

Effect of Six Weeks Yogic Practices on Mental Toughness Among Handball Players

Abstract

The Purpose of the present study was to find out the effect of Yogic practices on mental toughness among handball players. For achieving the purpose of the study total 30 subjects were selected as samples from two handball academics from Delhi city. Their age group between 14 to 18 years and the selected subjects were divided in to two groups equally with 15 each as control and experimental group.

All the selected subjects were state or national ranked players and all of them were used to practice handball apart from the handball practice the experimental group underwent yogic practice for six weeks in a schedule of weekly three days with one hour session each. Analysis of covariance was used as a statistical tool to determine the significant difference. The statistical findings of the study revealed that the experimental group done the yogic practices significantly improved the mental toughness qualities.

Keyword: Mental toughness, Yogic practice.

Introduction

Athletes are facing with many challenges and it includes their physical, technical and psychological skills. The elite level of sports performance requires complete psychological preparation. The athletes become mentally tough to face any challenges on the field. Handball is a mental game because handball players should have strong psychic power to overcome many psychological obstacles during the match. Each day players work hard to improve these skills by many means and methods. Yoga has become a accepted part of a training regimen to improve psychic powers as well as physical skills. Yoga is becoming a common part of the preparation and workout routines in all the sports and games. The present study is also with the sole aim to find out the effect of yogic practices on mental toughness qualities among handball players.

Mental toughness is having the psychological edge that allows one to perform at peak maximum effort and efficiency during the demands that are placed on them during training, practices, or competition. Specifically, when the demands are greatest or the conditions become adverse. Mentally tough athletes are self -confident, self-assured, and they are affected by competition or adversity. These athletes have the strong belief that they control their own destiny (Clough, P.J et al., 2002). Goldberg defined (1998) "Mental toughness is an ability to cope with or handle pressure" Dennis, P.W (1981) defined "Mental toughness is an ability to overcome or rebound from failure". Besides tremendous gains in physical flexibility, Yoga can help with improving balance, stigma, mental focus, performance anxiety, stress relief, injury prevention and eliminating tension from the body.

Sports psychologists have consistently referred to mental toughness as one of the most important psychological characteristics related to outcomes and success in elite sport. Mental toughness is the ability to consistently sustain one's ideal performance state during adversities in competition. Performing to one's potential requires good technique and mental skills. Ups and downs in performance are often directly traceable to psychological ups and downs. Players who create a special atmosphere within them perform consistently. Mental toughness is learnt, not inherited. The ultimate measure of mental toughness is consistency. (Jolly Ray, 22003) Mentally tough athletes are determined and committed to success. These athletes want to succeed more than their competitors and are willing to commit the necessary time and dedication to win.

There are certain moments during competition that appear to carry great psychological significance, when the momentum starts to shift in one direction or another. These situations require athletes to remain completely focused and calm in the face of difficult circumstances. Handball players talk of the 'big' score during a tight match. Developing

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the handball mental toughness is just one aspect in improving handball game. To improve the knowledge of handball tactics requires mental toughness in training. Loehr (1982, 1986) emphasised that athletes and coaches felt that at least fifty percent of success is due to psychological factors that reflect mental toughness. Mental toughness is an important psychological characteristic of sport performance. (Gould, D et al., 1993). Norris (1999) emphasized the importance of mental toughness in making of champion athlete. Every body accept that Yoga can improve the coordination between the body and the mind.

In all fields of endeavor, those who would achieve outstanding results must develop mental toughness. These include strengthening habits such as persistence, concentration, self-motivation, self-control, emotional power and relaxation. It begins with tough thinking, leads into tough actions, and then brings sweet rewards of success. Developing mental toughness is just one aspect in improving handball game.

Methodology

For achieving the purpose of the study total 30 subjects were selected as samples from Delhi city (Pritam Pura , FU-block). There age ranged between 14 to 18 years and the selected subjects were divided in to two groups equally with 15 each as control and experimental group. All the selected subjects were state or national ranked players and all of them were used to practice handball for duration of two hours every day except Sunday and apart from the handball practice the experimental group underwent yogic practice for six weeks in a schedule of weekly three days with one hour session each in morning.

Yogic training procedure

Analysis of Covariance For Pre, Post and Adjusted Mean on Mental Toughness of Experimental and Control Group

Test	Group		sv	Sum of Squares	Df	Mean Square	F ratio
	Exp .	Con .					
Pre test Mean	17.33	18	B	3.333	1	3.333	0.278
			W	335.33	28	11.976	
Post test Mean	25.73	18.26	B	418.13	1	418.13	73.234*
			W	159.86	28	5.709	
Adjusted Mean	25.70	18.29	B	407.94	1	407.94	69.895*
			W	157.58	27	5.836	

Significant at 0.05 level of confidence for the degree of freedom 1 and 28 is 4.20 and df 1 and 27 is 4.21

Note: Exp. Denotes experimental group man and Con. denotes control group mean

The above table shows the pre post and adjusted mean and "F" ratio value. The pre test mean value of experimental and control group were 17.33 and 18 respectively. The obtained F value of 0.278 was lesser than the required table value of 4.20 for significant with df 1 and 28. The post test mean values of experimental and control group were 25.73 and 18.26 and "F" ratio value was 73.234 for significant with df 1 and 28. The adjusted post test mean value were 25.7058 and 18.2941 and F ratio value was 69.895 which was higher than the required "F" ratio value of 4.21 for significant at df of 1 and 27. The result of the post test mean value showed that

The one hour yoga training includes eleven asana and two pranayamas. The asana are padmasana, sarvangasana, halasana, bhujangasana, matsyasana, chakarasana, dhanurasana, ardhmatsyenderasana, vajrasana, sirashasana, shavasana and two pranayamas are kapalabhati and shitali.

Testing procedure

The pre and post test were conducted on selected psychological variables of mental toughness by using Dr. Alan Goldberg Mental Toughness Questionnaire (Mtg).

Description of Mental Toughness Questionnaire used

Mental toughness questionnaire consisted 30 statements and it measure five dimensions of rebound ability, ability to handle pressure, concentration level of confidence and motivation. Each answer will have one mark and the statement having true as well as false answer. The overall score of 26-30 indicates strength in overall mental toughness. Scores of 23-25 indicates average to moderate skill in mental toughness. Scores of 22 or below means that you need to start putting more time into mental training area.

Statistical Procedure

Analysis of covariance (Ancova) was used as a statistical tool to determine the significant difference, if and exciting between pre and post test data on selected variable of mental toughness. The level of significance was fixed at 0.05 levels.

Results and Discussions

The stactical analysis of data on mental toughness collected from 30 subjects of 15 subjects each as experimental and control group have presented in the Table.

Table

there was a significant improvement mental toughness among handball players due to yogic and relaxation training combindly. Further the 'F' value revealed that there was a significant difference in mental toughness between the experimental and control group among handball players.

Conclusions

From the analysis and discussion of the present study, the following conclusions were drawn

1. Due to Yogic training overall mental toughness of the handball players significantly improved.
2. Further the result of the study indicated that the Yogic training also included the handball players training program to develop their mental toughness which are essential to get success.

References

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