Players) were obtained 2.11 and 2.19 respectively. The result given in Table 4 reveals that significant effects of yoga training on Anxiety was found between pre and post-test of Experimental group (Kabaddi Players) .

Discussion

Yoga is a Sanskrit word meaning unity of mind and body, which has been used in Eastern societies since 5000 years ago and has recently received much attention from Western countries . A number of studies have shown that **yoga may help reduce stress and anxiety**. Yoga can enhance your mood and overall sense of well-being. Yoga might also help you manage your symptoms of depression and anxiety that are due to difficult situations. Dalgas et al. proved that the nature of yoga is controlling the mind and central nervous system and unlike other sports, it has a moderating effect on the nervous system, the hormonal emissions, physiological factors, and regulation of nerve impulses; therefore, it can be effective in improving depression and mental disorders.

Yoga has many styles, forms and intensities. Yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences. **Yoga postures**, known as asanas, help ease the physical discomfort that is caused by anxiety. Asanas work to stretch, lengthen, and balance the muscles. These postures can assist in releasing built-up muscle tension and stiffness throughout the body (www.verywellmind.com/yoga-for-panic-disorder-2584114). Yoga is an activity that actually encompasses all three of these common relaxation techniques. Additionally, yoga has been known to help ease stress, reduce feelings of nervousness, and enhance mindfulness. For these reasons, yoga has been considered to be potentially beneficial for people with anxiety disorders, including panic disorder. Yoga has an effective role in reducing stress and anxiety,

REFERENCES

- Anxiety and Depression Association of America. Symptoms - panic attacks.
- Basavaraddi IV. Ministry of External Affairs - Government of India. Yoga: Its Origin, History and Development. April 23, 2015.
- Chen KW, Berger CC, Manheimer E, et al. Meditative therapies for reducing anxiety: a systematic review and meta-analysis of randomized controlled trials. *Depress Anxiety*. 2012;29(7):545-62. doi:10.1002/da.21964
- Dalgas U, Stenager E, Ingemann-Hansen T. Multiple sclerosis and physical exercise: Recommendations for the application of resistance-, endurance- and combined training. *Mult Scler*. 2008;14:35–53. [PubMed]
- Harvard Health Publishing. Yoga for anxiety and depression.
- Hayes-skelton SA, Roemer L, Orsillo SM, Borkovec TD. A contemporary view of applied relaxation for generalized anxiety disorder. *Cogn Behav Ther*. 2013;42(4):292-302. doi:10.1080/16506073.2013.777106
- Saeed SA, Cunningham K, Bloch RM. Depression and Anxiety Disorders: Benefits of Exercise, Yoga, and Meditation. *Am Fam Physician*. 2019;99(10):620-627.
- Shohani M, Badfar G, Nasirkandy MP, et al. The Effect of Yoga on Stress, Anxiety, and Depression in Women. *Int J Prev Med*. 2018;9:21. doi:10.4103/ijpvm.IJPVM_242_16
- Stonerock GL, Hoffman BM, Smith PJ, Blumenthal JA. Exercise as Treatment for Anxiety: Systematic Review and Analysis. *Ann Behav Med*. 2015;49(4):542-56. doi:10.1007/s12160-014-9685-
- Wilson R. Facing Panic: Self-Help Facing Panic: Self-Help for People with Panic Attacks. Silver Spring, Maryland: ADAA Publications; 2019.