



EFFECT OF YOGIC PRACTICE ON PSYCHOLOGICAL VARIABLES BETWEEN FOOTBALL AND KHO-KHO PLAYERS

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ABSTRACT

Physical culture in India has long been linked to religious traditions. Yogasanas, Suriyanamaskars, Pranayama, and games like football, Kho-Kho, and Atyapatya have all become popular. Football and kho-kho are two of India's most popular traditional sports. It has not, however, become as popular as other sports, despite the fact that it has paved the road for players at college level to achieve a certain degree of physical fitness. The researcher wants to play this game and see what happens if he combines some technical training, such as aerobic and anaerobic interval training, with some yogic practises. The goal of combining yoga with other training is to see if these yogic practises can help with the Physical exercises in the form of aerobic and anaerobic exercises, as well as yogic practises, have been shown to contribute to the development of physical, physiological, and psychological characteristics in previous studies. There was a lack of research to show whether combining aerobic interval training with yogic practises and anaerobic interval training with yogic practises contributes to the development of selected psychological variables, particularly among kho-kho and football players. The goal of this study was to see how yogic practises, affected selected psychological responses in kho-kho and football players. Ninety kho-kho and football players who had represented their colleges in inter-college competitions were chosen at random as subjects for this study to meet the study's goal. The players ranged in age from 18 to 26 years old and came from Baliapal College of Education, Baliapal, Odisha. The kho-kho and football players had identical academic work and regular activities in accordance with their curriculum standards, and they followed a training programme to prepare for inter-college contests.

KEY WORDS: *Yogic Practice, Psychological Variables, Anxiety, Aggression, Stress*

RATIONALE OF THE STUDY

All of the wellness qualities can be created by playing the round of football and Kho-Kho. Wellness was improved because of the straightforward developments expected to play the game. With its quick revolutions, speed of play in guarding and pursuing, the developments have a significant degree of speed and nimbleness. Moreover, the game requires leg strength, perseverance, and quick sit-ups. Sharpness and mental clearness are additionally improved. Along these lines, by playing football and kho-kho, an individual can work on their actual wellness in all areas, including speed, strength, spryness, coordination, perseverance, and adaptability. Both games are very well known in the northern part of India, and actual instruction educators urge school young men to play it to work on their wellness. Specialists in the fields of actual training and sports have now taken huge drives to guarantee the game's

endurance. Regardless of the way that this game requires the actual characteristics in general, it isn't notable on a worldwide scale.

The analyst needs to play this game and perceive how it goes by joining some specialized preparation, for example, vigorous and anaerobic span preparing, for certain yogic practices. The objective of joining yoga with other preparation is to check whether these yogic practices can assist with the improvement of explicit attributes, especially mental factors.

Dharmaraj & Pushparajan (2017) investigated the impacts of shifted frequencies of Yogic Practices on the improvement of physiological factors of Middle Aged Men. The outcome demonstrated that the physiological factors diminished the pulse because of the yogic practices. Elumalai & Venkatachalapathy (2017) studied the effect of yogic practices on tidal volume and anxiety among middle aged



men. The results of the study that yogic practice has increased the tidal volume and decreased the anxiety significantly. It was found that there was a significant difference was occurred between the yoga practice group and control group on tidal volume and anxiety.

Engarsal & Duraisami (2017) investigated an exploratory study of low back pain among the yoga practitioners and non yoga practitioners in relation to specific life style factors. The findings of the study concluded that the selected yogic practices group than the control group has significant ($P < 0.05$) effect on the anger and heart rate level. Jelastin & Rufus (2017) examined the effect of yogic packages and mobility training on selected psychological variables among volleyball players. The major findings of the study were the yogic packages group had shown significant improvement in all the selected psychological variables among volleyball players after undergoing yogic packages for a period of twelve weeks. Kumar & Jothi (2017) conducted a study to find out the effect of yogic practices with and without green tea supplementation on selected health related physical fitness variables among obese men. The findings of the study were the yogic practices with green tea supplementation group and yogic practices without green tea supplementation group produced significant changes in health related physical fitness variables.

