

Field Hockey better psychological performance through the yogic training.

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Abstract: In this paper we are taken these following methods "Field Hockey better psychological performance through the yogic training." we are taken 60 players. It was concluded that twelve weeks of yogic exercises significantly altered anxiety, aggression, self-confidence of the inter-university hockey players. It was concluded that six weeks of autogenic exercises significantly altered anxiety, aggression, self-confidence, achievement motivation and stress of the inter-university hockey players. It was concluded that there were no significant differences between yogic exercises and autogenic training groups on anxiety, aggression, and self-confidence of the inter-university hockey players. Compared to previous work, anxiety is saved of 8%, aggression is saved of 99% and self-confidence is saved of 99%.

Keywords: Anxiety, Aggression, self-confidence.

1. INTRODUCTION:-

1.1. AUTOGENIC TRAINING

Coker (1999) investigation was conducted to determine whether or not relaxation training would significantly affect the mood states of collegiate basketball players during a session of competition as measured by the profile of mood states (POMS) and the Spielberger state anxiety inventory (STAI) volunteers forty-nine male and female collegiate basketball players. Experimental group listened to autogenic relaxation tapes, while the control group met for five sessions to answer questionnaire related to stress.

Emerson (1999) conducted a study to compare the efficacy in the runners of two relaxation techniques with regard to exercise reactivity and recovery after

exercise. Thirty-one adult male runners were studied prospectively for 6 months in three groups practicing either meditation (n = 11) or autogenic training (n = 11) or serving as controls (n = 10). Before and after 6 months of relaxation and innervations, indicators of reactivity to exercise and metabolism after exercise (blood lactate concentration, heart rate and oxygen consumption) were tested immediately after and 10-minute exercise. There were no significant differences among the groups with regard to HR, VO_2 , or levels of anxiety. Meditation training may reduce the lactate response to a standardized exercise bout.

Crocker and Grozelle C (1991) conducted a study to investigate the effects of acute aerobic activity on an autogenic relaxation session on reducing induced state anxiety. Eighty-five university students were randomly assigned to one of three groups (a) aerobic (b) relaxation, (c) control. Each group was tested

separately. The general procedure consisted of anxiety induction, assessment, intervention and assessment. The induced affect procedure involved having subjects visualize distressing images and generating high arousal states for ten minutes (Smith and Ascough, 1985). State anxiety was assessed by states Trait Anxiety Inventory (form Y-1). The aerobic intervention lasted 40 minutes, including warm up and cool down. The relaxation intervention consisted of listening and following instructions on a tape for approximately 30 minutes (Budzyski T, 1974, "Limb Heaviness – Exercise MU-3-3"). The control group was excused after anxiety induction and told to report back in 30 minutes. The data was analyzed by a 3x2 (group by time) ANOVA with repeated measures on the last factor. The groups by times interaction was significant, $F(2, 82) = 13.07$, p less than 0.01. post-hoc analysis using Turkey with a normalized and indicated that both the aerobic and relaxation groups significantly reduce anxiety scores from pretreatment to post treatment but was not different from each other.

2. YOGA:-

Kamel et.al., (2000) examined the changes in brain waves and blood levels of serum cortisol during yoga exercise in 7 yoga instructors and found that alpha waves increased and serum cortisol decreased. These two measures were negatively correlated ($r = - 0.83$). Comparison with a control group of non-practitioners is desirable.

Raju et.al.,(1997) examined the short-term effects of 4 weeks of intensive yoga practice on physiological responses in six healthy adult female volunteers were measured using the maximal exercise treadmill test. Yoga practice involved daily morning and evening sessions of 90 minutes each. Pre and post-yoga exercise

performance was compared. Maximal work output (w_{max}) for the group increased by 21% with a significant reduced level of oxygen consumption per unit work but without a concomitant significant change in heart rate. After intensive yoga training, at 154 min.⁽⁻¹⁾ (corresponding to w_{max} of the pre- yoga maximal exercise test) participants could exercise more comfortably, with significantly lower heart rate ($P < 0.05$), reduced minute ventilation ($P < 0.05$), reduced oxygen consumption per unit work ($P < 0.05$), and the significantly lower respiratory quotient ($P < 0.05$) the implications for the effects of intensive yoga on cardio respiratory efficiency are discussed, with the suggestion that yoga has some transparently difference quantifiable physiological effects to other exercises.

M.L. Garote (1970) conducted a study to determine the " effect of everyday and alternate day yoga training on the physical fitness of School Children". In his study were school boys with means age of 17 years when tested with the Fleishman battery of basic physical fitness tests showed significant improvement with six weeks yoga training given for 6 days a week as well as for 3 days a week in comparison to the control group.

