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## Effects of yogic exercises on the anxiety of Hupkwondo among college students

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### Abstract

During the past three decades approximately, the concept of psychology has been vital role in sports and education. Many studies are completed on psychological literature. S Tiller, T Taymar 2005 conducted the study on Effects of brief yoga exercises and motivational preparatory interventions in distance runners. Many studies even have proved the consequences of psychological variables on performance of sports persons. Anxiety is that the deciding think about achieving the highest performance in sports and games, therefore the researcher took Anxiety test for his or her study. 10 Hupkwondo junior boys' players of Pt. N.R.S.Govt. College, Rohtak were randomly selected for the study and got the yogic exercises for four months. The Anxiety was tested before and after the three months training programme of yogic exercises. The SAI Anxiety test taken for testing the Anxiety level of Hupkwondo players, the study shows the anxiety level of players decrease after performing yogic exercises and this significance at the level of .05 which proved that there's significant change within the Anxiety level of junior Hupkwondo.

**Keywords:** Yoga, Hupkwondo, Exercise, Anxiety Level

### Introduction

During the past three decades approximately, the concept of psychology has been vital role in sports and education. Many studies are completed on psychological literature. S Tiller, T Taymar 2005 conducted the study on Effects of brief yoga exercises and motivational preparatory interventions in distance runners. Many others studies even have conducted on the consequences of yogic exercises on psychological variables which effects the performance of sports persons. Hupkwondo is that the game which is being very fashionable in India, particular in Haryana. Since last 20 years the Indian Hupkwondo as has been performing well in international level. For the great working at international level have a requirement of both physical and psychological toughness. The study of coaching effects on sports performance has been conducting from very while. But studies on psychological background are only a few. Therefore the research scholar selected the study.

HUPKWONDO is Malaysian self-defense Founded by Grandmaster Lee in 1989 in Malaysia. HUPKWONDO may be a self-defense with movements that are free flowing rather than rigid and jerky movements of traditional martial arts. The techniques and movements are in HUPKWONDO are derived from Kodachi-Lado (Japanese short sword), Kendo (Japanese bamboo sword), Bokken (Japanese Wooden sword), Wado-Shimpo (Japanese formless and flowing meditation art), Taekwondo, Karate, Kick Boxing and element of recent street Self Defense. All long, rigid, tense movements are changed to shorter, rounder, free flowing movement and therefore the principle is "maximum impact with minimum energy lost".

### Objective

To examine the effect of yogic exercises on the Pre competition Anxiety level of Hupkwondo players.

### Methodology

10 Hupkwondo junior boys' players of Pt. N.R.S.Govt. College, Rohtak were randomly selected for the study and got the yogic exercises (kapla bhati, Anulom Vilom, Bhramary, and

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Medication) for four months under the supervision of yoga expert and researcher. The Hupkwondok as performed the yogic exercises hour daily within the morning. The Anxiety was tested before and after the three months training programme of yogic exercises. The SAI Anxiety test (involve 15 statements) which was constructed be SAI head office, New Delhi in 1999 taken for testing the Pre-competition Anxiety level. Anxiety level was measured before state level Hupkwondo competition.

After the statistical analysis, the results were presented within the tables. The means difference was calculated to seek out out the many difference of the pre-test and post-test result with the assistance of 't'- test.

**Table 1:** Effects of yogic exercise on the Anxiety of Hupkwondo Players

Variables	Mean before yogic exercise	Mean after yogic exercise	Mean difference	t-value
Anxiety level	27.5	30.2	2.7	3.7

\*.05 (level of significance)

According to the table-1, the means of Anxiety level of pretest and post test were 27.5 and 30.2 respectively and the t-value 3.7 were found, so we can say that the difference was significant at the level of .05 which proved that there is significant change in the pre competition Anxiety level of Junior Hupkwondokas.

### Result

On the basis of analysis and interpretation of the data of Anxiety of Junior Hupkwondokas, we can say that the yogic exercises are significantly useful in decreasing the Pre competition Anxiety level of Hupkwondo players.

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