

EFFECTS OF PRANAYAMA ON SELECTED PSYCHOLOGICAL VARIABLES AMONG INTER UNIVERSITY BADMINTON PLAYERS OF NASHIK ZONE


Varade S.¹

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¹ Suhas Shamrao Varade, Director of Physical Education & Sports, , M. G. V's Arts, Science & Commerce College, Manmad, Nashik, MH, India.

The present study amid to check effect of Pranayama on selected psychological variables aggression and anxiety of inter university players due to the Pranayama: focus on breathing. To achieve the purpose of the study data was collected from 30 players. The age of the subjects were ranging from 18-21 years are considered as the total sample (N=30) of the study. The data collected was to conduct the anxiety and aggression tests on inter university badminton players of Nashik zone and treated with the statistical technique 't' and found there is a significant improvement on selected psychological aspects of inter university Badminton players of Nashik zone.

Keywords: Psychology, Badminton, Anxiety and Aggression

Corresponding Author	How to Cite this Article	To Browse
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Introduction

Anxiety plays an important role in the requisition of motor skills as well as athlete performance. Anxiety can either enhance or inhibit performance. Whether its effect is positive or negative depends on how an individual perceives the situation. The levels of anxiety either too high or too low tend to inhibit learning and performance. Aggressive behaviour helps in the level of performance by disturbing the opponents. Though it influences the performance level of an individual, its charms irritate the opponent's behaviour of the performer. In team games, aggressive behaviour collapses the combination setup of the opponents. It leads to the downfall of the level of performance, due to the aggressive behaviour of an individual; the teammates are also motivated to perform their level best. Taking into consideration of above facts, anxiety and aggression were chosen as a variable.

The increased anxiety and aggression of competitions can cause inter university players to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take anxiety and aggression as a complex emotional state characterized by a general by tension usually accompanied.

Related Literature

Jaskaran Singh Sindhu, Karanjit Singh and Charanjit Singh (2011): The purpose of the present study was to investigate and compare the anxiety and aggression level among the university level male and female athletes. A total 60 athletes (30 males and 30 females) were randomly selected from the various colleges affiliated to different universities of Punjab. Aggression was measured by using the AGG questionnaire constructed by Dr. G. L. Patil. Anxiety among the subjects was measured by using the sport competitions Anxiety test (SCAT) constructed by Rainer Martens (1990). The results revealed that the male athletes had significantly greater aggression ($p < 0.05$) as compared to the female athletes. The female athletes were found to have significantly higher anxiety level ($p < 0.01$) when compared to male athletes. In conclusion, the male athletes were more aggressive whereas female athletes were more anxious.

Methodology

Method:

Investigation method of study was used the experimental research.

Research Design:

This research based on pre-test and post-test equivalent group design.

Method of Sampling:

For the investigation the Badminton players of inter university from Nashik zone aged between 18-21 years are considered as the total sample ($N=30$) of the study.

Selection of Variables:

The research tool for the effectiveness of these two groups was measured by The research tool for Competitive state Anxiety Inventory-2 (CSAI-2) by Martens, Valley & Burton, (1990) Sport Aggression Inventory by Anand Kumar and Prem Shankar Shukla.

Procedure of Study:

The involved total sample ($N=30$) in aged group between 18-21 years inter university players of Nashik district were referred to a treatment of 12 week pranayama training: focus on breathing was conducted on Nadi-Shodhan and Bhramari pranayama. The research tool for the effectiveness of these two groups was measured by Anxiety Inventory-2 (CSAI-2) and stress Inventory.

Statistical Method:

The data collected was treated with the statistical technique t-test was used to analyze the result obtained through the study showed at 0.05 level of the significance and results are presented in the following tables.

Result and Discussion

It was observed from the Sports Competitive State Anxiety and Aggression variable from table that shows that there was a mean difference of the 30 samples of inter university Nashik zone subjects regarding to the psychological variables.

Table 01: Independent Sample 't' Test Analysis

Enclosed as Annexure 01

From table-the leven's test for equality of variance when applied to the psychological variables tests .The mean of gain in anxiety and aggression were compared with independent t-test. The mean difference was 't' value was 4.52 & 3.25. With degree of freedom 28 which was statistically significant at 0.05 significance level ($p=0.001$ & 0.002). This indicates that there was significant effect of 12-weeks pranayama training on psychological variables of anxiety and aggression on inter university badminton players of nashik zone.

Conclusion

Results from the study it can be concluded that effect of 12-weeks pranayama training on anxiety and aggression of Nashik zone inter university badminton players in this study, help to It was study of pranayama training: focus on breathing may help to developed efficient coaching plan for better performance consider of the psychology variables, and also it is well known that yoga training is beneficial for the which consume less time and more convenient. Lastly a suggestion is given to players that regular pranayama training program should be integrated into performance in every tournament.

Annexure

Annexure 01

Table 01: Independent Sample 't' Test Analysis

Psychological Variables	N	Mean	Std. Deviation	't' value	Sig. (2-tailed)
Anxiety	30	28.90	4.06	4.52	0.001
		25.10	3.12		
Aggression	30	21.90	2.72	3.25	0.002
		19.10	2.15		

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