

Effects of Yogic Practice programme on Performance Anxiety level of Intercollegiate Women Kho-Kho Players

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ABSTRACT

The main purpose of the study was to determine the yogic practice programme on performance anxiety level of intercollegiate women Kho-Kho Players. To main achievement of the study 20 female Kho-Kho players from AlagappaUniversity intercollegiate players were selected. The subject were randomly selected among the players who represented the college at intercollegiate tournament. The subject were in the age group of 18 to 25 years. The subject of were given yogic practice for three days per week for six weeks. Equated group random pre and post-test design was followed by the investigator. After the yogic practices for six weeks, the subjects were measured. The difference between the initial and final score was the effect of yogic practices. The obtained data were subjected to statistical treatment using 't' test. In all cases 0.05 levels was fixed to test the hypothesis of the study.

Keywords: Yogic Practice, Anxiety Level

INTRODUCTION

A key element that distinguishes yoga practice from gymnastics or calisthenics is the intentional integration of breath, posture, and movement. The practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as Mukti, nirvāna, kaivalya or moksha.

Feelings of nervousness, anxiety or fear interfere with sports performance, Performance anxiety in sports, sometimes referred to as "choking," is described as a decrease in athletic performance due to too much-perceived stress.

DEFINITION OF THE TERMS

Yogic Practice

The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite".

Anxiety

Anxiety as “an unpleasant psychological state in reaction to perceived stress concerning the performance of a task under pressure”

STATE OF THE PROBLEM

The purpose of the study was to find out the effects of yogic practice on performance anxiety level of women intercollegiate Kho-Kho players.

HYPOTHESIS

It was hypothesised the yogic practices improves the anxiety level of women intercollegiate Kho-Kho Players within the period of 6 weeks.

SELECTION OF SUBJECTS

20 women Kho-Kho players from Alagappa University in the age group of 18 to 25 years were selected at random for this study. They were divided into two groups, namely experimental group and control group.

Table 1

TABLE SHOWING DESCRIPTIVE STATISTICS AND OBTAINED OF ‘T’ RATIO ON ANXIETY OF EXPERIMENTAL GROUP AND CONTROL GROUP (SCORES IN POINTS)

Group	Variables	Mean	N	Std. Deviation	Correlated ‘t’ value
Experimental group	Pre Test	23.7	20	2.47	4.86*
	Post Test	19.85	20	2.53	
Control Group	Pre Test	19.8	20	2.69	0.11@
	Post Test	19.9	20	2.66	

From the table, it can be revealed that the ‘t’ value of pre and post test scores of experimental group anxiety level (4.86) is significant at 0.01 level. It means that the means scores of pre and posttest experimental group do differ significantly in their anxiety, after implementing the yoga practice. Therefore, the stated hypothesis “there is significant difference in the mean scores of pre test and post test of experimental group of intercollegiate Kho-Kho Players anxiety level” is accepted.

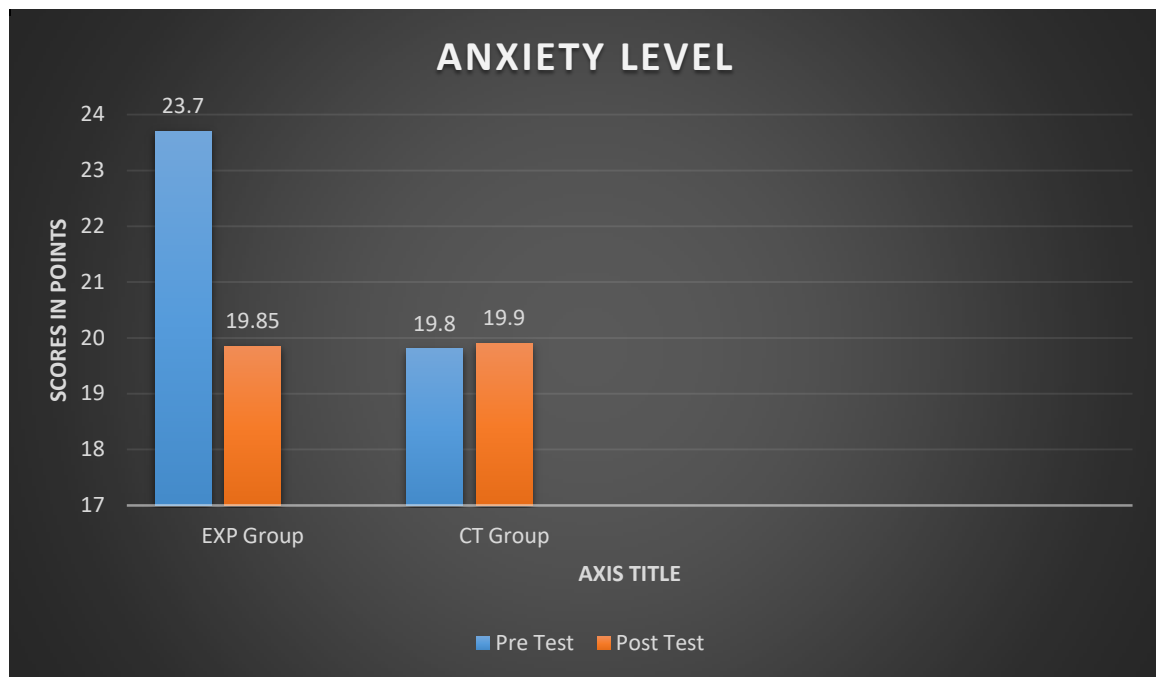
Further, the above it can also be concluded that the experimental group of pre test and post test scores after implementing yoga practice was found to be effective.

From the table, it can be revealed that the ‘t’ value of pre and post test scores of control group anxiety level (0.11) is not significant at 0.05 level. It means that the means scores of pre and post test experimental group do not differ significantly in their anxiety, after traditional way. Therefore, the stated hypothesis “there is not significant difference in the mean scores of pre test and post test of control group of intercollegiate Kho-Kho Players anxiety level” is accepted.

Further, the above it can also be concluded that the control group of pre test and post test scores after traditional way was found to be not reduce the anxiety level.

Figure-1

Bar Diagram Showing Mean Values of Performance Anxiety Level to Yogic Practice of Intercollegiate Kho-Kho Players



CONCLUSION

The result of the study showed significant improvement on performance anxiety level due to yogic practices. However, concurrent anxiety level is better improving through the yogic practices. It is also observed in the present study that throughout practice period, the gradual decline the Performance anxiety level of experimental group. The control group did not prove any significant development of the performance of Anxiety level of Intercollegiate of Kho-Kho players.

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