

# Impact of Short-Term Practice of Yoga on Anxiety and Stress Control among Football Players

Dr. K.A. Ramesh

Assistant Director of Physical Education, Anna University BIT campus, Tiruchirappalli, Tamilnadu, India  
drkaramesh@gmail.com

**Abstract**—The present study was designed to find out the impact of short-term practice of yoga on anxiety and stress control among Football players. To attain the purpose, thirty men (N=30) Football players studying Anna University BIT campus, Tiruchirappalli District, Tamilnadu during the year 2015-2016 were selected randomly as subjects. The subjects were assigned at random into two groups of fifteen each (n=15). Group-I underwent Yoga Practice and Group-II acted as Control. The short term yoga practice that is four weeks duration was given for Experimental group and it was restricted number of sessions per week was confined to five in a week. Among different type of Anxiety State Anxiety only taken for this investigation. Anxiety and stress only selected as dependent variable and it was assessed through questionnaire developed by Spielberger(1966) and Everly and Girdano's respectively. All the subjects were tested prior to and immediately after the training for all the selected variables. Data were collected and statistically analyzed using ANCOVA to determine the significant difference between the means. In all the cases 0.05 level of significance was fixed. The results of the study showed that there was a significant difference between yoga practices group and control group. The Experimental groups namely Yoga Practice group, had significantly decrease in the Anxiety and Stress.

**Index Terms**— Yoga Practice, Anxiety, Stress, Football.

## I. INTRODUCTION

During the last few decades, coaches and athletes from a wide variety of sports have begun to realize the importance of the mental side of athletic performance. More specifically, individuals involved with organized sports now understand that for the athletes to perform at their peak level of efficiency, they must possess and use a number of psychological skills. This is also true within the world of track and field as coaches and athletes have become interested in enhancing their athletes' psychological skills [1].

Almost all performances depend on the ability of applying psychological skills appropriate a game situation. Increased mental skill will often contribute to better performance. Sports psychology has long been recognized as an essential element in all physical activities and is generally considered to be a basic component of sports performance[2].

Psychology is an extremely exciting and challenging field of knowledge. It continues to grow in an accelerating phase each year and it continues to provide answers to basic questions about the human condition. Psychology has enormous potential. It offers the hope of both understanding and improving our

lives, our community and planet [3].

Issues of present day man, yoga give response for those who genuinely needs for it. We accentuate the word genuinely in light of the fact that no endeavors could be sought after without truthfulness. Without philanthropy, one can't focus for a more drawn out time on a movement. Yoga is a panacea for focus.

Yoga originate from the root 'Yuj Samadhu' which intends to join or 10 unite'. It implies joining or uniting with a definitive reality or God, head; subordinately it likewise implies a way or ways that prompt this a0a1. It is in this feeling we talk about a few Yogas[4].

Yoga happens in Rigveda in the different faculties, for example, accomplishing the unachieved. "Yoga" is utilized in Yajurveda as a part of the feeling of unity and Yoga rehearse. In Kathopanisad five sense are united in the learning with brain and knowledge does not attempt called 'Paramagati'. It is called Yoga. Word "Yoga" is additionally originated in Taittiriya upnisad in the feeling of arrangements.

Yoga is the focus, which limits vacillations, liberated from horn, the self achieves self-expression. The limitation of them is by method for practice and passionlessness. Practice is rehashed effort to the end, the psyche stuff might have changelessness in this confined state however this practice gets to be affirmed when it has been developed for a long time and uninterruptedly with sincere consideration [5].

## II. METHODOLOGY

The study was conducted on thirty men (N=30) Football Players who have studying Anna University BIT Campus, Tiruchirappalli, Tamilnadu India during the year 2015-2016 were selected randomly as subjects. Subjects were randomly assigned equally into two groups. Group-I underwent Yoga Practices and Group-II acted as Control. The experimental group underwent the yoga practices for a period of four weeks (5 days/week), whereas the control remain as normal with the sedentary life. Among different types of Anxiety, State Anxiety only taken for this investigation. Among various psychological components Anxiety and Stress were selected as dependent variables, and it was assessed through questionnaire developed by Spielberger[6] and Everly and Girdano's respectively. All the two groups were tested on selected Anxiety and Stress were analyzed before and after the training period.

