



Effect Of Yogic Exercises And Aerobic Exercises On Anxiety Of Inter Collegiate Athletes

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ABSTRACT

The purpose of the present study was to find out the effect of yogic exercises and aerobic exercises on anxiety of Inter Collegiate Athletes. To achieve this purpose 120 Athletes in various events of affiliated engineering colleges of JNTU, City in Kakinada. Their age ranged from 17 to 26 years; the selected subjects were divided into three equal groups. Each group consists of 40 subjects, in which Group-I underwent yogic exercises, Group-II underwent aerobic exercises, and act as Group-III control group. The subjects underwent 16 weeks morning session training. The data were collected before and after the training, these experimental data were statically analyzed to find out the significant. Was statistically significant imprudent by using Anna's Group I and Group II underwent for the training for training peered of 16-week. The data collected from the three groups. Emulate data were collected after the experimental period was collected data was a statistically significant improvement in using analysis of co variation and "F" ratio was found to be significant; Scheffe's test was used as a post-test to determine which of the paired means differed significantly. In all cases, the criteria for statistical significance were set at 0.05 level of confidence ($P < 0.05$).

Keywords: Yogic exercises and aerobic exercises an anxiety, athletes.

INTRODUCTION

Like many arts and sciences that are profound, beautiful, and powerful, yoga has suffered from the spiritual poverty of the modern world – it has been trivialized, watered down, or reduced to clichés. The deep and eternal essence of yoga has been misrepresented and packaged for personal profit by clever people. At the hands of some, yoga has been reduced to the status of just another exercise program available on videotape. In other contexts, yoga has been presented as a cult religion, aimed at attracting "devotees." Such a haze of confusion has been created around the clear and pure concept of yoga that it is now necessary to redefine yoga and clarify its meaning and purpose. Yoga defines itself as a science, that is, as a practical, methodical, and systematic discipline or set of techniques that have the lofty goal of helping human beings to become aware of their deepest nature. The goal of seeking to experience this deepest potential is not part of a religious process, but an experiential science of self-study. Practical science such as meditation is based on the concrete experience of those teachers and yogis who have previously used these techniques to experience the deepest self. Yoga does not contradict or interfere with any religion and may be practiced by everyone, whether they regard themselves as agnostics or members of a particular faith.

Asana is the Sanskrit word for a physical posture. Expressed in general terms Asana denotes a specific position which can be held in a relaxed and comfortable manner for a long period of time. Asanas are beneficial for the muscles, joints, cardiovascular system, nervous system, and lymphatic system, as well as the mind, psyche, and chakras. They are psychosomatic exercises, which strengthen and balance the entire nervous system and harmonize and stabilize the practitioner's state of mind. The effects of these exercises are a sense of contentment, clarity of mind, relaxation, and a feeling of inner freedom and peace beginning and end of each Yoga class, as well as between the individual exercises. By developing the ability.

The system "Yoga in Daily Life" is designed in such a way that the body is gradually and systematically prepared, leading from simple preparatory exercises toward the more advanced and difficult Asanas. Periods of relaxation are included at the b to relax; the feeling for one's own body is deepening. Physical and mental relaxation is prerequisites for the correct performance of all yoga exercises and it is only in this way that the effects of the Asanas completely disclose.

OBJECTIVES OF THE STUDY

The major objective of the study was to determine the anxiety effect of yogic exercises and aerobic exercise training.

HYPOTHESES

1. It was hypothesized that the effect of yogic exercises and aerobic exercises training may decrease the anxiety of inter collegiate athletes.
2. It was hypothesized that the effect of yogic exercise training may better than aerobic exercise training in the decrease selected psychological variables anxiety of the inter collegiate athletes.

LIMITATIONS OF THE STUDY

The change in climatic conditions such as temperature, atmospheric pressure, humidity, and during the training, as well as the testing period, could not be controlled. By the research, their influence on the results of the study was considered as one of the limitations.

