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Effect of yogic practices and stress reducing exercises on selected psychological variables among hockey players

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Abstract

The purpose of the study was to determine the effect of yogic practices and stress reducing exercises on selected psychological variables among hockey players. To achieve the purpose of the study, forty five young Hockey players from Tirunelveli corporation area were selected as subjects at random and their age was between 14 and 16 years. The subjects were divided into three groups namely yoga practicing group (n=15), stress reducing exercises training group (n=15) and control group (n=15). The duration of the training was twelve weeks. During the training period, the experimental groups underwent their respective training programmes in addition to their regular routine programmes. The statistical tool Paired Sample 't' test and Analysis of Covariance (ANCOVA) was used to analyze the data. The results showed that all the selected dependent variables were improved due to the influence of respective training programmes whenever there were no changes of the status of control group. Yogic exercises group outperformed than the stress reducing exercises group and control group on coordination and reaction time. Yogic exercises group have significant differences among the control group on balance, stress, anxiety, mental depression and playing ability. Stress reducing exercises group have significant differences among the control group on all the dependent variables stress. This investigation brought out the essential results that the yoga practices and stress reducing exercises practices was most effect to the hockey players to promote their physical and psychological parameters and also the playing ability.

Keywords: Hockey, Yoga, Stress Reducing exercises

Introduction

Hockey-like games involving sticks and balls have been played for thousands of years. Historical records show that a crude form of hockey was played in Egypt 4,000 years ago and in Ethiopia around 1,000 BC. Various museums offer evidence of the game that was played by Romans, Greeks and by the Aztec Indians of South America several centuries before Columbus landed in the New World. The modern game of field hockey evolved in England in the mid-19th century. The first men's hockey club, Black heath was formed in 1849, led to the establishment of the Hockey Association in London in 1886. British army introduced the game to India and throughout the British colonies, leading to the first International competition in 1895.

Yoga is a powerful tool for stretching and strengthening the muscles and increasing flexibility. Physically, hockey demands a lot of strength from legs. This means that hockey players keep a lot of stress in their legs. Calves, quads, gluteus muscles and lower back muscles are heavily used. There are many asanas or postures that can help after hockey play, to relieve tension and prepare for the next game.

Stress reduction exercises and techniques carried out mindfully can help to reduce anxious and stressful feelings. If the attention is given on breath control or other point of focus it can be achieved at the exact moment. Most of the time it happens so that the stress and feel anxious over is due to the actions happened in the past or future. Reality is only in the present moment. The past is over. The only place it lives and comes to life is in the mind. Fretting about what may or may not happen in the future sacrifices precious time and energy that need to live in the present. Take steps to deal with past trauma and future worries.

In recent times the game hockey turns out to be a different way in training for elite sport,

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the training to design workouts that cover all relevant fitness areas like strength, flexibility, agility, aerobic and anaerobic endurance, balance, coordination, reaction time and speed. These workouts must be both specific to the sport and suitable for the level of the players. In addition, the training helps out to assess fitness levels, to understand physiological and psychological level of the players. Thus, the advantage of using yoga and stress reducing exercise training has the specific skills, experience and time to optimise the physical and psychological preparation of the athlete.

Purpose of the Study

The purpose of this study was to explain the principles behind designing a sports specific fitness programme and describe some of the important training methods that should be employed. Specifically this study discusses fitness assessment procedures, analysis of the fitness demands of the game hockey, skill related physical training such as like (balance). Players are not the exemption from the stress and the psychological well-being is made success in sports and games.

Methodology

Selection of the Subjects

To achieve the purpose of the study, forty five young Hockey

players from Tirunelveli corporation area were selected as subjects at random and their age was between 14 and 16 years. The subjects were divided into three groups namely yoga practicing group, stress reducing exercises training group and control group. Each group consisted of 15 subjects. The duration of the training was twelve weeks. This study consisted of two experimental groups, Group A (n=15) underwent yogic practices, Group B (n=15) underwent stress reducing exercises, and Group C (n=15) acted as control group. All the participants were tested prior to and after the experimentation on physical parameters. The analysis of covariance (ANCOVA) was used

Selection of Variables

Independent Variables

- Yogic Practices
- Stress Reducing Exercises

Dependent Variables

Skill related psychological variables

- Stress

Results

Table 1: Means, Standard Deviations and Adjusted Means for Stress among Experimental and Control Groups

Tests		Yogic Practices Group	Stress Reducing Exercises Group	Control Group
Pre Test	Mean	44.20	41.60	42.73
	SD	2.70	3.56	3.88
Post Test	Mean	34.47	31.40	42.40
	SD	2.97	2.19	4.03
Adjusted Mean		33.84	31.98	42.45

For the dependent variable Stress, the means of pretest and posttest, standard deviation and the adjusted means of the Yogic Practices Group were 44.20 ± 2.70 , 34.47 ± 2.97 , 33.84, for Stress Reducing Exercises Group were the means of pretest and posttest, standard deviation and the adjusted

means were 41.60 ± 3.56 , 31.40 ± 2.19 , 31.98, and for CG (Control Group) the means of pretest and posttest, standard deviation and the adjusted means were 42.73 ± 3.88 , 42.40 ± 4.03 , 42.45.

Table 2: Means, Standard Deviations and Adjusted Means for Anxiety among Experimental and Control Groups

Tests		Yogic Practices Group	Stress Reducing Exercises Group	Control Group
Pre Test	Mean	62.13	61.80	55.93
	SD	2.99	6.09	5.45
Post Test	Mean	35.26	34.93	56.73
	SD	3.86	2.76	5.20
Adjusted Mean		34.43	34.23	58.27

For the dependent variable Anxiety, the means of pretest and posttest, standard deviation and the adjusted means of the Yogic Practices Group were 62.13 ± 2.99 , 35.26 ± 3.86 , 34.43, for Stress Reducing Exercises Group were the means of pretest and posttest, standard deviation and the adjusted means were 61.80 ± 6.09 , 34.93 ± 2.76 , 34.23, and for CG (Control Group) the means of pretest and posttest, standard deviation and the adjusted means were 55.93 ± 5.45 , 56.73 ± 5.20 , 58.27.

Conclusions

1. This study was found that the yogic practices group improved the participants stress and hockey playing ability.
2. This study was found that the stress reducing exercise group improved the participants' physical parameters stress and hockey playing ability.

3. Yogic exercises group have significant differences among the control group on stress and playing ability.
4. Stress reducing exercises group have significant differences among the control group on all the dependent variables stress and playing ability.
5. The experimental groups namely yogic practices and stress reducing exercise groups had no significant difference towards improving the participants psychological parameters stress and hockey playing ability.

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