2. PROPOSED WORK:-

2.1 YOGASANA: - The body is the temple of soul and to reach a harmony of the mind, body and spirit, the body must be physically fit. The human body is built for physical activity and movement. Throughout the ages, man has had to be physically active in order to procure his daily food to succeed in the battle for survival. Every individual physical activity is essential for harmonious physical and mental development. Yoga is a system of integrate education of the body, the mind and the inner spirit.

2.1.2. IMPORTANCE OF YOGA

The body becomes strong and healthy, excessive fat disappears, the face glows, the eyes are bright and the whole personality radiates a special charm. The whole body is purified and the mind improves in ability to concentrate other importance are –The blood in the different blood vessels is purified through different yogasanas. Yogasanas helps the mind to experience tranquility. This is progressive intellectual development because of the calm mind.

The proper function of the body depends on the several limbs. The absence or the sickness of any one limb affects the health of the whole body. The same principle applies to the study of yoga and its branches. Any inadequacy in the study and the perfection any of the eight steps of yoga will not lead to self – realization.

2.1.3 ASANA

Yoga Sana are simple actions for keeping the internal and external parts of the body in good health. The third anga or limb of yoga is Asana. Asana are postures it is Astute of complete equilibrium of body mind and spirit. There are literally hundreds of posture in asnas, bring steadiness, agility, flexibility and so on. Thus, asana is one of the ancient yogic practices forming a base for all other practices and plays an important role in every kind of yoga sadhana. Asana is a special type of exercise, which is not only physical out also psychological in nature.

2.1.4 PRANAYAMA

Pranayama means a pause in the movement of the breath. In Sanskrit "Prana" means "Breath" and "Ayama" means "Pause". In modern literature on yoga prana, even in the compound Pranayama has been often interpreted to mean a "subtle psychic force (or) a

subtle cosmic element". Pranayama is the fourth state of Astana yoga. Pranayama means breath control. There are three important movements in Pranayama, inhalation of the breath, exhalation of the breath and retention of the breath.

2.1.5. ASANAS AND HEALTH

Asanas make your body supple brings alertness to your mind, while soothing your nerves and glands relaxing your brain and maintaining a physical, physiological and emotional balance.

The breathing process is closely related to the rhythms of one physical, mental and emotional life. Knowing the principles that "when the breath is unsteady the mind is unsteady and when breath i calm, the mind is also calm,." "Yogis devised pranayama as part of the yogic science so as to employ the breathing process to win mastery over the mind and inhabit its modifications.

2.2. AUTOGENIC TRAINING:-

Autogenic training is a relaxation technique developed by German Psychiatrist Johannes Schultz and first published in 1932. The technique involves the daily practice of sessions that last around 15 minutes, usually in the morning, at lunchtime, and in the evening. During each session, the practitioner will repeat a set of visualizations that induce a state of relaxation. Each session can be practiced in a position chosen amongst a set of recommended postures (e.g. lying down, sitting like a rad doll, etc.). the technique can be used to alleviate many stress-induced psychosomatic disorders. Schultz emphasized parallels to techniques in yoga and meditation. It is a method for influencing one's autonomic nervous system. Abbe Faria and Emile Coue are the forerunners of Schultz. There are many parallels to progressive relaxation. Quite often, one will ease

themselves into the "trance" by counting to ten, and exit by counting backwards from ten. This is another practice taken from progressive relaxation.

2.2.1. AUTOGENIC TRAINING OR PSYCHOTONIC TRAINING

Autogenic training (Psychological preparation) is also one of the techniques used to produce best performance. The term psychological preparation appeared in Russian literature in the early 1960's. Terms such as 'psychotonic training' 'autogenic training' and 'psychological training' were also used to indicate the term psychological preparation. Psychological preparation is otherwise known as 'volitional-moral preparation. Vanek and Cratty suggested that psychological preparation refers to both immediate and long term general and specific psychic training of superior athletes. Autogenic training was formulated by J.H. Schultz and Luthe in Switzerland. The purpose is to gain control over the involuntary nervous system by homeostatic self-regulation.

2.2.2 METHOD

The athlete is kept in a comfortable position (standing, sitting, lying) usually lying on her back. Now she should breath deeply and concentrate upon her breath. She is asked to tighten all the muscles of their body as hard as she can and then to relax completely as possible. This alternate tightening and relaxing is executed three or more times. These are the initial preparations.

Now the athlete is asked to concentrate upon various body parts and to attempt to make them as relaxed as possible. First she is asked to think about imaging on her arms 'as heavy as possible, so heavy, in fat that as if it cannot be lifted. Then the other arm,

then one of the legs, then the other leg, the abdomen and the chest regions. This must be done several times until it is obvious that the athlete is totally relaxed. She is asked to ignore her environment and to concentrate only upon herself, her body and its parts. (The psychologist or the coach can check by lifting one hand or leg to see whether it falls back or not).

