# EFFECT OF YOGIC EXERCISES ON SELECTED PSYCHOLOGICAL VARIABLES AMONGKABADDI PLAYERS

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## ABSTRACT

To achieve the purpose of the present study, forty Kabaddi players from Govt. Arts and Science College, Modakkurichi, Erode, Tamilnadu were selected as subjects at random and their ages ranged from 18 to 24 years. The subjects (n=40) were randomly assigned to two equal groups as yogic exercises group and (YEG) and control group (CG) in an equivalent manner. The yogic exercises group participated for a period of six weeks for alternate three days in a week and the post-tests were taken. The competitive sport anxiety inventory – 2 was used to measure cognitive anxiety, somatic anxiety and self confidence. To find out the difference between the two groups analysis of covariance (ANCOVA) was used. The results reveal that the yogic exercise group showed a decreased level of cognitive anxiety, somatic anxiety and self confidence than the control group due to the training effects.

**KEY WORD:** Yogic Exercise, Cognitive Anxiety, Somatic Anxiety and Self Confidence and Kabaddi Players.

## Introduction

Yoga is an ancient Indian practice, first described in Vedic scriptures around 2500 B.C., which utilizes mental and physical exercises to attain samadhi, or the union of the individual self with the infinite (Lidell, 1983). According to the first comprehensive textual description of yoga, the Yoga Sutras, written in the third century B.C., yoga is the cessation of thought waves in the mind (Dass, 1981). Yogic techniques are known to improve one's overall performance and work capacity. It may be said that the goal of yoga is to bring about a complete harmony within the individual. It is necessary to note that the nature of all Yogic practices mostly influences the psychological and physiological characteristics. Yoga is a science practiced in India over thousands of years. It produces consistent physiological changes and have sound scientific basis (Iyengar, 1968).

Health is promoted by seeking balance between the physical, spiritual, psychological, and social aspects (Engebretson, 2002). Physical training is any bodily activity that enhances or maintains physical fitness and overall health. Physical

exercise is good for us in so many ways that it is almost like a magic tonic. It not only strengthens your heart and lungs if also help burn off fat. Gives you mere energy improves your muscle tone and even helps you to concentrate and think better. Kabaddi is aptly known as the "GAME OF THE MASSES" due to its popularity, simple, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. Now everyone is aware of the importance of yoga and its contribution towards sports. Yogic exercises are less economic as compared to physical and other techniques. Still the author combines both physical and yogic exercises for gaining more advantage to develop the physiological and psychological variables of Kabaddi players. Keeping this objective in mind the investigators formulated the present study.

**Methodology**

To achieve the purpose of the present study, forty Kabaddi players from Govt. Arts and Science College, Modakkurichi, Erode, Tamilnadu were selected as subjects at random and their ages ranged from 18 to 24 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (n=40) were randomly assigned to two equal groups as yogic exercises group and (YEG) and control group (CG) in an equivalent manner. The yogic exercises group participated for a period of six weeks for alternate three days in a week and the post-tests were taken. The competitive sport anxiety inventory – 2 was used to measure cognitive anxiety, somatic anxiety and self confidence. The unit of measurement was in total scores. To find out the difference between the two groups analysis of covariance (ANCOVA) was used.

**Results and Discussion**

The detailed procedure of analysis of data and interpretation were given below,

**Table-I**
**Computation of Analysis of Covariance of Selected Psychological Variables of bothControl and Yogic Exercises Groups**

| Sl.No | Variables | Variance | CG | PCYEG | Sum of Variance | Sum of Squares | df | Mean Square | F |
|---|---|---|---|---|---|---|---|---|---|
| 1 | Cognitive Anxiety | Pre test Mean | 24.10 | 23.85 | BG | 0.62 | 1 | 0.62 | 0.04 |
| | | | | | WG | 592.35 | 38 | 15.58 | |
| | | Post test Mean | 23.00 | 20.40 | BG | 67.60 | 1 | 67.60 | 4.54* |
| | | | | | WG | 564.80 | 38 | 14.86 | |
| | | Adjusted Mean | 22.90 | 20.49 | BG | 57.85 | 1 | 57.85 | 10.17* |
| | | | | | WG | 210.36 | 37 | 5.68 | |
| 2 | Somatic Anxiety | Pre test Mean | 22.15 | 22.05 | BG | 0.10 | 1 | 0.10 | 0.01 |
| | | | | | WG | 269.50 | 38 | 7.09 | |
| | | Post test Mean | 21.65 | 19.15 | BG | 62.50 | 1 | 62.50 | 9.69* |
| | | | | | WG | 245.10 | 38 | 6.45 | |
| | | Adjusted Mean | 21.60 | 19.12 | BG | 58.35 | 1 | 58.35 | 38.73* |
| | | | | | WG | 55.74 | 37 | 1.50 | |
| 3 | Self Confidence | Pre test Mean | 27.75 | 27.55 | BG | 0.40 | 1 | 0.40 | 0.05 |
| | | | | | WG | 282.70 | 38 | 7.43 | |
| | | Post test Mean | 27.20 | 30.15 | BG | 87.02 | 1 | 87.02 | 14.52* |
| | | | | | WG | 227.75 | 38 | 5.99 | |
| | | Adjusted Mean | 27.12 | 30.22 | BG | 96.15 | 1 | 96.15 | 57.21* |
| | | | | | WG | 62.17 | 37 | 1.68 | |

