

# Effect of Yogic Exercises on Anxiety of Inter-Collegiate Female Football Players

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**Abstract –** The purpose of the present study was to find out the effect of yogic exercises on Anxiety among inter collegiate female football players. Total Thirty (N=30) intercollegiate level female football players were randomly selected from Punjabi University Patiala. The subjects were between 18 and 25 years of age. The anxiety level developed by Dr. Subhash and Mr. Gautam Das has been used to tackle women's football anxieties. The inventory of the players' issues is highly accurate and useful. Before and after three weeks of training selected exercises were collected (Kapala bhati, Bhastrika, om velom, bharamari) and the breathing exercises (Hala Asana, Tada Asana, Nauk asana, Shava asana, Surya namaskar). The information was also collected. The data collected were statistically analyzed using a non-test to detect the significant difference between soccer players. The mean amount has been calculated at 0.05. The results of the study have shown that yogic exercises have a major effect for soccer players on their level of anxiety.

**Key Words:** Anxiety, Football Players, Females etc.

## INTRODUCTION

The scientific study of the behaviors of people involved in sport psychology is sport. It manages through performance through emotional management and the minimization of psychological factors that harm and hinder performance. The most important skills taught include the definition of goals, rest, visualization, self-discussion, awareness and control, concentration, rituals, training of attribution and iodination. Psychological factors, particularly anxiety and stress, play an important role in competition have been recognized for many years (Lizuka, C.A et al., 2005). Two types of fears are present, like competitive characteristic anxieties, such as 'a tendency to perceive a competitive situation with the feeling of fear or tension.' Whereas features of trait anxiety are relatively stable, state anxiety is known as an emotional transitory disorder. For high performance, a certain amount of anxiety is needed. Our autonomous system of our body prepares for competition with the "fight and flight" response, which sharpens our senses and strengths quickly. However, excessive fear is performance weakening. Competitive characteristic anxiety is a concept that demonstrates how anxious a typical individual is in competitive situations. It reflects the tendency of an individual to see competitive situations as menacing (Martens, 1977). Yoga techniques are designed to build and maintain a healthy balance between all body and mind aspects. It is possible to break up yoga into four principal branches: Bhakti Yoga; Karma Yoga; Gyana Yoga; and Ashtanga Yoga.

Yoga is usually seen as an alternative medicine. Yoga means union or unification in Sanskrit. Such variations are basically a way for individuals to enhance their regulation and growth of their mind and body. Ashtanga Yoga can be broken down into two separate divisions too. First, hatha yoga (Asana), profound relaxation, breathing power (Pranayama) and meditation. Second, Raja Yoga, which is usually concentrated on the mind and can foster mental skills like precision, focus, determination and memory. The sportsman's psychological growth plays a prominent role in all competition at high level results. The competitive behaviour, mental processes and training prior to competition are determined by psychological factors. Preconcurring anxiety is characterized as a tendency to see preconcurring situations as threatening and to react with fear or stress. Anxiety consists of two substructures, cognition and somatic anxiety that affect pre- and competition performance (Weinberg & Gould, 1999). Anxiety consists of The approach is to always harm performance by increasing competition anxiety and in particular cognitive symptoms. Sport also presents significant confusion, while also offering challenges and stimuli. Anxiety is also one of the factors most commonly measured in sports psychology. The emotional effect or cognitive aspect of the excitement may be called anxiety. Anxiety was seen as a sense of nervousness and tension associated with organism activation or excitement. It is caused by anticipation or fantasy. Even the most successful athlete in the world will feel nervous about competing sport. Many factors, such as expectations, perfectionism, fear of failure, lack of

confidence, cause athletes to feel worried (Moran, 2004). The school yoga asanas competition in modern times is one of India's most popular competitions. Yoga decreases stress, fear and aggression. It is well known. Nevertheless, these psychological components can enhance and influence output during competition. Now the question is, can anxiety in competition be regulated by yoga? The researchers were therefore looking into the state of pre-competitive and post-competitive anxiety between men and women yogic performers.

### METHODOLOGY:

Total Thirty (N=30) intercollegiate level female football players were randomly selected from Punjabi University Patiala. Subjects were between 18 and 25 years of age. The anxiety level developed by Dr. Subhash and Mr. Gautam Das has been used to tackle women's football anxieties. The knowledge was gathered before and after three weeks of training in such yogic exercise (Kapala bhati, Bhaztrika, Om Velom, Bharamari) and breathing exercises (Hala Asana, Bhujanga Asana and Tada Asana, Nauk asana, Shava asana and Surya namaskar). The data collected were statistically analyzed using a non-test to detect the significant difference between soccer players. The mean amount has been calculated at 0.05.

### RESULT AND DISCUSSION:

Table No. 1

#### MEAN, SD OF PRE AND POST EXPERIMENT OF SELECTED YOGIC EXERCISES ON ANXIETY

Variable	Test	Mean	SD	t-value
Anxiety	Pre test	98.43	11.5	2.38*
	Post test	72.16	6.82	

Table 1 shows that female soccer players displayed low anxiety level relative to yoga pre-exercises following selected yogic exercises (Mean=72.16, SD=6.82) (Mean=98.43, and SD=11.5). The t-value calculated is 2.38 and is greater than the tabulated value so the difference in significance is 0.05 and yogic exercise reduced the level of anxiety.

### CONCLUSION:

It is concluded that yogic exercises had significant impact on anxiety level among female football players

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