## III. ANALYSIS OF THE DATA

The data collected from the yoga practices group and control group on prior and after experimentation on selected variables were statistically examined by analysis of covariance (ANCOVA) was used to determine differences, if any among the adjusted post test means on selected criterion variables separately. In all the cases 0.05 level of significance was fixed.

### A. Anxiety

The Analysis of covariance (ANCOVA) on Anxiety of Yoga practices group and Control group have been analyzed and presented in Table -I.

TABLE – I. VALUES OF ANALYSIS OF COVARIANCE FOR YOGA PRACTICES GROUPS AND CONTROL GROUP ON ANXIETY

Adjusted Post-test Means		Source of Variance	Sum of Squares	d f	Mean Squares	'F' -Ratio
Yoga Practices Group	Control Group					
24.89	27.58	Between	43.77	1	43.77	68.17*
		Within	17.34	27	0.64	

\* Significant at.05 level of confidence

**(Anxiety Scores in Points)**

(The table value required for Significance at 0.05 level with df 1 and 27 is 4.21)

Table-I shows that the adjusted post test mean value of Anxiety for Yoga Practices Group and Control Group are 24.89 and 27.58 respectively. The obtained F-ratio of 68.17 for adjusted post test mean is more than the table value of 4.21 for df 1 and 27 required for significant at 0.05 level of confidence.

The results of the study indicate that there existed significant difference among the adjusted post test means of Yoga Practices Group and Control Group on Anxiety.

It may be concluded that Yoga Practices group is better than Control group in improving Anxiety.

The adjusted post tests mean values of Yoga Practices group and Control Group on Anxiety was graphically represented in the Fig.1.

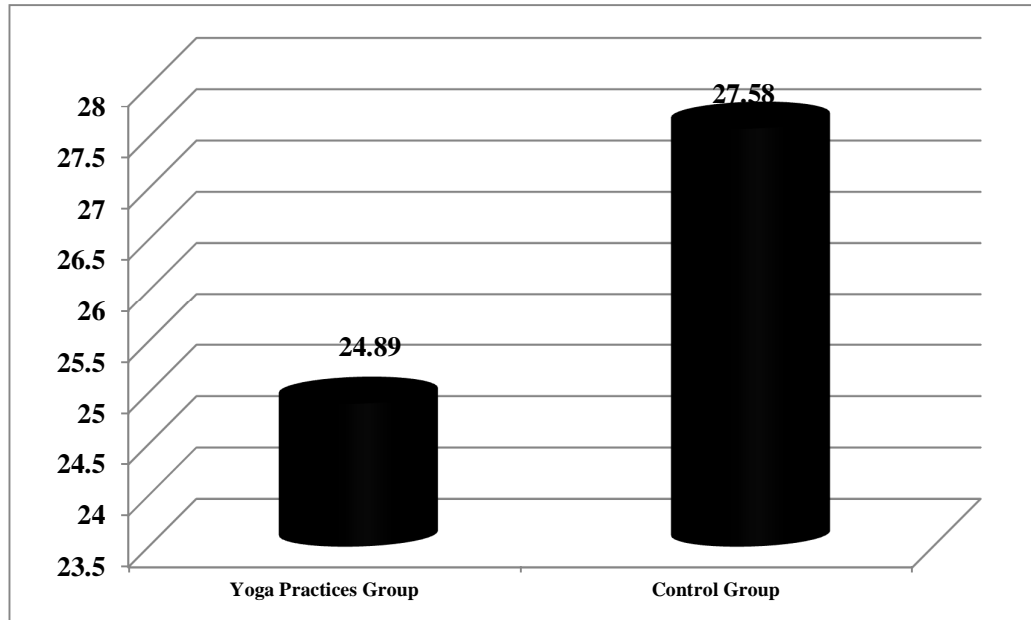


Figure-1: Adjusted Post Test Mean Values of Yoga Practices Group and Control Group on Anxiety

**B. Stress**

The Analysis of covariance (ANCOVA) on Stress of Yoga practices group and Control group have been analyzed and presented in Table -II.

