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Effect of yoga practices on stress and anxiety among school players

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Abstract

The purpose of the present study was to find out the effect of yoga practices on Stress and Anxiety among school players. Thirty male football, basketball and handball players were selected as subjects for the study from the private and government institutions of Jammu region and they were randomly divided into two groups equally with fifteen each in experimental and control groups. All the selected players have undergone training in their respective games and apart from the training, experimental group underwent one hour yoga training in the morning session before the games training for six weeks. The pretest and posttest were conducted in the psychological variables of Stress and Anxiety. Stress was assessed with the help of Everly and Girdano stress scale and Anxiety was measured by using sports competition anxiety questionnaire designed by Rainer Martens. The collected data were statistically analyzed using ANCOVA to find out the significant difference between the groups if any. The significant level was fixed at 0.05. It was concluded from the result of the study that yogasanas training had significant impact on stress and anxiety among the inter collegiate players.

Keywords: Stress, Anxiety

Introduction

Yoga helps psychologically to relax and handle stressful situations more easily. Yoga teaches us to have a calm mind and can focus our energy on the particular activity. Yoga brings positive thoughts and self-acceptance. Yoga is a great form of exercise and a mind-body practice that can have physical, mental and emotional benefits. Yoga also is an effective way to develop greater self-awareness, acceptance, and the ability to be present in the moment. Regular yoga practice brings about mental clarity and calmness, increases body awareness and also relieves chronic stress patterns, relaxes the mind, centers attention and also sharpens concentration. Yoga, which is a way of life, is characterized by balance, health, harmony, and bliss (Nagendra and Nagarathna, 1977) ^[9]. Yoga regulates a person's stress response system and to deal with and resolve anxiety in an effective way. Yogic practice has a significant reduction in total anxiety (Kocher, 1972) ^[4]. Yoga offers a fine tool for the development of the emotional personality of men (Mohan, 2005) ^[8]. Sound health is the men's priceless treasure. Health, happiness and peace of mind are the treasures that cannot be purchased. Stress according to Yoga is imbalance. Imbalance is a misery at the mental and physical levels. Thus, a demanding situation that causes pain and leads to ailments and diseases. Many studies have proved that yoga and meditation are beneficial in case of psychiatric and psychosomatic disorder like stress, aggression, anxiety, depression, mental retardation, hyper tension, diabetes, etc (Mark Nesti, 2004) ^[6]. Susan Lark (1993) ^[5] said that practicing Yoga will "provide effective relief from anxiety and stress. Hatha yoga could be a helpful adjunct to medical and psychological treatment when practiced regularly by clients on their own to improve feelings of physical health, reduce their anxiety and enhance their self-concepts and emotional tone."

Those who are regularly practicing Yoga, experience tremendous changes that result in a deep effect on their mental health. Reduction of tension and restoration of flexibility are some of the mental health benefits derived from Yoga. Yoga helps to free the mind from mental disturbances thereby steadies the mind. Decrease in nervousness, confusion, depression, irritability and fatigue are some of the other benefits resulting from regular Yoga practice.

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Yoga is a great way to relieve stress related problems that many people deal with on a daily basis. Yoga is a good way to ease stress because it is a non-competitive method that above all tries to attain proper balance and healthy calmness to one's body. Yoga contains a healing aspect that allows many people to relieve their stress levels through different poses and especially through breathing. Roth and Creaser (1997) [10] conducted a 8-week meditation based on Stress Reduction and Relaxation Program and they found considerable reduction in stress due to meditation. Yoga strives to increase self-awareness on both physical and psychological level. There are plenty of research studies conducted in yoga in relation to psychological variables and almost all the studies have given a very strong input in improving the psychological efficiency. The present study also intended to found out the effect of yoga on stress and anxiety among intercollegiate players.

Materials and Methods

The selection of subjects, variables, training procedure and statistical techniques are explained below.

