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Effect of yogic asanas on mood states of female hockey players

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Abstract

The opinion of many world class sports persons, it is found that the practice of yoga 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 on 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 in 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 - Yearing 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

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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.

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