

Effect of Yogic Training and Flexibility Training on Anxiety Among Players and Athletes

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Abstract

The purpose of the was to determine the Anxiety level of subjects. To achieve the purpose fifty subjects were randomly selected from polytechnic college players They were divided into three equal groups (n=45) namely Group –A Yogic training group, Group-B Flexibility training group, Group-C acted asControl group.the ages were ranges between 15-20 years and they were underwent to attend their training for 12 weeksexcluding of Saturdays and Sundays. Whereas the control maintained their own routine works. the duration of session was 45 minutes, the criterion variable selected for this study was anxiety,pre and post test were scored.Rainer’s Martin tool was assessed for Sports comptetion anxiety.as a result concluded there was a no significant among groups on anxiety

Introduction

Anxiety is your body’s natural response to stress. Anxiety is a state consisting of psychological and physical symptoms brought about by a sense of apprehension of a perceived threat.

Symptoms of general anxiety include:

- increased heart rate
- rapid breathing
- restlessness
- trouble concentrating
- difficulty falling asleep

flexibility, which is the ability to move a joint through its complete range of motion, is arguably the most neglected component of fitness among the general population. It is a highly adaptable fitness component and one can reap the benefits of flexibility training at any age. Flexible joints are vital for the maintenance of pain-free and independent movement.

Materials and methods

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Discussion

Vincent Parnabas and others 2014Cognitive anxiety has the capability to threaten a person’s well-being because it can increase worries and doubt. Athletes will achieve the best performance when their levels of cognitive anxiety were low. Besides that, the results also revealed the tendency of cognitive anxiety increases during competition on team compared to individual sports athletes. Furthermore, the result showed a negative correlation between cognitive anxiety and sports performance during competition on individuals and team sports. Sport psychologists, sport counselors, and coaches should use the present findings to recommend coping strategies to team and individual athletes that are appropriate for dealing with their athletes’ levels of cognitive anxiety.

Jonathan Ebonyi 2016 attempt to make an overview of various techniques, sport psychologist adopt in psychological preparation of athletes for peak performance. To attain peak performance in sports competitions, coaches and athletes should not base their prospect on physical training on sport skills alone rather should integrate both the mental and physical aspects of performance. The importance of a sport psychologist to athletes or sports team in this respect cannot be overemphasized, therefore the sport psychologist is in a position to provide the needed therapy to athletes who have been psyched-out by personal, motivational and environmental factors. The paper therefore recommended among others that athletes should be advised for practice mental and psychological skill training and, faster rehabilitation of an injured athlete should be done as this would help to achieve success in peak performance.

Sport psychology research and practice have been in existence for almost a century, during which time scholars and professionals alike have made ongoing efforts to learn more about the psychosocial variables related to enhanced athletic performance. From internal variables such as personality, achievement motivation, and self-efficacy to external variables such as athletic performance and group cohesion numerous factors have been considered in an effort to better understand the development and maintenance of performance excellence. Although researchers have amassed an extensive body of literature examining both internal and external variables related to sport performance, the efficacy and maintenance of sport psychology interventions remains a notable concern for professional practice (Otten, 2009).

Sports performance and interventions or psychological skills focusing on the ability to reach optimal performance states (i.e. zone), management of arousal & anxiety, selftalk, imagery, goal setting, self-confidence, motivation and modeling have been found to contribute positively to sports performance. (Edward, 2004) Anxiety is a negative emotional state characterized by nervousness, worry, and apprehension and associated with activation or arousal of the body. (Gould, 2007). Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Essentially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

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Radha(1991) studied about psychological factors and soccer performance of south Indian University players. In this study, psychological factors namely sports competition anxiety and aggressiveness was studied in relation to soccer ability. Accordingly, 100 South Indian University soccer players from the states of Tamil Nadu, Kerala, Andhra Pradesh and Karnataka were selected. Sports competition anxiety test (SCAT) Questionnaire and aggressiveness questionnaire (AR) developed by Rainer, Marten and Smith to measure the anxiety and aggressiveness were adopted. The results of this investigation revealed that moderate levels of anxiety and aggressiveness were present among South Indian University soccer players.

Robert and Kerry Wall (1993 : 25-25) have comparatively analyzed the effects of an aerobic training programme on five dependent variables : (1) competition anxiety, (2) aerobic capacity, (3) seventeen college Tae Kwondo athletes a the ages ranging from 18 – 21 years participated three times per week for a five week period. The experimental group improved significantly ($P < 0.05$) in aerobic there was no significant improvement in competition anxiety. Finally, the implications of this study suggested that performing aerobic training and a longer training program to produce a marked improvement in competition anxiety.