Selection of Subjects: Thirty school players of football, basketball and handball were selected as subjects for the study and they were randomly divided into two groups equally with fifteen in each namely experimental and control groups. The age group of the subjects was eighteen to twenty four years.

Psychological Tools: All the tests were carried out using standardized procedure. The psychological parameters were assessed through standardized psychological questionnaire. Stress was assessed with the help of Everly and Girdano stress scale. This scale consists of 14 questions with four options and scores range from 0 to 42. Lesser the score the lower the

psychological stress. Anxiety was measured by using sports competition anxiety questionnaire designed by Rainer Martens (1977) [7] with 15 statements.

Training Procedure: The experimental and control groups practiced training in their respective games in the morning one hour and evening two hours in a schedule of weekly six days for a period of six weeks and apart from games training, the experimental group underwent one hour yoga training in the morning before the games training. The yoga training includes eleven asana and two pranayamas. The asana are Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Chakarasana, Dhanurasana, Ardhamatsyenderasana, Vazerasana, Sirashasana and Savasana, and Pranayamas are Kapalabati and Shitali.

Testing Procedure: The pre and posttests were conducted before and after the six weeks yogasanas training by using the psychological scale of Everly and Girdano stress scale and sports competition anxiety questionnaire designed by Rainer Martens.

Statistical Procedure: The analysis of covariance (ANCOVA) was used as the statistical tool to determine the significant difference on the data of pre and post mean obtained for stress and sports competition anxiety between the control and experimental groups. The level of significance was fixed at 0.05 level.

Results

The analysis of covariance on the data obtained on Stress and Sports Competition Anxiety of pre and post tests were tabulated and are presented in tables I and II.

Table I: Computation of Analysis of Covariance on Stress

TABLE-I
COMPUTATION OF ANALYSIS OF COVARIANCE ON STRESS

Test	Group		SV	Sum of Squares	df	Mean Square	F value
	Exp.	Control					
Pre test	24.866	23.866	B	7.5	1	7.5	0.547
			W	383.466	28	13.695	
Post test	20.666	24.467	B	108.3	1	108.3	9.328*
			W	325.066	28	11.609	
Adjusted Mean	20.266	24.867	B	155.743	1	155.73	53.32*
			W	78.858	27	2.920	

*Significant at 0.05 level of confidence

It was observed from Table-I that there is no significant difference in the pre test ($F=0.547 < 4.20$). The significant differences are observed in posttest ($F= 9.328 < 4.20$) for df 1 and 28 at 0.05 level of confidence and adjusted posttest ($F = 53.32 > 4.21$) for df 1 and 27 at 0.05 level of confidence.

There is a significant difference in stress and the mean score indicated that the experimental group reduced the level of stress than the control group due to the six weeks of yoga training.

Table 2: Computation of Analysis of Covariance on Sports Competition Anxiety

Test	Group		SV	Sum of Squares	df	Mean Square	F value
	Exp.	Control					
Pre test	19.265	18.133	B	9.633	1	9.633	0.835
			W	322.667	28	11.523	
Post test	16.067	17.866	B	24.3	1	24.3	4.906*
			W	138.666	28	4.952	
Adjusted Mean	15.866	18.066	B	35.261	1	35.261	9.696*
			W	98.390	27	3.644	

*Significant at 0.05 level of confidence

It is observed from above table-II that there is no significant difference in the pretest ($F=0.835 < 4.20$). The significant difference are observed through posttest ($F=4.906 > 4.20$) for df 1 and 28 and also on adjusted posttest ($F= 9.696 > 4.21$) for df 1 and 27 at 0.05 level of confidence. There is a significant difference in sports competition anxiety and mean score indicated that the experimental group reduced the level of sports competition anxiety than the control group due to the six weeks yoga training.

In the light of the above results, the six weeks yoga training has significantly reduced the stress and sports competition anxiety of school players.

Conclusion

Based on the result of the study the following conclusions are drawn: Yoga practice is benevolent to reduce the stress and sports competition anxiety of inter collegiate level players.

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