



## INFLUENCE OF SELECTED YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG VOLLEY BALL PLAYERS

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### Abstract

*The purpose of the study was to find out the influence of selected yogic practices on selected psychological variables among volleyball players. To achieve the purpose of the study twenty male volleyball players have been randomly selected from affiliated college of Bharathidasan university Tiruchirappalli in the state of Tamil Nadu, India. The age of subjects were ranged from 17 to 25 years. By using the matching procedure on the basis of their initial volleyball playing ability performance test scores, the subjects were divided into two equal groups of ten each. The control group was not exposed to any specific training/conditioning. The experimental group was subjected to selected yogic practices specifically designed for volleyball. The selected yogic practice was given for 12 weeks, four days per week with 45 of duration each in the morning session only. Cognitive anxiety, somatic anxiety and self confidence were selected as psychological variables as they may have direct relation to the performance of volleyball players in competitive situation. The questionnaire technique was used to collect relevant data on Cognitive anxiety, somatic anxiety and self confidence assessed by Martens et al. The data were collected first at the beginning (pre-test) and finally at the end of the experimental period of 12 weeks (post test). The study was aimed to find out the influences of training on selected dependent variables. The collected data from two groups were statistically analysed for significant difference if any, by applying the analysis of covariance. The result reveals that significant decrease in cognitive anxiety, somatic anxiety and increase in the self confidence levels among yogic practice group players.*

*Key words: Cognitive anxiety, Somatic anxiety, Self confidence, Volley ball and Yoga*

### Introduction

Volleyball is an Olympic team sport in which two teams of 6 active players (5 normal players and one 'libero'), are separated by a net. Each team tries to score points against one another by grounding a ball on the other team's court under organized rules. Volleyball was originally invented to be a recreational game; it has now developed into a high competitive sport, requiring a high degree of fitness. In Volleyball, performance is determined by several factors namely skill, technique, tactics, fitness, training, etcetera. In any sports, a player's success or failure results from a combination of physical and mental abilities. So training plays an important role in modern day volleyball. Modern day volleyball is played more on mind. The investigator being a volleyball players, coach, administrator, selector, observer attempted to study the influence of yogic practices on selected psychological variables among volleyball players.

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### Methodology

To achieve the purpose of the study twenty male volleyball players have been randomly selected from affiliated college of Bharathidasan university Tiruchirappalli in the state of Tamil Nadu, India. The age of subjects were ranged from 17 to 25 years. By using the matching procedure on the basis of their initial volleyball playing ability performance test scores, the subjects were divided into two equal groups of ten each. The control group was not exposed to any specific training/conditioning. The experimental group was subjected to selected yogic practices specifically designed for volleyball. The selected yogic practice was given for 12 weeks, four days per week with 45 of duration each in the morning session only. Cognitive anxiety, somatic anxiety and self confidence were selected as

psychological variables as they may have direct relation to the performance of volleyball players in competitive situation. The questionnaire technique was used to collect relevant data on Cognitive anxiety, somatic anxiety and self confidence assessed by Martens et al. The data were collected first at the beginning (pre-test) and finally at the end of the

experimental period of 12 weeks (post test). The study was aimed to find out the influences of training on selected dependent variables. The collected data from two groups were statistically analysed for significant difference if any, by applying the analysis of covariance.

**TABLE-I**  
**COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF COGNITIVE ANXIETY OF**  
**EXPERIMENTAL AND CONTROL GROUPS**

