

**EFFECT OF YOGIC PRACTICES AND AEROBIC DANCE ON SELECTED
PSYCHOLOGICAL VARIABLE AMONG BASKETBALL PLAYERS**

Mrs. S. Anbu Nisha Jeba Soundar, Research Scholar (Full Time), Alagappa University College of Physical Education, Alagappa University, Karaikudi

Prof. S. Saroja, Alagappa University College of Physical Education, Alagappa University, Karaikudi

Abstract

The goal of this study is to determine the Effect of Yogic Practices and Aerobic Dance on Anxiety in Basketball Players. The aim of this research is to develop Yogic Practices and Aerobic Dance program and assess how well it works to improve Psychology Factor. 45 women Basketball Players from Alagappa University College of Physical Education and Umayal Ramanathan College for Women, Karaikudi, Tamilnadu were took part in the study. They were split in to three groups: Yogic Practices group, Aerobic Dance Group and Control group. The eight week training regimen included progressively difficult exercises that aimed to decrease Anxiety level. With each passing week, the program gets harder and more complicated. Standardized testing protocols were utilized to evaluate anxiety both before and after the training program. When comparing the experimental group's anxiety levels to those of the control group, the results showed a considerable improvement. The "t" test foundation and analysis of covariance (ANCOVA) were used to analyze the data. The difference in the paired description was ascertained using Scheffe's post hoc test whenever the 'F' ratio of the adjusted post-test techniques was determined to be significant. In every instance, the confidence level was fixed at 0.05.

Keywords:

Yogic Practices, Aerobic Dance, Anxiety

Introduction

Yoga is the practice of being one with one's inner self. After the quality of matter and mind are dissolved into ultimate reality, this unity results. It's a science that helps each person approach the truth. Attaining the truth—where the individual soul aligns with the ultimate soul, or god—is the goal of all yoga practices. The most reliable treatments for both physical and psychological ailments in humans are found in yoga. It has a positive impact on how well the human body functions internally and encourages the organs to become more active. Yoga teaches both the physical and mental facets of re-education. Easy yoga poses are a terrific way to unwind after a game or to warm up before practice with a ball. Postures such as the forward bend of the distributing leg are examples of special workouts. Here, the participants take a seat with their legs as wide as they can. They lead after that and touched the ground with their hands. After holding this position for fifteen seconds, they go back up. They repeat this process ten to fifteen times. This is made easier in this instance by the extended hamstrings and calf muscles. You can start practicing this wonderful Yogic technique right away (Iyengar, 2001).

A set of callisthenic rhythmic motions performed to music is known as aerobic dance. It is an inspiring technique that has increased in recent years. Aerobic literally means 'Spirit'. According to Sorensen and Jackie (1972), aerobic dancing is a sort of exercise where the amount of oxygen consumed and the amount needed are equal. Aerobic Dance have evolved from rigidly choreographed dance routines intended for female participants to free style routines that incorporate random combination of dance, sport and exercise movements designed to attract men and women.

Methods and Materials

Subjects From Alagappa University College of Physical Education and Umayal Ramanathan College for Women in Karaikudi, Tamilnadu, 45 female basketball players were chosen in order to meet the research goal. 18 to 25 years old was the age range of the study. Thirteen people were split up into

three groups: the Aerobic Dance group, the Yogic Practices group, and the Control group. If the subjects had any problems before, during, or after the test, they could easily withdraw their agreement. All participants in the trial remained, though. Studies have additionally received formal permission.

Testing Procedure The eight week training included progressively difficult exercise that aimed to decrease the Variable of Psychology i.e Anxiety. After every week, the training gets harder and more complicated. Before and after training program standardized testing procedures were used to assess Anxiety.

S.No	Criterion Variable	Test Items	Unit of Measurement
1.	Anxiety	SCAT Questionnaire	In Numbers

Statistical Technique An analysis of covariance (ANCOVA) and a "t" test assessment were used to evaluate the data. Scheffe's post hoc test was employed to ascertain in the paired description whenever the 'F' ratio of modified post-test techniques was determined to be significant. In every instance, the confidence level was set at 0.05.

Table 1.1 Computation of dependent 't' test on Anxiety

(Scores in Numbers)

Mean	Yogic Practice group	Aerobic Dance group	Control group
Pre – test	24.53	24.40	23.87
Post – test	21.40	21.53	23.80
't'-test	2.65*	2.54*	0.06

* Significant at 0.05 level (Table value required for 't' test with df 14 is 2.15)

According to Table 1.1, the Yogic practices group, the aerobic dancing group, and the control group had corresponding pre-test averages on anxiety of 24.53, 24.40, and 23.87. The respective post-test averages are 21.40, 21.53, and 23.80. Between the pre- and post-test averages, the dependent t-ratio values obtained are 2.65, 2.54, and 0.06, respectively. 2.15 is the table value needed to have a meaningful difference with df at the 0.05 level. It was determined that the experimental group's anxiety had significantly improved.