METHODOLOGY

The purpose of the study was to find out the "effect of yogic exercises and aerobic exercise on selected anxiety variables of inter collegiate athletes." "Selection of subjects, experimental design, selection of variables, selection of tests, collection of data, and statistical procedure have been explained in the purpose of the study was to find out the effects of yogic exercises and aerobic exercises on selected anxiety variable of inter collegiate athletes" "the age of the subjects ranged from 17 to 26 year's inter collegiate athletes." The investigator was explaining the purpose, nature, studying in Affiliated engineering Colleges of JNTU in Kakinada. The research scholar reviewed the various scientific literature pertaining to yogic exercises and aerobic training on selected psychological variables from books, journals, and research papers, taking into consideration the feasibility of criteria, availability of instruments and the relevance of the variable of the present study, the following later, collected data were put into the statistical using analysis of covariance to find out the significant mean differences. The study reveals that yoga training played a key role in decrease anxiety. The questionnaire developed by Dr.P.Satyanarayana Raju, Assistant Professor and Dr.Ch.Hari Mohan, Assistant Professor; so, it can be concluded that yogic exercises and aerobic exercises made a significant impact on the control group psychological variables of the inter collegiate athletes under study.

Table 4.1: Analysis of covariance for pre-test and post-test on anxiety of yogic exercises, aerobic exercises, and control group of inter collegiate athletes.

Type of test	Yogic exercises	Aerobic exercises	Control group	Source of variance	Sum of the squares	Df	Mean square	F-ratio
Pre-test mean	13.5400	13.9200	13.2800	Between	10.16	2	5.08	0.814
SD	2.166067	2.60553	2.31627	Within	902.18	141	6.073	
Post-test mean	9.0600	13.1200	12.2000	Between	484.76	2	229.38	59.710
SD	1.17695	2.28333	1.40234	Within	538.9	141	4.074	
Adjusted post-test means	8.307	12.179	11.119	Between	85.053	2	7.996	4.994
SD	1.136	2.287	2.024	Within	498.847	139	3.749	

***Significance at =0.05 table value =4.08**

inter collegiate athletes were 13.5400, 13.9200, and 13.2800 and their standard deviation were 2.16067, 2.60553, and 2.31627, respectively. The obtained “F” ratio value is ($F = 0.814, 2, 141, \alpha = 0.05$) at 5% level of significance, which is less than the table value ($F = 4.08$), hence the null hypothesis is accepted. It indicates that the anxiety among the yogic exercises, aerobic exercises, and control group of inter collegiate athletes is found almost similar.

Further, it shows that the post-test means scores of anxiety of yogic exercises, aerobic exercises, and control group of inter collegiate athletes. It was observed that mean scores of post-tests of yogic exercises, aerobic exercises, and control group of inter collegiate athletes were 9.0600, 13.1200, and 12.2000 and their standard deviation was 1.17695, 2.28333, and 1.40234, respectively. The obtained “F” ratio value is ($F = 59.710, 2, 141, \alpha = 0.05$) at 5% level of significance, which is more than the table value ($F = 4.08$), hence the null hypothesis is rejected. It indicates that the anxiety of yogic exercises, aerobic exercises, and control group of inter collegiate athletes was found different. This indicates that anxiety is less among the yogic exercises and aerobic exercises group when compared to the control group. Finally, it can be concluded that yogic exercises and aerobic exercise treatment given to secondary school children have made a significant impact on the anxiety of inter collegiate athletes.

The adjusted post-test mean scores on anxiety of yogic exercises, aerobic exercises, and control group were 8.307, 12.179, and 11.119, respectively, and their standard deviation was 1.136, 2.287, and 2.024, respectively. The obtained “F” ratio value is ($F = 4.994, 2, 139, \alpha = 0.05$) 4.994 at 5% level of significance, which is greater than the table value ($F = 4.08$), hence the null hypothesis is rejected and alternative hypothesis is accepted. It can be concluded that there is a significant difference found between the yogic exercises, aerobic exercises with respect to anxiety level of inter collegiate athletes.