Nathiya & Ramesh (2017) examined the influence of influence of varied packages of yogic practices on blood sugar among overweight school boys. The findings of the study were mean difference among the three groups statistically significant on blood sugar was found. In testing the post adjusted mean among the three groups also predicts the above result. Prashanth & Sivakumar (2017) studied the effect of yogic practice and aerobic exercise on selected physiological variables. The study concluded from the result of the study that the yoga practice and aerobic exercise has positively altered the criterion variables, such as, vital capacity and blood pressure (both systolic and diastolic). Maheswari (2017) studied the effect on hatha yogic sadhana with and without diet counselling on dining habits among obese children. The major findings of the study were the Hatha yoga sadhana with diet counseling, hatha yoga sadhana without diet counseling had significant ($P < 0.05$) effect on the dining habits level.

Kasirajan & Karuppiyah (2016) examined the effect of yogic practice on selected physical variables among school level handball players. The findings of the study showed that there was a significant difference between the post-test and adjusted post-test of Flexibility and Cardio respiratory endurance. Chandrakumar & Ramesh (2016) determined the best training packages among the yogic practices, aerobic exercise and interval training on selected health related physical fitness namely cardio respiratory endurance and flexibility among school boys. The results showed that the significant mean difference does not exist among the experimental groups in the pre test on cardio respiratory endurance and flexibility. In testing post test mean difference among the experimental groups statistically significant on

variables of cardio respiratory endurance and flexibility. Karthikeyan (2015) influenced of asana with meditation on selected haematological variables among residential school boys. The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of six weeks of asana with meditation practice. The asana with meditation practice group has showed better performance on HDL, LDL and explosive power than the control group.

Parkhad et al. (2015) determined the effect of yoga training on cardiovascular response to step test and its time course after exercise in normal adolescent girls. The findings of the study revealed that after 6 months of yoga training, exercise induced changes on these parameters were found to be reduced significantly. It is concluded that after yoga training a given amount of exercise leads to a milder cardiovascular response, suggesting better exercise tolerance. Exercise produced a significant increase in HR, systolic pressure, RPP, and DoP, and a significant decrease in diastolic pressure. Kumar & Chandrasekaran (2015) investigated the effect of varied combinations of yogic practices on physiological variables of school boys of Kuwait aged 13-15. The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of twelve weeks of varied combinations of yogic practices.

The surveys observed that high-impact and anaerobic preparation programs affected the members' actual wellness and physiological qualities. Remembering this, I'd need to incorporate yogic exercises since they can possibly impact physical, physiological, and, surprisingly, mental factors like nervousness and outrage. What is the effect of yogic training in stress, anger, anxiety and aggression of studied subjects? The present study answered the above research question. On the basis of rationale of the study the present study is stated as "*Effect of Yogic Practice on Psychological Variables between Football and Kho-Kho Players*".

OBJECTIVES OF THE STUDY

The study was conducted by the following objectives:

1. To assess the effect of yogic training in stress, anger, anxiety, and aggression of football and kho-kho players.

HYPOTHESIS

1. There would be a significant improvement in psychological variable namely stress, anger, anxiety, aggression due to yogic practices.

METHOD OF DATA COLLECTION

The investigation was set up as an authentic irregular gathering plan with a pre-test and a post-test. The members (N=90) were separated into three equivalent gatherings of thirty male college kho-kho and football players of Baliapal College of Education, Baliapal, Odisha age group of 18 to 26



years old. Test Groupings I and II, as well as the Control bunch, was appointed to the gatherings. Pre-tests on picked physical, physiological, and mental qualities like speed, dexterity, cardiovascular perseverance, anaerobic power, uneasiness, and hostility were finished for all subjects. For a time of 12 weeks, the exploratory gatherings did their separate vigorous stretch preparation joined with yogic practices and anaerobic span preparing joined with yogic practices. Following a 12-week preparing period, post tests were led on the previously mentioned subordinate factors on each of the three gatherings, in particular exploratory gathering I, test bunch II, and control bunch. Three times each week, from 6.30 to 8.00 a.m., the preparation program was planned.