Table 1.2 Computation of Analysis of Covariance on Anxiety

Test	Yogic Practice group	Aerobic Dance group	Control group	Source of Variance	Sum of squares	df	Mean squares	f ratio
Pre test	24.53	24.40	23.87	Between	3.93	3	1.31	0.34
				Within	216.67	56	3.87	
Post test	21.40	21.53	23.80	Between	297.25	3	99.08	23.78*
				Within	233.33	56	4.17	
Adjusted post test mean	21.25	21.47	24.08	Between	323.54	3	107.85	41.37*
				Within	143.39	55	2.61	

*Significant at 0.05 level of Confidence

Table Value for df (3,56) at 0.05 level=2.76 Table value for df (3,55) at 0.05 level=2.78

The above table 1.2 shows that the pre-test mean values of experimental and control groups are 24.53, 24.40 and 23.87 respectively. The obtained 'F' ratio of 0.34 for pre-test scores was lesser than the table value of 2.76 for degree of freedom 3 and 56 required for significance at 0.05 level of confidence.

The post-test mean values of experimental and control group are 21.40, 21.53 and 23.80 respectively. The obtained 'F' ratio of 23.78 for post-test scores was higher than the table value of 2.76 for degrees of freedom 3 and 56 required for significance at 0.05 level of confidence.

The adjusted post-test mean values of experimental and control group are 21.25, 21.47 and 24.08 respectively. The obtained 'F' ratio of 41.37 for adjusted post-test score was higher than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence.

The result of the study indicates that there are significant differences among the adjusted post-test means of all experimental groups.

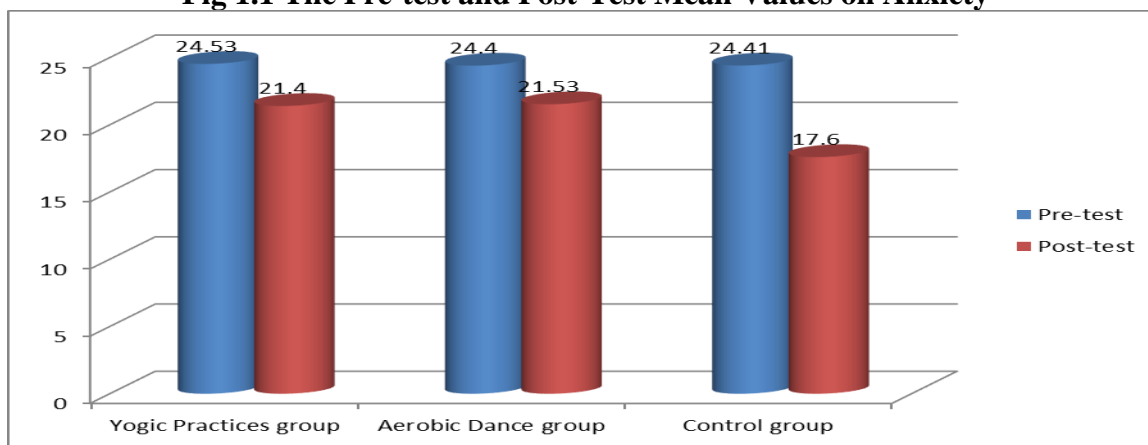
Table 1.3 Scheffe’s Post Hoc Test on Anxiety

Adjusted Post Test Means			Mean Differences	Confidence Interval
Yogic Practices Group	Aerobic Dance Group	Control Group		
21.25	21.47		0.22	1.70
21.25		24.08	2.83*	1.70
	21.47	24.08	2.61*	1.70

*Significant at 0.05 level of confidence

Table 1.3 shows that the adjusted post test mean differences of above said comparison are 2.83 and 2.61 respectively, which are greater than the confidence interval value of 1.70 there is significant at 0.05 level of confidence. The comparisons of Yogic practices group and Aerobic dance group is 0.22, which is less than the confidence interval value of 1.70 there is insignificant at 0.05 level of confidence. The above data reveals that the experimental group had shown better performance in Anxiety.

Fig 1.1 The Pre-test and Post-Test Mean Values on Anxiety



Conclusions

The study's findings led to the following conclusions being made.

1. The outcomes demonstrate a noteworthy decrease in anxiety as a result of the impact of aerobic dance and yoga.
2. The outcome demonstrates that the experimental group's performance significantly improved as a consequence of the impact of aerobic dance and yoga practices..

References

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