



Effect Of Yogic Practices With Props On Selected Psychological Variables Among Paralympic Sitting Volleyball Players

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Abstract: The study aimed to explore the impact of yogic practices with props on specific psychological variables among Paralympic sitting volleyball players. A total of 30 male participants, aged 20 to 40, were randomly assigned to two groups: experimental group I, which underwent yogic practices with props, and experimental group II, designated as the control group. The investigation utilized standardized tests, including Anxiety control, Goal setting, and Mental Rehearsal. Anxiety control was evaluated using a standardized questionnaire (Questioner Test Item A) from the Psychological Skills Inventory for Sport by Kerry-Ann Wheaton. Similarly, Goal setting and Mental Rehearsal were assessed using the same questionnaire (Questioner Test Item A) from the Psychological Skills Inventory for Sport by Kerry-Ann Wheaton, with the latter being scored. Statistical analysis through the Dependent 't' test revealed a significant improvement in Anxiety control, Goal setting, and Mental Rehearsal among Paralympic sitting volleyball players who underwent yogic practices with props. These findings suggest the positive impact of incorporating such practices in enhancing key psychological aspects relevant to the athletic performance of Paralympic sitting volleyball players.

Index Terms - yogic practices with props (psychological, Anxiety control, Goal setting and Mental Rehearsal) Paralympic sitting volleyball players.

I. INTRODUCTION

PARALYMPICS

Through the establishment of U.S Paralympics in 2001 (a division of the USOC) the USOC mission now includes duties and responsibilities for development and training of elite athletes with disabilities now have role models to emulate as they begin their training programs in local communities. Since 2001, funding for elite Paralympics Athletes has increased from \$ 632,000 to over \$2.5 million (Huebner, 2003) which is still, of course, a tiny fraction of the overall USOC budget of \$491.5 million. **(Joseph p Winnick 2005)**

1.1 YOGA

Yoga focuses on improving your physical, mental and spiritual well-being. The goal of yoga is to harmonize poses, meditation and breathing exercises. Unifying your body, mind and spirit allows you to achieve a sense of wholeness, peace and self-realization.

1.2 PSYCHOLOGY

Psychology is the scientific study of behaviour and the mind. If you dissect this definition, you'll see that it contains three elements. First, psychology is a scientific enterprise. At an intuitive level, everyone is a psychologist you, me, the bartender who listens to one drunken sob story after another, and the novelist who paints exquisite verbal portraits of fictional characters. Unlike those who rely on their personal experience, however, psychologists employ systematic, objective methods of observation. **(Dr. Daisy Sheokands, (2001)**

1.3 ANXIETY CONTROL

The nature of sport is to place stress upon those who take part, to make demands upon their physical and mental energies. Sport offers its participants an opportunity for growth, a chance to push back personal boundaries, and to liberate the body and mind simultaneously. There is nothing damaging about this stress, and it can be positive **(Terry, 1989)**.

1.4 GOAL SETTING

Goal setting is the process of establishing specific, measurable, achievable, relevant, and time-bound objectives or targets that an individual or organization aims to achieve within a defined period. Setting goals provides clarity, direction, and motivation for pursuing desired outcomes, guiding actions and decisions towards success. By defining clear goals, individuals can focus their efforts, track progress, and evaluate performance to effectively reach their desired outcomes. Goal setting is a fundamental practice in personal development, business management, project planning, and academic pursuits, helping individuals and teams achieve success and continuous improvement. **(May J R, 1985)**.

1.5 MENTAL REHEARSAL

When attempting to produce a visual image, the more specific one can make that image, the more vivid the image will be. If possible, it is best to use as many of the five senses as possible. Visual imagery is the first step before mental rehearsal, and being able to specifically visualize the situation totally is very important. Mental rehearsal involves practising as a visual image an athletic technique, procedure, or event in one's mind. Initially this can be done step by step. As the athlete becomes proficient in this skill, one can slow

down or speed up the rehearsal, until total synchronization is achieved with the flow of the body (May J R, 1985).

1.6 STATEMENT OF THE PROBLEM

The purpose of the study was to assess effect of yogic practices with props on selected Psychological variables among of Paralympic sitting volleyball players.

1.7 HYPOTHESES

- It was hypothesized that there would be a significant improvement on Anxiety control due to Yogic practice with props on Paralympic sitting Volleyball players.
- It was hypothesized that there would be a significant improvement on Goal setting due to Yogic practice with props on Paralympic sitting Volleyball players.
- It was hypothesized that there would be a significant improvement on Mental Rehearsal due to Yogic practice with props on Paralympic sitting Volleyball players.