TECHNIQUES OF DATA ANALYSIS

Table 1: Significance Difference between Football and Kho-Kho Players on Stress, Anger and Anxiety among Aerobic Interval Training with Yogic Practices, Anaerobic Interval training with Yogic Practices

Test	Aerobic with Yoga	Anaerobic with Yoga	Control	SV	SS	DF	MS	F-Ratio	Inference
Pre-Test Mean	24.81	20.59	21.69	Between	166.04	2	83.42	2.51	NS*
				Within	2958.98	86	35.01		
Post Test Mean	22.34	18.01	21.02	Between	268.89	2	132.98	2.57	NS*
				Within	4783.12	86	54.13		
Adjusted Post Test Mean	20.12	19.79	22.12	Between	55.92	2	27.16	3.72	S* at 0.05 level
				Within	647.42	85	7.48		
Mean Diff	-1.49	-2.42	-0.50	-----	-----	---	-----	-----	-----

Table value for Significance at 0.05 levels is 3.10.

*NS- Not Significant **S- Significant

Table 1 revealed that the pre-test midpoints for high-impact stretch preparation with yogic practices, anaerobic span preparing with yogic practices, and the benchmark group are 24.81, 20.59, and 21.69, separately, with a F proportion of 2.51. Since the acquired F proportion for the pre-test implies on nervousness (2.51) misses the mark concerning the required table worth of 3.10, it is considered immaterial for 2 and 86 levels of opportunity at the 0.05 degree of certainty.

Further it was found that the post-test means for vigorous span preparing with yogic practices, anaerobic stretch preparation with yogic practices, and the benchmark group are 22.34, 18.01, and 21.02, individually, with a 2.57 F proportion. Since the acquired F proportion of 2.57 for the post-test implies on uneasiness is not exactly the expected table worth of 3.10, it is considered insignificant for 2 and 86 levels of opportunity at the 0.05 degree of certainty.

Quantitative techniques were used in the analysis of data. The data collected through structured scale were analysed with the help of simple quantitative analysis to supplement and substantiate qualitative analysis.

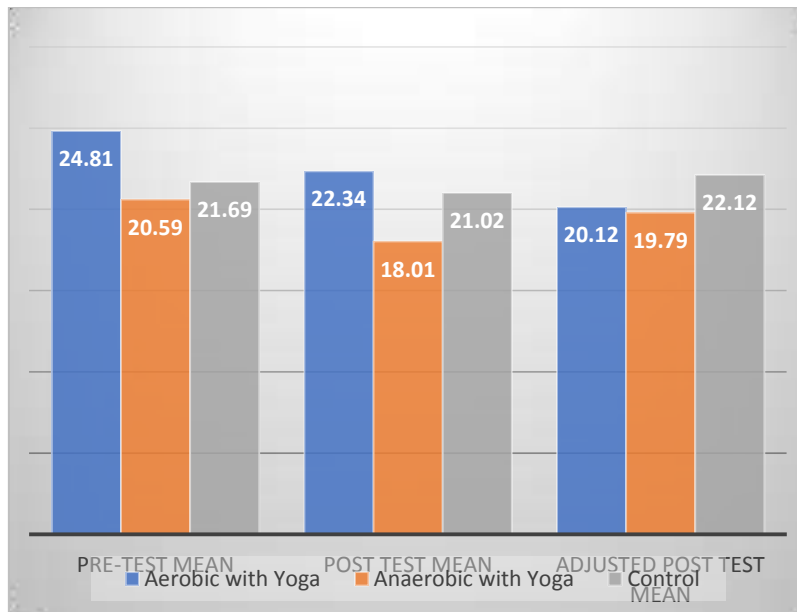
DATA ANALYSIS AND INTERPRETATION

Analysis of Stress, Anger and Anxiety

One of the objectives of the review is to inspect the impacts of treatment with Aerobic stretch preparation and Yoga rehearses. On picked factors, anaerobic stretch preparation with Yoga rehearses was utilized. Tables showed the discoveries of examination of covariance on information got when the test time frame on factors in the Aerobic span preparing with Yoga rehearses, Anaerobic stretch preparation with Yoga practices, and Control gatherings.