Figure-1: Analysis of covariance for pre-test and post-test on anxiety of yogic exercises, aerobic exercises, and control group of inter collegiate athletes graphical chart.

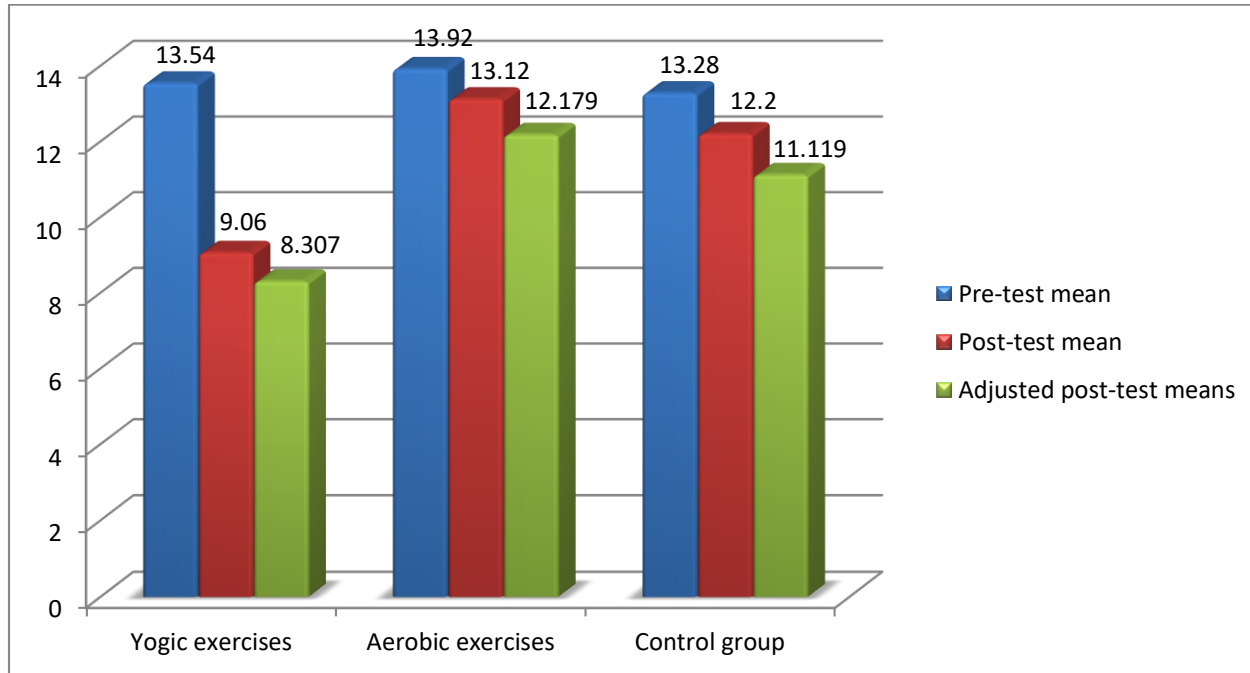


Table 4.1: Analysis of covariance for pre-test and post-test on anxiety of yogic exercises, aerobic exercises, and control group of.

Figure: 4.1 gives a clear picture of the adjusted means of three training groups. Thus, it is inferred that yogic exercises and aerobic exercise training are more effective in increasing the anxiety among the subject's yogic exercises were significantly better than yogic exercises in improving anxiety of the inter collegiate athletes compared to control group.

CONCLUSION

Based on the findings, the following conclusion was draw from the present study.

It is conducted that yogic exercises training and aerobic exercises training mode a significant decrease, anxiety of the inter collegiate athletes, in comparing that the aerobic training and yoga training it is clearly evident that aerobic training helps to develop anxiety in comparing a with yogic exercises training.

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