1.8 DELIMITATIONS

- Only 30 men Paralympic sitting Volleyball players were selected as subjects from Chennai district only.
- The age group of the subject was 20 to 40 years only.
- Only Psychological variables namely Anxiety control, Goal setting, Mental Rehearsal were selected as dependent variables.
- Yogic practices with props were selected as independent variable for a period of 12 weeks.

1.9 LIMITATIONS

1. The difference that exists among the subject due to varied factors such as heredity, food habit, family type, weight, and health factors would not be considered.

REVIEW OF RELATED LITERATURE

Ahmadi, S,et,.al(2020) The study Conducted a researcher Sitting Volleyball Players: Differences In Physical And Psychological Characteristics Between National And League Teams focuses on factors influencing the playing level of sitting volleyball players, particularly distinguishing between national team and league players. It identifies hip circumference and weekly training time as significant predictors of playing level. Larger hip circumference, indicative of lower body muscle mass and strength, correlates with better performance, crucial for players with lower body disabilities. Increased training time is associated with higher playing levels, aligning with the general sports understanding. The study emphasizes psychological aspects, highlighting the FANTASTIC lifestyle questionnaire's correlation with playing level. This underscores the importance of mental well-being in elite sitting volleyball. In conclusion, the findings contribute to athlete development programs, emphasizing the need for a holistic approach considering physical and psychological aspects for optimal performance and growth of sitting volleyball.

2.RESEARCE METHODOLOGY

To achieve the purpose of the study (30) Paralympic men sitting volleyball players from Chennai district. Were randomly selected as subject. The age of this subjects were from 20 to 40 years. The subjects selected for this study were randomly divided into two groups of fifteen subjects each. The groups were served as experimental group I yogic practices with props experimental group II control group.

2.1 SELECTION OF VARIABLES

2.1.1 INDEPENDENT VARIABLES

Yogic practices with props

2.1.2 DEPENDENT VARIABLE

Anxiety control

Mental Rehearsal

Goal setting

2.2. CRITERION MEASURES

TABLE-I

S.no	Variables	Test/equipment	Unit of measurement
1	Anxiety control	Standardized Questioner	Score
2	Goal setting	Standardized Questioner	Score
3	Mental Rehearsal	Standardized Questioner	Score

3.1 TRAINING PROGRAM

During the training period, the experimental groups underwent their practice programme in addition to their regular routine. Group I Yogic practice with props, Group II control group for three days per week for six weeks. The duration of the practice session was 45 minutes which included warm-up and warm-down.

- Weekly three days (Monday, Wednesday and Friday),
- Daily 45 minutes (6.00 am to 6.45 am)
- Totally six weeks
- Yogic practice with props

3.2 STATISTICAL TECHNIQUE

The collected data were analyzed statistically with the Dependent 't' test.

3.3 RESULT AND DISCUSSION

TABLE-II

Variable	Test	Experimental group		Control group	
		Men	SD	Men	SD
Anxiety control	Pre test	0.53	0.50	0.13	0.34
	Post test	0.63	0.48	0.30	0.46
	T test	5.50*		1.46	
Goal setting	Pre test	0.27	0.40	0.23	0.38
	Post test	0.33	0.47	0.27	0.44
	T test	3.29*		1.79	
Mental	Pre test	0.53	0.50	0.30	0.46

Rehearsal	Post test	0.70	0.48	0.33	0.47
	T test	8.79*		1.94	

*significant at 0.05 level of confidence 't' with 60 is 2.042

The obtained 't' ratio 5.50,3.29 and 8.79,value of the experimental group is higher than the table value and it is understood that yogic practices with props had significantly improved the performance of Psychological variable, Anxiety control, Goal setting and Mental Rehearsal, However, the control group has no significant improvement as the obtain 't' value is less than the table value; because it was not objected to any specific training.

4.CONCLUSION

- There was a significant improvement in Anxiety control due to Yogic practices with props of Paralympic men sitting volleyball players.
- There was a significant improvement in Goal setting due to Yogic practices with props of Paralympic men sitting volleyball players.
- There was a significant improvement in Mental Rehearsal due to Yogic practices with props of Paralympic men sitting volleyball players.
- Overall, there was a significant improvement on all the selected Psychological variable skills Yogic practices with props of Paralympic men sitting volleyball players.

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