Again, the changed post-test means for vigorous span preparing with yogic practices, anaerobic stretch preparation with yogic practices, and the benchmark group are 20.12, 19.79, and 22.12, individually, with a 3.66 F proportion. Since the changed post-test implies on tension delivered F proportion of 3.72 is more prominent than the required table worth of 3.10, it is considered to be critical at 0.05 degree of certainty for 2 and 85 levels of opportunity.

The consequences of this review show that the changed post-test midpoints for vigorous span preparing with yogic practices, anaerobic stretch preparation with yogic practices, and the benchmark group on uneasiness vary genuinely altogether. Accordingly, the changed post-test midpoints of high-impact span preparing with yogic practices, anaerobic stretch preparation with yogic practices, and the benchmark group on nervousness were demonstrated to be fundamentally unique.



Graph 1: Mean Difference between Football and Kho-Kho Players on Stress, Anger and Anxiety among Aerobic Interval Training with Yogic Practices, Anaerobic Interval training with Yogic Practices

Table 2: Scheffe's Confidence Interval Test Scores on Stress, Anger and Anxiety

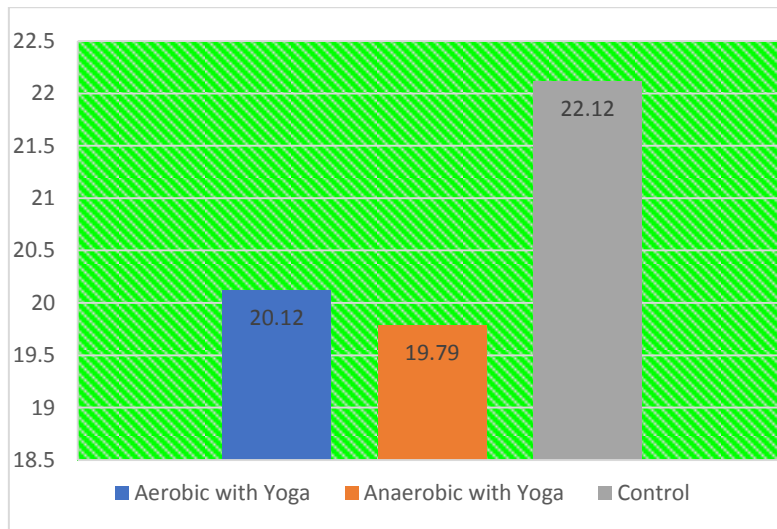
Aerobic with Yoga	Anaerobic with Yoga	Control	MD	CI
20.12	19.79	-----	0.35	1.70
20.12	-----	22.12	1.42	1.70
-----	19.79	22.12	1.98	1.70

Table 2 revealed that when the revised mean distinction between the pairings is tried, the mean contrast is 0.35. (oxygen consuming span preparing with yogic practices and anaerobic stretch preparation with yogic practices). 1.42 (oxygen consuming span preparing with yogic practices and control bunch) and 1.98 (vigorous stretch preparation with yogic practices and control bunch) (anaerobic stretch preparation with yogic practices and control bunch). At the 0.05 degree of importance, the mean contrast in uneasiness between the combined changed implies was huge, and the required basic worth was 1.70.

The matched changed method for oxygen consuming stretch preparation with yogic practices, anaerobic yogic

practices, and the benchmark group on tension were found in the information. The normal distinctions found. Since the mean not entirely set in stone to be higher than the required basic worth of 1.70, the distinction of 1.98 (between anaerobic with yogic practices and the benchmark group) is measurably huge.