TABLE – II. VALUES OF ANALYSIS OF COVARIANCE FOR YOGA PRACTICES GROUPS AND CONTROL GROUP ON STRESS

Adjusted Post-test Means		Source of Variance	Sum of Squares	d f	Mean Squares	'F'-Ratio
Yoga Practices Group	Control Group					
32.95	35.51	Between	47.18	1	47.18	101.61*
		Within	12.54	27	0.46	

\* Significant at.05 level of confidence

**(Stress Scores in Points)**

(The table value required for Significance at 0.05 level with df 1 and 27 is 4.21)

Table-II shows that the adjusted post test mean value of Stress for Yoga Practices Group and Control Group are 32.95 and 35.51 respectively. The obtained F-ratio of 101.61 for adjusted post test mean is more than the table value of 4.21 for df 1 and 27 required for significant at 0.05 level of confidence.

The results of the study indicate that there existed significant difference among the adjusted post test means of Yoga Practices Group and Control Group on Stress.

It may be concluded that Yoga Practices group is better than Control group in improving Stress.

The adjusted post test means values of Yoga Practices group and Control Group on Stress was graphically represented in the Fig.2.

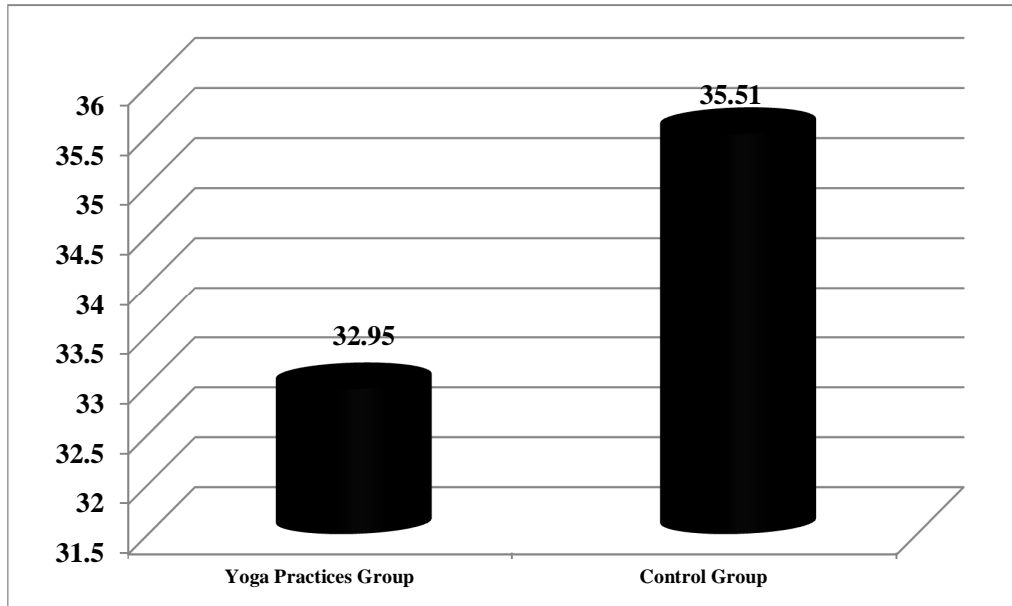


Figure-2: Adjusted Post Test Mean Values of Yoga Practices Group and Control Group on Stress

#### IV. CONCLUSION

From the analysis of the data, the following conclusions were drawn.

1. Significant differences in achievement were found between Yoga Practices group and Control group in the selected criterion variables such as Anxiety and Stress.
2. The Experimental groups namely, Yoga Practices group had significantly improved in Speed.
3. The Yoga Practices group was found to be better than the Control group in controlling Anxiety and Stress.

#### REFERENCES

- [1] D. Caudill, Weinberg, R. S., & Jackson, A, Psyching-up and track athletes: A preliminary investigation. *Journal of Sport Psychology*, 5, 231- 235, 1983.
- [2] Bud Getchell., *A Way of Life*, [New York: John Willey and Sons, 1976], P.106.
- [3] B. Anderw, Crider et al, *Psychology III Edition*, [London: Scott, Foresman and Company, 1981], p.5.
- [4] Acharya Raj Kumara Jain, *Yoga and Ayurveda Pranavaya Shodha Sanschona*. Delhi, 1995.
- [5] K.P Bahadur, *The Wisdom of Yoga. A Study of Patanjali's Yoga Sutra*, [New Delhi : Sterling Publishers], 1976.
- [6] C.S Spielberger *Anxiety and Behaviour*, [New York: Academic Press, 1966), 3-20.