



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2016; 2(5): 260-261
www.allresearchjournal.com
Received: 15-03-2016
Accepted: 18-04-2016

Sunil Kumar Joshi
Department of Physical Education CDLU, Sirsa,
Haryana India



Effect of yogic asanas on mood states of female hockey players

Sunil Kumar Joshi

Abstract

The opinion of many world class sports persons, it is found that the practice of yoga helps them to achieve greater skills in their sport. This is because yoga not only works on the physical level but also has benefits for the mental, emotional and energy levels. Yoga enables them to realize that how to control emotions and perform better in sports because emotional factor is very important in any event or sports. Emotions are governed by the working of autonomic nervous system, which brings the emotional disturbances down yogic exercises as groups play a significant role in training the autonomic nervous system. The present study investigate, 30 hockey players studying in the bhagat sing stadium, Sirsa selected as subject. Experimental Group underwent yogic asana. Control group had not actively participated in the training programme it was kept under the control of the investigator. Both the experimental groups were given training for 5 days a week in total. The subjects responded the standardized questionnaire by Peter C. Terry. The result of the study reveals that there was significant difference found at 0.05 levels of Mood States among the hockey players.

Keywords: Yogic asanas, female hockey players

Introduction

Yoga makes people stronger, healthier and more joyfully & cheerful. Yoga has been practiced in India from ancient time. Generally in chronological order are the Upanishad then the puranas and two epics, the Ramayana and the Mahabharata. Toward the end of the Vedic period comes the aphoristic literature, with the Patanjali of special interest to yoga students. Patanjali defined yoga as "a control of thought waves in the mind". It is as wisdom in work or skilful living amongst activities of synchronization and moderation.

Y - Yearning for mental peace and *all round fitness*.

O - Organised scheme of physical movements.

G - General and specific workout involving total body mind spirit.

A - Advanced stage of concentration for mental alertness and total body homeostasis.

The physiological importance of yoga asanas gives adequate exercise to the internal organs of the body. yoga asanas impact on the mind and senses, it help to develop ones physical and mental powers to calm the mind and control senses As well as develop intellectual and spiritual development.

The psychological importance of yoga asanas for sports is helping a player to become self-controlled and less level to limits of behavior by regulation endocrinal functions.

Methodology

Subjects

The purpose of the study was to find out the effect of yogic asana on selected psychology variables of women hockey players, to achieve this purpose of thirty girls hockey players were selected from the Bhagat Singh Stadium, Sirsa. Their age was ranged from 16 to 18 years. Random group design was used for the present study. In thirty girls were randomly selected and divided two group namely experimental group and control group. Each group

Correspondence
Sunil Kumar Joshi
Department of Physical Education CDLU, Sirsa,
Haryana India

Consists of 15 subjects. The selected subjects were primarily tested on the variables used in the study. After the completion of the initial test, the subjects belonging to the experimental group was treated with yogic asanas, subjects belonging to the control group had not participated in the specific training programme, it was kept under the control of the investigator. The experimental groups were given training for 5 days a week and for 8 weeks in total.

References

1. Ghosh, Jajneswas A Study of Yoga. Motilal BanarsiDass, Delhi, 1977.
2. Goal Brij Bhushan. Natural Health & yoga. All India Nature Cure Federation, Delhi, 2004.
3. Gupta SP. Statistical Methods. Sultan Chand & Sons, New Delhi, 2008.
4. Indirani L. Effect of Yogic Practices on Selected Physical, Physiological and Psychological Variable among School Boys. Unpublished Master of Philosophy Thesis, Physical Education Department, Alagappa University, 1993.
5. Iyengar BKS. Light on Yoga. HarperCollins Publisher India, Delhi, 1992.
6. Kansal K Devinder. Test and Measurement in Sports and Physical Education. D.V.S. Publications, Delhi, 1996.
7. Larry GS. Essentials of Exercise Physiology. Collier Macmillan Publishers, London, 1998,
8. Lega Sushil. Effect of Yoga Training On Cardio-Respiratory Functions of School Children. PEY, 2010; 1(1). ISSN 0975-9301.
9. Mestan J, Bhole MV. Cardiac output in normal, Deep and Ujjayi (Pranayamic) Breathing. Yoga Mimamsa 1979; XIX:4.
10. Moorthy AM. The effect of selected Yogic Practices on Cardio-Vascular Fitness Level of College Men and Women. Yoga Mimamsa, 1988; XXVII:1-2.
11. Singh Hardyal. Science of Sports Training. D.V.S. Publications, Delhi, 1991.
12. Suren Aviyogi. Cyclopedia of Yoga Saru Publishing House, Meerut (UP), 1992, 1.
13. Tirath, Arjinder singh. Analysis of 2x3x2 factorial design of ANCOVA meditation, 2006.