The discoveries exhibited that in the presentation of nervousness, anaerobic stretch preparation with yoga outflanks the benchmark group, with no critical contrast between the vigorous with yoga treatment bunch and the benchmark group.



Graph 2: Adjusted Means of Psychological Variable – Stress, Anger and Anxiety

Analysis of Aggression

Examination of covariance on information got when the exploratory period on factors in the Aerobic span

preparing with Yoga rehearses, anaerobic stretch preparation with Yoga practices, and Control gatherings.

Table 3: Significance Difference between Football and Kho-Kho Players on Aggression among Aerobic Interval Training with Yogic Practices, Anaerobic Interval Training with Yogic Practices

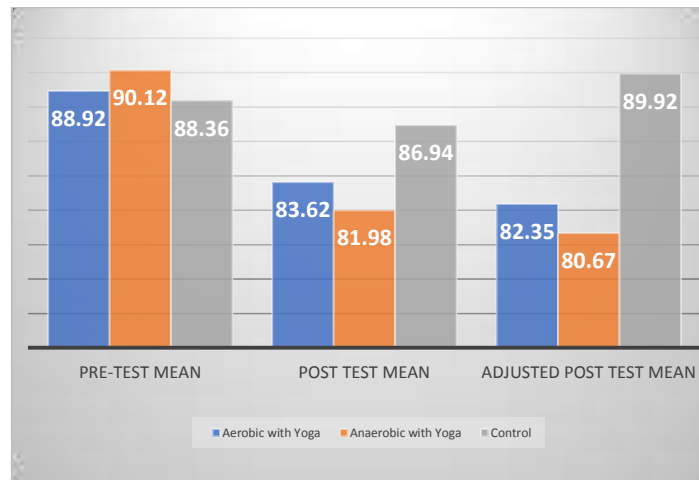
Test	Aerobic with Yoga	Anaerobic with Yoga	Control	SV	SS	DF	MS	F-Ratio	Inference
Pre Test Mean	88.92	90.12	88.36	Between	166.12	2	83.52	0.96	NS*
				Within	7832.23	86	88.98		
Post Test Mean	83.62	81.98	86.94	Between	481.12	2	254.22	3.01	NS*
				Within	6874.91	86	81.01		
Adjusted Post Test Mean	82.35	80.67	89.92	Between	1089.17	2	541.46	9.89	S** at 0.05 level
				Within	476.31	85	5.41		
Mean Diff	-7.56	-8.53	-0.50	-----	-----	-----	-----	-----	-----

Table value for Significance at 0.05 levels is 3.10.

*NS- Not Significant **S- Significant

Table 2 revealed that the pre-test values for Aggression of oxygen consuming span preparing with yogic practices, anaerobic stretch preparation with yogic rehearses, and the benchmark group are 98.92, 90.12, and 88.36, individually, and the resultant F proportion is 0.96, as

displayed in Table 4.10. Since the acquired F proportion of 0.96 for the pre-test implies on forcefulness (0.96) misses the mark concerning the required table worth of 3.10, it is considered irrelevant for 2 and 86 levels of opportunity at the 0.05 degree of certainty.



Graph 3: Mean Difference between Football and Kho-Kho Players on Aggression among Aerobic Interval Training with Yogic Practices, Anaerobic Interval Training with Yogic Practices

Further it is revealed that the post-test midpoints for high-impact span preparing with yogic practices, anaerobic stretch preparation with yogic practices, and the benchmark group are 83.62, 81.98, and 86.94, separately, with a F proportion of 3.01. Since F proportion of 3.01 for the post-test implies on animosity is not exactly the expected table worth of 3.10, it is considered immaterial for 2 and 86 levels of opportunity at the 0.05 degree of certainty.