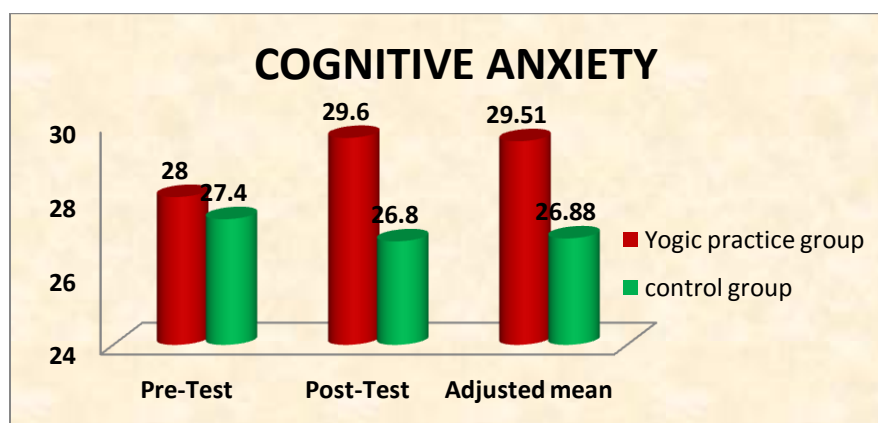
Test	Control group	Experimental group	Sum of variance	Sum of squares	df	Mean square	F ratio
Pre test mean SD ( $\pm$ )	24.80 (2.29)	25 (1.82)	B,G	0.20	1	0.20	0.04
			W,G	77.60	18	4.31	
Post test mean SD ( $\pm$ )	23.20 (1.13)	21.60 (2.06)	B,G	12.80	1	12.80	4.60*
			W,G	50.00	18	2.77	
Adjusted mean	23.21	21.58	B,G	13.24	1	13.24	4.65*
			W,G	48.32	17	2.84	

\* Significant at 0.05 level

(The table values for 1 & 18 and 1 & 17 are 4.41 and 4.45 respectively)

The above table indicates the adjusted mean value of cognitive anxiety of control and experimental groups were 23.21 and 21.58 respectively. The obtained F-ratio of 4.65 for adjusted mean was greater than the table value 4.45 for the degree of freedom 1 and 17 required for

significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control group on cognitive anxiety. The above table also indicates that both pre and post test of control and experimental groups have significant difference.



**Figure-I**

The pre, post and adjusted mean values of cognitive anxiety of both control and experimental groups are graphically represented in the Figure I

TABLE-II

## COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF SOMATIC ANXIETY OF EXPERIMENTAL AND CONTROL GROUPS

Test	Control group	Experimental group	Sum of variance	Sum of squares	df	Mean square	F ratio
<b>Pre test mean</b> SD ( $\pm$ )	16.20 (1.13)	16.40 (0.84)	B,G	0.20	1	0.20	0.20
			W,G	18.0	18	1.0	
<b>Post test mean</b> SD ( $\pm$ )	16 (0.81)	14.80 (0.42)	B,G	7.20	1	7.20	17.05*
			W,G	7.60	18	0.42	
<b>Adjusted mean</b>	16.03	14.76	B,G	7.90	1	7.90	23.45*
			W,G	5.73	17	0.33	

\* Significant at 0.05 level

(The table values for 1 & 18 and 1 & 17 are 4.41 and 4.45 respectively)

The above table indicates the adjusted mean value of somatic anxiety of control and experimental groups were 16.03 and 14.76 respectively. The obtained F-ratio of 23.45 for adjusted mean was greater than the table value 4.45 for the degree of freedom 1 and 17 required for significance at 0.05

level of confidence. The result of the study indicates that there was a significant difference among experimental and control group on somatic anxiety. The above table also indicates that both pre and post test of control and experimental groups have significant difference.

