

A Study of Effect of Yoga on Players

Abstract

The main purpose of this study was to observe the effect of Yoga on Handball Players by survey method. For this purpose the sample of 40 players of handball selected through purposive sample from SGGS khalsa College Mahilpur (Punjab). The standard tool Dr. Mukesh kumar Mucchal were used for present study. It has been observed that there was significant difference in the effect yoga training on college level hand ball players.

Keywords: Handball Players, Effect, Training, Yoga.

Introduction

Yoga's classical definition is derived from the Sanskrit root "Yuj meaning to unite, to integrated or to cohere and is thus taken represent the highest state of union, integration or coherence between individual or personal of human consciousness and cosmic or universal or divine consciousness".

Yoga was first introduced in second century A.D by the father of yoga Patanjali. Yoga is a method by which one can change himself during some particular period. Yoga is probably the oldest defined practice of self development. It originally came from India and it dates back over five thousand years ago. The Indian sage Patanjali, in his Yoga sutras defines, Yoga as the control of activities of one minds. Yoga is founded on belief of the progress of self awareness. Through the practice of yoga an individual can gain information about physical, emotional, mental and spiritual well being. In the course of knowledge and Yoga awareness encourages the individual to adjust and changes the aspect of their nature and become more aware of your attuned and life. The method of yoga includes ethical discipline physical posture, breathing control and as well as meditation. As defined by Patanjali classical yoga an eight stages process of development known as the "eight limitless of yoga".

Yoga is not series of consecutive step, but a continue and changing process that helps to clear away the mental obscurities that prevent us from seeing clearly yoga is an old civilization. Early Upanishads the Bhagavad Gita the yoga sutras of Patanjali are universally accepted as constituting the verbal foundations of yoga tradition. Among these the yoga sutras provide the basis and inspirations for most of today's tradition of yoga. In its recorded history and continuous evaluation, yoga has to present not only the ultimate goal, but also the many practices techniques, methods and ways that help to move towards that goal. So in this research paper through survey method observed that it is necessary to develop positive attitude toward yoga for overall development of players.

Objectives

According to the study of this paper the main objective was of this paper is to know the effect of yoga on handball players of college level, which may be beneficial in sports, analyzed and observed

Study in this Area

Padmini Tekure (2009) conducted a study effect of yoga therapy on chronic low randomize control study. Major findings were data confirm to Gaussian distribution there was a significant reduction in the yoga groups compared to control. Final flexibility major improved insignificantly in both the groups but yoga group showed greater improvement as compared to control on final flexion, final extension right lateral and lift lateral flexion.

Manojc Shastri (2012) conducted a study the impact of yoga an anxiety of secondary school students. The objective of study the anxiety level of IX standard students. To study the subjects with respect to yoga. Major findings were there is a positive impact of yoga on anxiety level of the students of secondary school as per TASC. There is a positive impact of yoga on anxiety level of the students of secondary school as GASC.

Material and Method

In this research paper only survey method was used by the researcher on the players of handball of SGGS Khalsa college, Mahilpur. It involves the description that recording analysis and interpretation of



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of condition that how exit. Survey method is concerned with present and attempt to determine the status of a sample of the phenomena under investigation.

Sample and Tool of the Study

The representative proportion of the population is called a sample. Sampling provides generalization on the population the basic of relatively small proportion of the population. In this study the main aim is to analysis the effect of yoga on handball players, so for this purpose subjects was taken from SGGGS Kh. College and, Mahilpur (Punjab).The sample of present study comprised on the basis of non probability sampling by using purposive sampling. For the collection of the data, the investigator used Attitude scale developed and standard by Dr. Mahesh Kumar Muchal.

Procedure of Data Collection

For this study the investigator approaches to the handball players of the institution through their coach and told about the purpose of the study and data. The scale of attitude toward yoga constructed by Dr. Mahesh Kumar Muchal booklet of English and Hindi version were distribution to the subjects personally of respective institutions and gave the instruction to them statements or item were made clear to them that read each statement carefully and tick mark your answer. They were guided to fill up response correctly and it will be kept confidential.

Statistical Analysis

The following technique has been used by the investigator for analysis and interpretation of data, Mean, Standard deviation, t-test representation of data.

Table Shows Mean and Standard Deviation and “t” value for testing the no significant difference in the effect of yoga on Players.

Name of Institution	No. of Subjects	Mean	S.D	D.F	SED	“t”
SGGS Kh. College	40	38.8400	8.2935	198	8294	1.546

Total no of subjects examined = 40

Dicussion

Above table presents that mean and standard derivation of SGGGS Kh. College Handball players toward yoga with degree of freedom df=98 is 38.84 and 8.29 respectively. From the mean that has been obtained the score of mean are comparable. The “t” test was calculated to be 1.546.Which is insignificant even at 0.05 level of confidence from the above, it may be inferred that the hypothesis there exist no significant difference in the attitude of college level handball players toward yoga is retained.

Conclusion

On the basis of above discussion we can say that Yoga is founded on the belief of the progress of self awareness. Through the practice of yoga an individual can gain information about physical, emotional, mental and spiritual well being. In the course of knowledge and Yoga awareness encourages the individual to adjust and changes the aspect of their nature and become more aware of your attuned and life. So it is necessary to develop positive attitude toward yog

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