

A Study of the Effect of Indian Traditional Yogic Methods on Selected Performance Variables of Athletes

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Abstract

All the coaches and Sports Persons here understood the significance of sports psychology and Indian traditional yoga in improvement of performance. Yoga players and important role as for as rectal preparation of athlete is there by understanding the increasing the importance of development of psychological imlaspeect through the use of Indian yogic method, the research scholar has decided to experiment and find out the effect of meditating on selected performance variables of athletes. The major purpose of the study was to find out the effect of meditational on selected performance variables. The study subjects were 30 selected athletes who participated of inter college level of traditional very of meditation for six weak and then the effect of their performance was tested.

KEYWORDS: Indian traditional yoga, meditation, psychological variables

INTRODUCTION

Modern world has been influencing the life of human and bringing hypokinetic diseases. The life style in these days has changed a lot. Most of adult are suffering from number of diseases in which Blood Pressure and Diabetes is most common. Human beings are made up of three components – Body mind and soul corresponding these there are thee needs – health knowledge and inner peace.

Health is physical need, knowledge is our psychological need and inner piece is spiritual need when all three are present there is harmony.

According to Yoga, harmony among the body than includes subtle energy body, mind that includes emotional, psychological and the thinking mind and the spirit or soul leads to a perfect health.

The harmony can be maintained by dealing with all the above aspects through yogic practices.

In today’s world of information most of the people find it difficult to devote time towards their fitness and health. This is especially very true with working individuals.

This has land to drastic increase in health problems and health related stresses – the number one killer in modern days. Unlike the early part of the century when infectious diseases were the leading killer, today’s health problems are mostly related to life style.

It is widely aerated that a regular practice of Yoga can offers all kind of mental and physical health benefits.

Yoga introduces to pranayamteehingnes which is very helpful for care of some diseases like high blood pressure and diabetes.

Astangayoga include eight steps which includes Asana and Pranayam.

NEED FOR STUDY:

Performance of athletes bring name and fame to the intimation the fore the coaches and physical education teacher our always trying to find out ways and means to improve the performance of their athlete. Meditation is a strong tool to improve performance in all aspect of life. As per litrativerarailatice it also helps to improve athletics performance there fire. Research scholars understood to need and importance of practice of meditation and conducted this study.

AIM -

- To study the effect of meditation on the selected performance variables of athletes.

Objectives –

- To find out effective tool to improve the athlete performance.
- To Inculcate the habit of doing meditation among athletes for improvement of performance.

MATERIALS AND METHODOLOGY:

Study type: Experimental design.

Samplmethod: Purposive sampling methods.

Sample size: 40

Place of the study: JiwajiUniversity sports department, Gwalior.

Duration of thestudy: One Month

Criteria of the study: External attention internal attentions are known as independent Variables.

Record the time for sprints with EMG and IEMG were dependent variables.

Procedure of the study

In this investigation 40 subjects were selected from Jiwaji University with an average age of 20-24 years. Those forty subjects were distributed equally in two groups of out of winner 20 were assigned in runner group and 20 is control group.

In this research investigator has two selected variables one independent variable and one dependent variable. Meditation was used as independent variable for sprinters with EMG and IEMG were dependent variables.

To measure EMG the derive were use is a portable of channel telemetry system capable of measuring remote EMG. It can be connected to converters

those without any incontinence for the subject can measure EMG without using wise.

To measure 200 meters running performance research were used distance and timing tools and measure speed for sprinters, researcher were used stopwatch and recorded time for running through 200m distance, according to international track and field federation.

At first the researches has explained completely about his research and are practical stages of it then prior to participation in the study, each subject reads and signs an informed consent that had been approved by institutional retrieveBoard at the affiliated university.

Benefits and possible risks described by the researcher and subjects were assured that are information acquired though the study would be confidential.

The researcher and his assistants attendance the site an hour before the pretest .for sprinting group after wainne for 15 minutes they didi 200 meter running and recorded EMG and IEMG. This was dove 2 times of each subject

For 6 weeks the subject attended the program training that the researcher designed and at to end of all mentioned items have been done (posttest) and the results were recorded.

The output data was an alyzed by utilizing IBM SPSS statistics 21 software.

The data was analyzed with appropriate statistical methods such as frequency, mean, paired sample 't' test of variance.

CONCLUSION AND DISCUSSION:

While there is considerable evidence that focusing an the movement effect is more effective for motor performance

Overall finding of present study add that when individual adopts meditation the reduced neuromuscular activity is associate with increased movement accuser and reduce in time.

More efficient motor unit recruitment patterns could also be advantageous for tarks that require maximum force production (sprinters)

At any rate the effect of meditation on motor performance not only provide interesting insights in to the effectiveness of automatic control capabilities of the motor system, but they also have

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