Statistical analysis

TABLE
ANALYSIS OF COVARIANCE OF DATA ON SPORTS COMPETITION ANXIETY
BETWEEN PRE AND POST TEST OF CONTROL, YOGIC TRAINING AND
FLEXIBILITY TRAINING GROUPS

Test	Control Group	Yogic Training Group	Flexibility training group	Source of variances	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre test								
Mean	68.33	69.00	68.20	Between	5.51	2	2.76	0.23
SD	4.01	3.23	3.05	Within	501.73	42	11.95	
Post test								
Mean	68.47	68.47	66.80	Between	27.78	2	13.89	0.98
SD	3.98	3.96	3.34	Within	597.87	42	14.24	
Adjusted Post test								
Mean	68.64	67.99	67.10	Between	17.86	2	8.93	2.94

Within	124.65	41	3.04
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*Significant at 0.05 level of confidence.

The table value required for significance at 0.05 level with df 2 and 42 & 2 and 41 are 3.222 & 3.226 respectively.

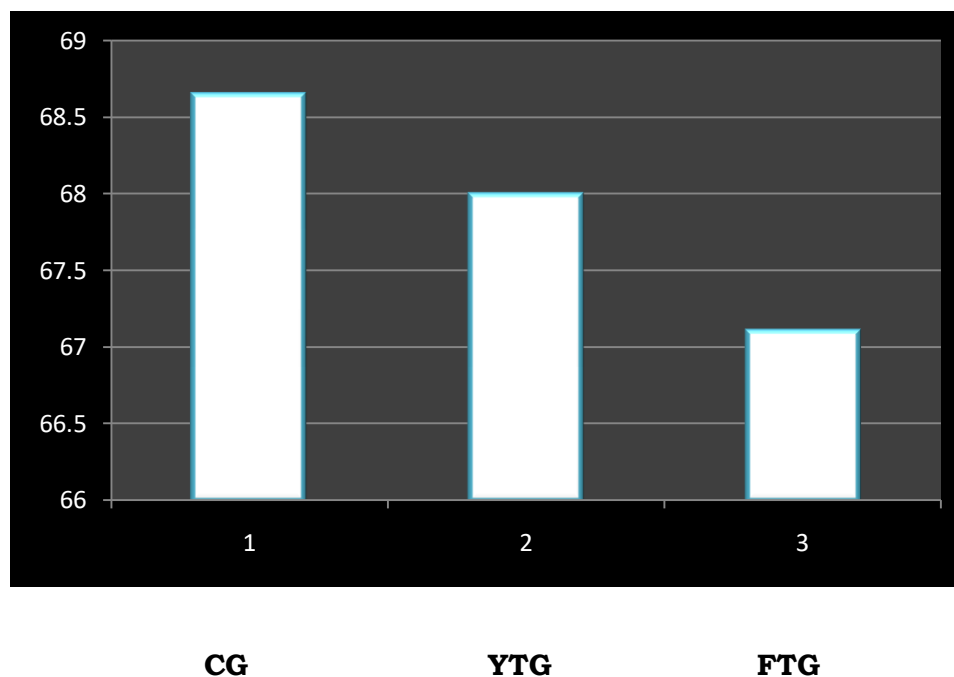
The table shows that the pre test mean values on sports competition anxiety for control, yogic practices and Flexibility training groups were 68.33, 69.00 and 68.20 respectively. The obtained F ratio value 0.23 for pre test scores on sports competition anxiety, which was lesser than the table value 3.222 for significance with df 2 and 42 at 0.05 level of confidence. The post test mean values on sports competition anxiety for control, yogic practices and Flexibility training groups were 68.47, 68.47 and 68.80 respectively. The obtained F ratio value 0.98 for post test scores on sports competition anxiety, which was lesser than the table value 3.222 for significance with df 2 and 42 at 0.05 level of confidence. The adjusted post test mean values on sports competition anxiety for control, yogic practices and Flexibility training groups were 68.64, 67.99 and 67.10 respectively. The obtained F ratio value 2.94 for adjusted post test scores on sports competition anxiety, which was lesser than the table value 3.226 for significance with df 2 and 41 at 0.05 level of confidence.

The results of the study showed that there was no significant difference among control, yogic practices and Flexibility training groups on sports competition anxiety.

The adjusted post test mean values on sports competition anxiety for control, on sports competition anxiety is graphically presented in Figure.

FIGURE

MEAN VALUES ON SPORTS COMPETITION ANXIETY FOR CONTROL, YOGIC TRAINING AND FLEXIBILITY TRAINING GROUPS ON SPORTS COMPETITION ANXIETY



Results

There was no significant differences on sports competition anxiety among groups due to the experimental design within three group by twelve weeks of training.

References

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