2.2.3. EFFECTS OF AUTOGENIC TRAINING

Autogenic Training restores the balance between the activity of the sympathetic (flight or fight) and the Parasympathetic (rest and digest) branches of the autonomic nervous system. This has important health benefits, as the parasympathetic activity promotes digestion and bowel movements, lowers the blood pressure, slows the heart rate, and promotes the functions of the immune system. Pulse rate can be significantly reduced below the usual resting rate of the individual. At the termination of the activation phase, the individuals levels of muscle tension and physiological measures become higher than normally experienced and assessed. Adrenal changes persist after this training for about 24 hours at abnormally high levels and thus they are prepared normally for a high level of competition for a prolonged period of time. When one limb is imagined to be warmer than the other, real temperature differences amounting to 1 to 2 degrees are often recorded. Autogenic training is counter-indicated, or needs to be adapted, for a series of conditions including: heart problems such as myocardial infarction, diabetes, psychotic conditions such as schizophrenia, glaucoma, alcohol or drug abuse and epilepsy. (Elizabeth Scott 1996)

2.3. ANXIETY:-

Psychology as a behavioral science has made its contribution for improving sports performance. It has

helped coaches to coach more effectively and athletes to perform more proficiently. A rapidly growing area of interest in sports psychology concern the use of anxiety management procedure such as bio- feedback and relaxation training techniques to enhance athletic performance by reducing anxiety are used. (Carpenter 1938)

All of us have been fearful in various situations. Indeed to be without fear would be a sign of disorder personality. Not all of us, however, have traumatized into action. In the stressful setting provided by competitive athletes, it is not unusual to observe an athlete who choked or whose fears at least interfere with effective performance. (Cratty 1973)

Athletes who choked or get psyched out during athletic competition are those who cannot cope with the anxiety that always present in sports. (Lieweilynn and Biucker 1982)

Anxiety is one of the greatest problems of modern trends in scientific knowledge. Anxiety is that emotional state of mind where a fare of danger or loss of suffering is a prominent feature. It generally arises as a result of fare of something unknown which creates tension and disturbances. (Kocher and pratap 1972)

In general, anxiety suggests that there is in each of us a varying tendency to be fearful in a most situations. Some have suggested that the level of general anxiety is determined by how close the individual feels to his own demise and is related to the general fear of death. When anxiety is conceived as a state, we usually refer to situational anxiety, or the tendency to become fearful only in specific situations. (Cratty 1973)

A listing of reasons why athletes are fearful is not helpful in it , but dose constitute a starting point. From

an awareness of or an educated guess as to why an athlete is fearful, one can give device strategies and situations and engage in discussing that may be appropriate and helpful levels.

The athlete's practice session includes situation and events that at least in part, create the social and psychological stress he may letter encounter in competitions. Introducing revel athletes, members of the family or other similar conditions are helpful if not carried to extremes. With help of a psychiatrist or a qualified psychiatrist, various clinical desensitization techniques have been employed successfully in the remediation of extreme cases of anxiety in athletes and other under similar stress. (Cratty 1987)

2.4. AGGRESSION:-

In psychology, as well as other social and behavioral sciences, __aggression refers to behavior between members of the same species that is intended to cause pain or harm. Predatory or defensive behavior between members of different species is not normally considered "aggression." Aggression takes a variety of forms among humans and can be physical, mental, or verbal. Aggression should not be confused with assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson.

There are two broad categories of aggression. These include hostile, affective, or retaliatory aggression and instrumental, predatory, or goal-oriented aggression. Empirical research indicates that there is a critical difference between the two, both psychologically and physiologically. Some research indicates that people with tendencies toward affective aggression have lower IQs than those with tendencies toward predatory aggression. If only considering physical aggression, males tend to be more aggressive than females. One

explanation for this difference is that females are physically weaker than men, and so need to resort to other means. Females of different cultures have a variety of nonphysical means to cause harm to their husbands. On Bellona Island, a culture based on male dominance and physical violence, women tend to get into conflicts with other women more frequently than with men. When in conflict with males, they rarely use physical means. They instead make up songs mocking the man, which spread across the island and humiliate him. If a woman wanted to kill a man, she would either convince her relatives to kill him or hire an assassin. These are both forms of indirect aggression since the aggressor (female) is trying to hurt someone without putting herself in direct danger.

2.5. SELF CONFIDENCE:-

The socio-psychological concept of self-confidence relates to self-assuredness in one's personal judgment, ability, power, etc., sometimes manifested excessively.

