

## Effect of Six Weeks Yogic Practice on Sports Competitive Anxiety of Sqay Martial Art Players

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### Abstract

The purpose of the study was to see the effect of yogic practice on sports competitive anxiety of Sqay martial art players. Total 30 female players were selected as subjects for the study and were randomly divided in two groups i.e. Control (15 students) and Experimental Group (15 students). The age of the subjects ranged between 14 to 18 years. The yogic practice was executed only to Experimental Group in addition to their daily tasks for six weeks i.e. Monday to Friday, 40 minutes a day in the morning and Control Group did not receive any yogic practice but continued with their daily schedule. The pre-test was conducted for Control and Experimental groups before the start of six weeks yogic practice and similarly the post-test was conducted after the completion of six weeks yogic practice to collect the data by using Sports Competitive Anxiety Test (SCAT) which is made by Rainer Marten. The collected raw data was analysed by computing descriptive statistics followed by paired sample t test. The t- value is found to be 10.583 for Sports Competitive Anxiety, which is significant at 0.05 levels.

**KEYWORDS:** Yoga, Sports Competitive Anxiety.

### INTRODUCTION

Anxiety refers to that emotional state of mind where a fear of danger or loss of suffering is a prominent feature. It generally arises as a result of fear of something unknown which creates tension and disturbance. Anxiety is likely to be greater in higher competitive sports than in relatively non greater demands a made upon them to succeed. Anxiety comes from a way of looking at the world in general or events in particular and a way of thinking about these things. The most obvious factor which really affects the capability of students, especially in school going children's, is psychological factors.

Sports competition anxiety is a state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur (kauss,1980). Sports competitive anxiety is common in sports. You no longer feel confident in yourself and do not believe that you will be able to accomplish anything successful. To deal with such thoughts you must learn how to manage anxiety and to do so, it is imperative to understand how sports performance and anxiety are ante Success and failure of an athlete depends on the blending of physical conditioning training, mental preparation and ability to perform well in under presser and cooperation of athlete with others. So all the aspect, (physical, physiological and social) are needed for an athlete.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is very useful for both getting and maintaining the physical, mental and moral health. Yoga is an effective method of controlling their mind and bodily activities. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress.

The effectiveness of Asanas and Pranayama is well established and very popular. Many researches have shown that yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Regular yoga practice can help you stay calm and relaxed in daily life and can also give you the strength to face events as they come without getting restless.

In an experiment, Gharote (1971) explains that yoga can easily control the functions of parasympathetic nervous system within two months of regular practices and thereby, improves autonomic balance; this study of Gharote (1971) signifies that yoga controls the parasympathetic system which in turn helps for improving inward awareness, introspection tranquillity, a spirit of development and inner satisfaction. This naturally contributes to control autonomic response pattern and therefore reduces Sports competition anxiety. As stated earlier, yoga can internalize the awareness and provide a balanced inter-play between environment - stimuli and internal mechanism. Such a balanced inter-play reduces Sports competition anxiety by producing relaxation.

Sqay is a South Asian form of sword-fighting originating in Kashmir, currently divided between India, Pakistan and China. In the 1980s, the sqay grandmaster Nazir Ahmed Mir feared that the art would go extinct, and so introduced modern types of competition influenced by karate and taekwondo. The subsequent founding of the International Council of Sqay and the Sqay Federation of India has allowed the system to be promoted on a National level. It is now taught in twenty Indian states as well as Bhutan and Kathmandu, (Nepal).

### **STATEMENT OF THE PROBLEM**

The purpose of the study was to determine the effect of yogic practice on sports competitive anxiety of sqay martial art players.

### **METHODOLOGY**

Total 30 (Thirty) female sqay martial art players of Sarvodaya Kanya Vidyalaya, West Patel Nagar, New Delhi having age ranging from 14 to 18 years were randomly selected as subjects. The subjects were equally divided into two groups i.e. experimental group and control group. The experimental group assigned 15 subjects were administered training for six weeks and control group also assigned 15 subjects had not participated in any activity during the experimental period. The psychological variable selected for the study was Sports Competitive Anxiety. The data was collected prior to start of training programme (i.e. Pre-test) and at the end of the training programme (i.e. post-test) from the both groups by using Sports Competition Anxiety Test (SCAT) which is made by Rainer Marten. The collected raw data was analysed by computing descriptive statistics followed by paired sample t-test.

### **TRAINING PROTOCOL**

Periods of six weeks yogic practice, experimental group of 15 subjects were assembled in Hall of S.K.V, West Patel Nagar, Delhi. Yogic practice i.e. 15 Asanas and 2 pranayama was executed for 40 minutes, for five days in a week including the time consumed for conducting pre-test and post-test. Control group did not participate in the yogic practice. The subjects of experimental group practiced Asanas (Surya Namaskar, Savasan, Sarvangasana, Matsyasana, Halasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Naukasana, Dhanurasana, Ardhamatsendrasana,

Pachimuthanasana, Vajrasana, Yogmudra & Tadasana) and pranayamas(Bhramari Pranayama and Anuloma-Viloma).