* $P < 0.05$ Table F, df (1,38) (0.05) = 4.09; (1,37) (0.05) = 4.10.

An examination of table - I indicated that the obtained pre-test F-ratio for cognitive anxiety, somatic anxiety and self confidence was 0.04, 0.01, and 0.05 respectively. The table F-ratio was 4.09; hence the pre-test means of all psychological variables was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38.

The obtained post-test F-ratio for cognitive anxiety, somatic anxiety and self confidence was 4.54, 9.69 and 14.52 respectively. The table F-ratio was 4.09; hence the post-test means of all psychological variables was significant at 0.05 level of confidence for the degree of freedom 1 and 38.

The obtained adjusted post-test F-ratio for cognitive anxiety, somatic anxiety and self confidence was 10.17, 38.73 and 57.21 respectively. The table F-ratio was 4.10;

hence the post-test adjusted means of all psychological variables was at 0.05 level of confidence for the degree of freedom 1 and 37.

**Fig-I Bar diagram showing the means Values of Cognitive Anxiety**

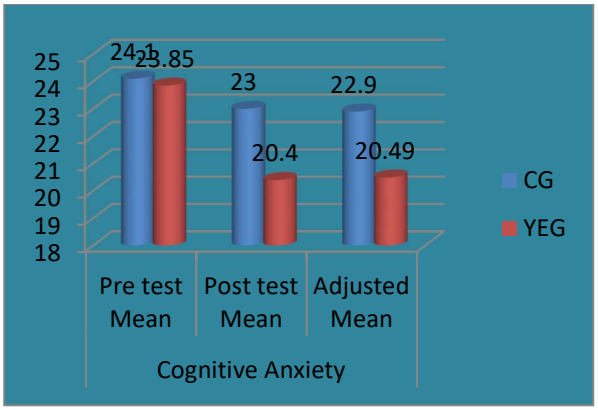



**Fig-II Bar diagram showing the means Values of Somatic Anxiety**

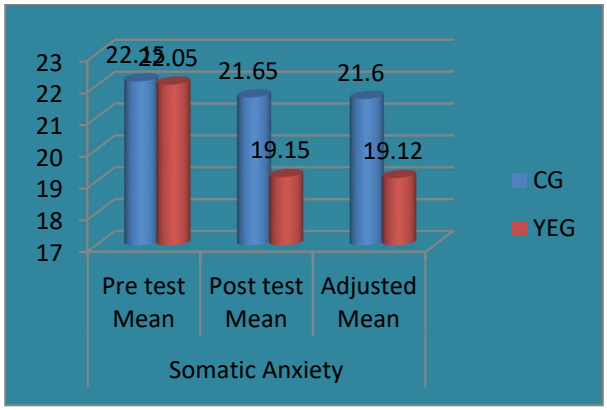
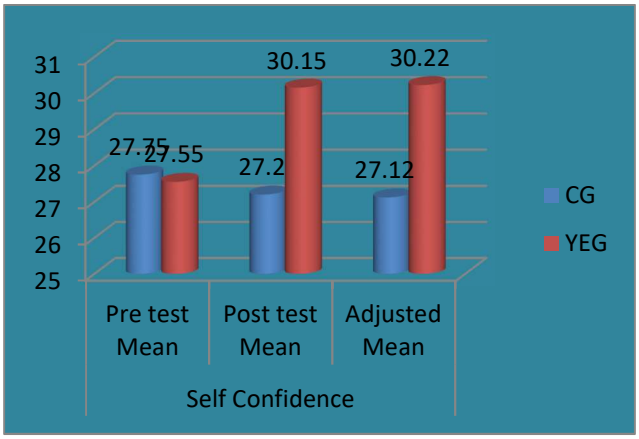



**Fig-II Bar diagram showing the means Values of Self Confidence**




## Conclusions

Within the limitation of the present study, the following conclusions were drawn.

1. The yogic exercise group showed a decreased level of cognitive anxiety, somatic anxiety than the control group due to the training effects.
2. Similarly, the yogic exercise group showed an increased level of self confidence than the control group due to the training effects.

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