Compare:

- confidence (often equivalent to self-confidence)
- hubris (excessive self-confidence)
- self-esteem (conceit, or favourable opinion of oneself, or self-acceptance).

Lack of self-confidence is called tidiness or timidity. Being afraid of failure is a sign of this. Professor Raj Persaud (1999) posits that true self confidence comes from an attitude where you, "Promise yourself, no matter how difficult the problem life throws at you, that you will try as hard as you can to help yourself. You acknowledge that sometimes your efforts to help yourself may not result in success, as often being properly rewarded is not in your control". Sports psychologists define self-confidence as the belief that one can successfully perform or desired behavior. The desired behavior might be kicking a soccer goal, staying on an exercise regimen, recovering from a knee injury, serving an ace, or hitting a home run. But the common factor is that one believes that he will get the job done.

It is important to make a final comment about defining self-confidence. Specifically, some evolving and recent research. (Alagaonkar, J. 1997) has revealed that like many other current personality constructs, self-confidence may be multi-dimensional, consisting of several aspects. Specifically, there appear to be several aspects, there appears to be several types of self-confidence within sport including the following: Confidence about one's ability to execute physical skill, Confidence about one's ability to utilize psychological skill (e.g. imagery, self-talk). Confidence in one's level of physical fitness and training status, Confidence in one's learning potential or ability to improve one's skill (Robert S. Weinbergh and Deniel Gould, 2003).

3. Result and analysis

EFFECT OF PSYCHO REGULATIVE PROGRAMMES - AUTOGENIC AND YOGIC PRACTICES ON PSYCHOLOGICAL VARIABLES

The data on the effect of yogic exercises and autogenic training on psychological variable, anxiety was collected through pre and post test scores and subjected to statistical treatment using ANCOVA. Tables are shows the results obtained.

ANXIETY								
Means	Yogic Group	Autogenic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test	75.55	68.45	70.65	Between	536.1	2	268.07	5.88*
				Within	2598.8	57	45.59	
Post Test	65.70	67.05	75.55	Between	261.9	2	130.95	4.91*
				Within	1519.7	57	26.66	
Adjusted	66.39	65.25	70.76	Between	290.5	2	145.27	5.47*
				Within	1487.6	56	26.56	
Mean Diff	9.85	1.40	4.90					
AGGRESSION								
Means	Yogic Group	Autogenic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test	172.85	176.20	172.20	Between	250.9	2	125.45	0.63
				Within	11267.9	57	197.68	
Post Test	169.70	170.50	172.85	Between	65.2	2	32.60	0.18
				Within	10388.4	57	182.25	
Adjusted	167.90	169.27	174.23	Between	401.9	2	200.97	36.60*
				Within	307.5	56	5.49	
Mean Diff	3.15	5.70	0.65					
SELF CONFIDENCE								
Means	Yogic Group	Autogenic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test	16.55	16.40	16.05	Between	6.3	2	3.15	0.95
				Within	189.0	57	3.31	
Post Test	20.05	19.00	16.55	Between	172.0	2	86.02	46.30*
				Within	105.9	57	1.86	
Adjusted	18.95	19.90	16.21	Between	144.2	2	72.11	49.88*
				Within	81.0	56	1.45	
Mean Diff	3.50	2.60	0.50					

SCHEFFE'S POST HOC ANALYSIS RESULTS

MEANS OF ANXIETY			Mean Difference	Required . C I
Yogic Practices	Autogenic	Control		
67.39	65.25		2.14	4.10
66.39		70.76	4.38*	4.10
	65.25	70.76	5.52*	4.10

* Significant at 0.05 level

MEANS OF AGGRESSION			Mean Difference	Required . C I
Yogic Practices	Autogenic	Control		
167.90	169.27		1.37	1.86
167.90		174.23	6.33*	1.86
	169.27	174.23	3.97*	1.86

MEANS OF SELF CONFIDENCE			Mean Difference	Required . C I
Yogic Practices	Autogenic	Control		
18.95	19.90		0.95	0.96
18.95		16.21	2.73*	0.96
	19.90	16.21	3.69*	0.96

Conclusion:-

Within the limitations and delimitations of this study, the following conclusions were drawn:

It was concluded that twelve weeks yogic exercises significantly altered anxiety, aggression, self-confidence of the inter university hockey players. It was concluded that six weeks autogenic exercises significantly altered anxiety, aggression, self-confidence, achievement

motivation and stress of the inter university hockey players. It was concluded that there was no significant differences between yogic exercises and autogenic training groups on anxiety, aggression, and self-confidence of the interuniversity hockey players. Compare to previous work anxiety is saved of 8% aggression is saved of 99% and self-confidence is saved of 99%.

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