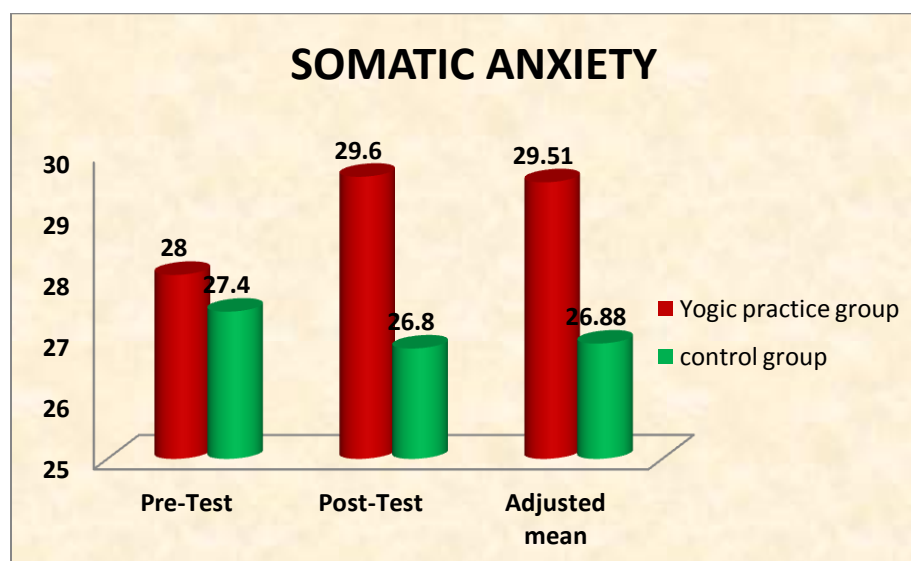


Figure-II

The pre, post and adjusted mean values of somatic anxiety of both control and experimental groups are graphically represented in the figure-ii

TABLE-III

**COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF SELF CONFIDENCE OF CONTROL AND EXPERIMENTAL GROUPS**

Test	Control group	Experimental group	Sum of variance	Sum of squares	df	Mean square	F ratio
Pre test mean SD ( $\pm$ )	27.40 (2.45)	28 (2.94)	B,G	1.80	1	1.80	0.24
			W,G	132.40	18	7.35	
Post test mean SD ( $\pm$ )	26.80 (2.20)	29.60 (3.40)	B,G	39.20	1	39.20	4.76*
			W,G	148	18	8.22	
Adjusted mean	26.88	29.51	B,G	33.96	1	33.96	4.92*
			W,G	136.63	17	8.03	

\* Significant at 0.05 level

(The table values for 1 & 18 and 1 & 17 are 4.41 and 4.45 respectively)

The above table indicates the adjusted mean value of self confidence of control and experimental groups were 26.88 and 29.51 respectively. The obtained F-ratio of 4.92 for adjusted mean was greater than the table value 4.45 for the degree of freedom 1 and 17 required for significance at 0.05

level of confidence. The result of the study indicates that there was a significant different among experimental and control group on self confidence. The above table also indicates that both pre and post test of control and experimental groups have significant difference.

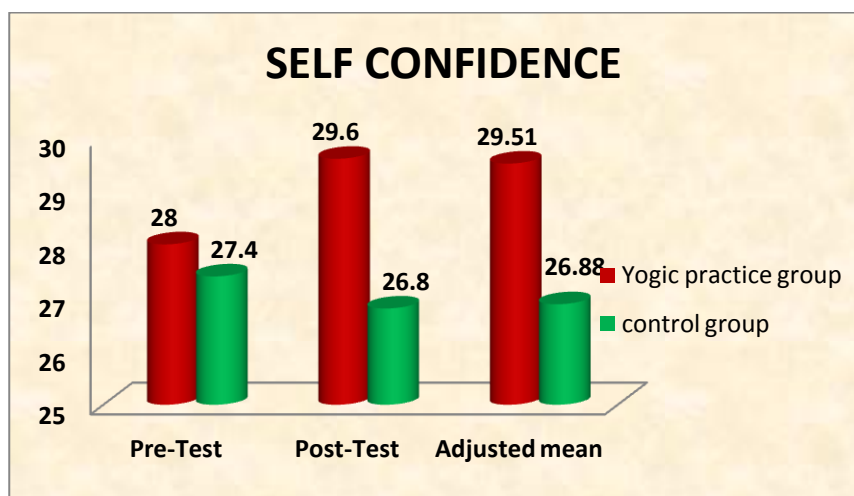


Figure-III

The pre, post and adjusted mean values of vertical jump of both control and experimental groups are graphically represented in the figure-iii

### Conclusions

The result reveals that significant decrease in cognitive anxiety, somatic anxiety and increase in the self confidence levels among yogic practice group players.

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