The changed post-test midpoints for high-impact span preparing with yogic practices, anaerobic stretch preparation with yogic practices, and the benchmark group are 82.35, 80.67, and 89.92, separately, with a F proportion of 99.89. The registered F proportion of 9.89 for the changed

post-test implies on forcefulness is decided to be huge at the 0.05 degree of certainty for 2 and 85 levels of opportunity, as it is more noteworthy than the required table worth of 3.10.

The discoveries show a measurably critical distinction in hostility between the changed post-test method for oxygen consuming stretch preparation with yogic practices, anaerobic span preparing with yogic practices, and the benchmark group. Thus, the changed post-test midpoints of oxygen consuming span preparing with yogic practices, anaerobic stretch preparation with yogic practices, and the benchmark group on hostility were displayed to vary fundamentally.

Table 4: Scheffe's Confidence Interval Test Scores on Aggression

Aerobic with Yoga	Anaerobic with Yoga	Control	MD	CI
82.35	80.67	-----	1.01	1.55
82.35	-----	89.92	6.72	1.55
-----	80.67	89.92	7.86	1.55

Table 4 revealed that the changed mean distinction between the sets is 1.01 (oxygen consuming span preparing with yogic practices, anaerobic stretch preparation with yogic practices), 6.72 (high-impact stretch preparation with yogic practices and control bunch), and 7.86 (high-impact span preparing with yogic practices and control bunch) (anaerobic span preparing with yogic practices and control bunch). The necessary basic incentive for the mean distinction on animosity between the combined changed means to be critical at the 0.05 degree of importance was 1.55.

The matched changed method for oxygen consuming span preparing with yogic practices and anaerobic yogic

practices, as well as the benchmark group's aggression, were found in the outcomes. The acquired mean contrasts, 6.72 (between oxygen consuming with yogic practices and control bunch) and 7.86 (between high-impact with yogic practices and control bunch), are genuinely huge since they are more prominent than the required basic worth of 1.55.

The discoveries uncovered that in the presentation of hostility, vigorous span preparing with yoga and anaerobic stretch preparation with yoga outflank the benchmark group, with no huge distinction between the oxygen consuming with yoga treatment bunch and the benchmark group.