## RESULTS

**Table no. 1 Descriptive Statistic (Mean and Standard Deviation) of Sports Competitive Anxiety for Experimental and Control Group**

Variables	Control		Experimental	
	Pre	Post	Pre	Post
Sports Competitive Anxiety	21.33±1.29	21.46±1.24	20.4±1.84	19.06±1.66

Table no. 1 Shows the mean & standard deviation values of (Pre and Post) Sports Competitive Anxiety for experimental group & control group. The Mean  $\pm$  SD value of Sports Competitive Anxiety, pre control data was 21.33±1.29 and post control data was 21.46±1.24.

Table no. 1 also reveals the mean & standard deviation values of (pre and post) Sports Competitive Anxiety for experimental group. The Mean  $\pm$  SD value of Sports Competitive Anxiety, pre experimental data was 20.4±1.84 and post experimental data was 19.06±1.66.

**Table no. 2 Descriptive and comparative analysis of the Pre and Post-test of Sports Competitive Anxiety for Experimental Group**

Group	N	T	Df	Sig (2-tailed)
Sports Competitive Anxiety	15	10.583	14	.000

\*Significant at 0.05 levels

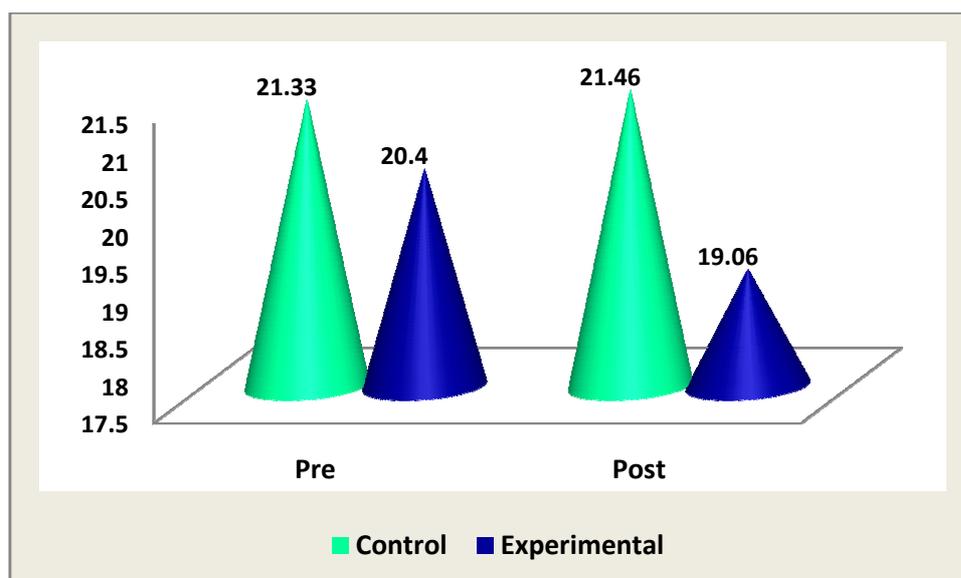
Table no. 2 Shows the 't' values of the paired sample t-test for pre and post test scores of Sports Competitive Anxiety, which shows that there is a significant effect of six weeks yogic practice on the Sports Competitive Anxiety as the 't' value is found to be 10.583, which is significant at 0.05 levels.

**Table no. 3 Descriptive and comparative analysis of the Pre and Post-test of Sports Competitive Anxiety for Control Group**

Group	N	T	Df	Sig (2-tailed)
Sports Competitive Anxiety	15	.487	14	.634

\*Significant at 0.05 levels

Table no. 3 Shows the 't' values of the paired sample t-test for pre and post test scores of Sports Competitive Anxiety, which shows that there is a no significant effect of six weeks yogic practice on Sports Competitive Anxiety as the 't' value is found to be .487, which is no significant at 0.05 levels.



**Fig No.1: Graphical representation of the Pre/Post Mean scores on Sports Competitive Anxiety of Control and Experimental Group**

## DISCUSSION

The present study has given us evident that if the players actively involved in the yogic practice then they can overcome from the sports competitive anxiety as well as yogic practice more resilient to stressful condition. The both groups were tested to observe the differences among the sports competitive anxiety. The results indicated that there is a significant effects of six weeks yogic practice on sports competitive anxiety of sqay martial arts players as the t- value is found to be 10.583, which is significant at 0.05 level.

## CONCLUSION

Within the limits and limitations of the study it was concluded that both asanas & pranayamas have substantially and significantly reduce the sports competitive anxiety of players.

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