

EFFECT OF YOGIC PRACTICES AND ANXIETY OF COLLEGE LEVEL BASKETBALL PLAYERS

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ABSTRACT

Anxiety is your body's natural response to stress. When an individual faces potentially harmful or worrying triggers, feelings of anxiety are not only normal but necessary for survival. The goal of the study is to find out the effect of yogic practice and anxiety of college level basketball players. The selection of subject of Aiman College of arts and science for women among Basketball Players [N=30] . Subject age between 18 to 22. The scale consist of 15 items using dependent t test

KeyWords: Yoga, Anxiety, Basketball Skill

INTRODUCTION:

YOGA is an ancient Indian way of life, which includes changes in mental attitude, diet, and the practice of specific techniques such as yoga asana (postures), breathing practices (pranayama's), and meditation to attain the highest level of consciousness. Yoga An ascetic Hindu discipline involving controlled breathing, prescribed body positions, and meditation, with the goal of attaining a state of deep spiritual insight and tranquility. Here are three basic elements in yoga: Asana, Pranayama and Concentration. Asana are poses which exercise the front, back and side of the body equally. Pranayama means control of the breath, which leads to deeper breathing thereby providing the body with more oxygen. ... Concentration is fundamental in yoga. Yoga is a holistic and integral science of life dealing with physical, mental, emotional and spiritual health of the individual and society. Yogic lifestyle, Yogic diet, Yogic attitudes and various Yogic practices help us strengthen ourselves and develop positive health.

ANXIETY

Since the earliest days of humanity, the approach of predators and incoming danger sets off alarms in the body and allows evasive action. These alarms become noticeable in the form of a raised heartbeat, sweating, and increased sensitivity to surroundings. The danger causes a rush of

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adrenalin, a hormone and chemical messenger in the brain, which in turn triggers these anxious reactions in a process called the “fight-or-flight” response. This prepares humans to physically confront or flee any potential threats to safety. For many people, running from larger animals and imminent danger is a less pressing concern than it would have been for early humans. Anxieties now revolve around work, money, family life, health, and other crucial issues that demand a person’s attention without necessarily requiring the ‘fight-or-flight’ reaction..

METHODOLOGY

The purpose of this study was to find out the effect of yogic practice and anxiety of college level basketball players. The yogic practice can play an important role on improving the performance. The selected subject were divided into two groups (30 subjects). The age of the subjects were ranged from 18 to 22 years. The subjects of the study was and their pre-test was conducted through the mental health ability questionnaire. Then among the thirty samples 15 subjects was taken as experimental group on which four weeks of yogic practice was given whereas remaining 15 subjects act as control group. After completion of four weeks yogic practice program post-test was conducted through the same questionnaire and the results were calculated

Table 1 : Mean, Standard Deviation, Mean difference and ‘T Ratio on Yogic Training Among Basketball Players

EXP	MEAN	N	STD DEVIATION	STD ERROR MEAN	SIG (2 TAILED)
PRE TEST	71	15	3.089	0.688	000
POST TEST	96.85	15	1.938	0.443	
PRE TEST	71.40	15	0.922	0.211	
POST TEST	73.10	15	0.935	0.210	2.35

DISCUSSION AND FINDINGS

This study was conducted to determine the effect of four weeks yogic practice training program and its effect on sports competitive anxiety on College level Basketball players. To achieve the purpose of the study, thirty basketball players aged between 18 to 22 years were selected as the subject of the study. The selected variable for the study was anxiety (sports competitive

anxiety).The tests administered to assess the data were collected through marten's sports competitive anxietytest questionnaire.Further the researcher arranged one month(twiceaweek)yogic training programme.Only the experiment group were undergone the training programme.APre-testandPost-tests core of the experimental group and control group were treated statistically using't-test 'and the level of significance was kept at 0.05 level. The results revealed that, by comparing pre-test andpost-test scores experimental group showed significant improvement in anxiety than control group due to yogic training programme.

CONCLUSION

The result of the study revealed that by comparing pre-test and post-test scores experimental group showed significant improvement in anxiety than control group due to yogic training programme and hypothesis is accepted.

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