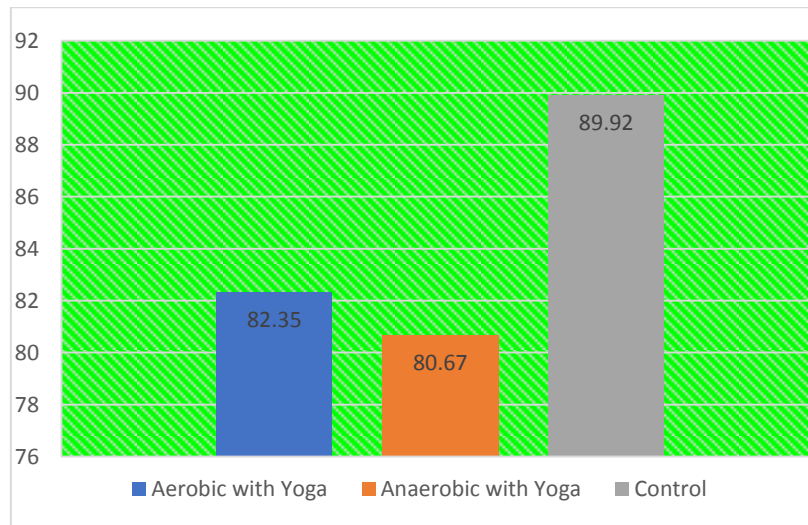


Figure 4: Adjusted Means of Psychological Variable – Aggression

DISCUSSION

Stress, Anger and Anxiety

Nervousness, regardless of whether it's previously or during a contest, can reduce your exhibition as a competitor. Due to the strain, the competitor couldn't perform at their best. At the point when your body is worried, the planned development expected by games turns out to be progressively troublesome. Actual feeling at a specific level is advantageous and sets us up for intensity. Nervousness, games, and execution are regularly connected. Undeniable degrees of mental nervousness have been displayed in examinations to adversely affect an assortment of (changing) assignments and circumstances. Uneasiness has been exhibited to influence execution on memory errands like letter change (Eysenck, 1985) and letter length assignments (Parfitt and Hardy, 1993), as well as convoluted engine exercises like indoor climbing (Pijpers, Oudejans, and Bakker, 2005) and ball free-toss shooting (for example Strong and Parfitt, 1991). Then again, valuable nervousness impacts have been seen on engine assignments (for example Calvo and Alamo, 1987). The impact of vigorous stretch preparation with yogic practice and anaerobic span preparing with yogic practice in diminishing tension was significant when contrasted with customary preparation, as indicated by the outcomes on mental variable, nervousness (control). On the kho players, the information uncovered significant changes in tension levels when contrasted with vigorous stretch preparation with yogic practices and anaerobic span preparing with yogic practices. Furthermore anaerobic span preparing with yogic activities was viewed as more compelling than vigorous stretch preparation with yogic practices in bringing down uneasiness in school kho-kho and football players. This examination upholds Ray,US, Mukhopadhyava.S (2001), who observed that yogic practices further developed a few mental qualities like uneasiness and misery decrease, as well as worked on mental capacity.

Aggression

It alludes to a singular's conduct." Aggression can take many structures in people, and it very well may be physical, mental, or verbal. Certain games, like double games, require this property. The last objective of this exploration is to decide the capacity that existed because of the preparation plan that was formulated. While dissecting the discoveries, it was found that the effect of high-impact span preparing joined with yogic practice and anaerobic stretch preparation joined with yogic practice on changes in animosity was extensive when contrasted with conventional preparation (control). The outcomes showed that contrasting high-impact stretch preparation and yogic practices to anaerobic span preparing with yogic practices considerably affected kho-kho and football players' hostility. While contrasting the treatment gatherings, it was found that there were no huge contrasts in decreasing aggression of school kho-kho and football players between vigorous span preparing with yogic practice and anaerobic stretch preparation with yogic activities. Beam, et al. (2001) observed that yogic practices positively affected youthful learners during the preparation time frame, with upgrades in a few mental boundaries, for example, uneasiness and sadness decline, as well as worked on mental capacity. The relationship and exploratory examination uncovered positive impacts of activity, as indicated by Guskowska M's (2004) meta-investigations, and the outcomes affirm the intense impact of activity, for example the decreases in tension and misery following single meetings of activity. While every one of the investigations concurred that actual work decreases misery, further develops cerebrum work, which diminishes hostility, and yoga rehearses likewise lower animosity. There were not many examinations done to perceive how oxygen consuming span preparing matched with yoga rehearses and anaerobic stretch preparation joined with yogic practices impacted the body. The aftereffects of this review showed that oxygen consuming exercises matched with yogic practices and



anaerobic exercises related with yogic practices diminished aggression in school kho-kho and football players, with no huge contrasts between treatment gatherings.

IMPLICATION OF THE STUDY

This investigation discovered that kho-kho and football players worked on fundamentally in an assortment of physical, physiological, and mental qualities. Actual educationists, mentors, sports directors, and instructor preparing foundation understudies were encouraged to join fitting high impact exercise and anaerobic span preparing with yogic practices to work on their physical, physiological, and mental levels.

It was recommended that high-impact and anaerobic stretch preparation with yogic practices led by different gatherings, including school, school, state, and public level competitors, as these activities help the players' general development.

These activities can be remembered for the actual instruction educational plan of understudies at all levels because of the benefit of straightforwardness of high-impact and anaerobic span preparing with yogic practices.

CONCLUSION

To conclude it can be said that the analyst needs to play this game and perceive how it goes by joining some specialized preparation, for example, vigorous and anaerobic span preparing, for certain yogic practices. The objective of joining yoga with other preparation is to check whether these yogic practices can assist with the improvement of explicit attributes, especially mental factors.

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