

## Research Paper

**EFFECTS OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES OF MALE KHO-KHO PLAYERS****K.Saravana Kumar<sup>1</sup>, Dr.K.Balasubramanian<sup>2</sup>**

1 Ph.D., Research Scholar, Department of Physical Education, Karpagam University, Coimbatore, Tamilnadu, India.

2 Associate Professor, Department of Physical Education and Sport Sciences, Alagappa University, Karaikudi, Tamilnadu, India.

[saravankumar.phd@gmail.com](mailto:saravankumar.phd@gmail.com)

**Abstract**

The purpose of the study was to find out the effect of yogic practice on selected psychological variables of male Kho-Kho players. To achieve these purpose 30 male Kho-Kho players were randomly selected as subjects from Royal International School. The age of the subjects ranged from 15-19 years. The subjects received all the necessary information about the study procedure. The selected Subjects were divided in to two groups about the study procedure. The selected Subjects were divided in to two groups' namely experimental group and control group. The duration of the training period was restricted to Twelve weeks. Psychological variables namely aggression, self-confidence and sports achievement motivation were selected as criterion variable. Experimental group underwent Yogic practices and control group did not undergo any specific training. The data were collected from each subject prior after experimentation on the selected variables and were statistically analysed by using analysis of covariance (ANCOVA). In all the cases to test the significance, 0.05 level of confidence was used. The result of the study reveals that there was a significant improvement in the experimental group on aggression when compared to the control group after the completion of yogic practices

**Keywords:** Yogic Practices, Aggression, Self Confidence, Achievement Motivation, Kho-Kho.

**Introduction**

Monitoring of training programme provides useful information to both scientists and coaches in useful information to both scientists and coaches' in relation to its effectiveness, the athlete's physical condition and preparation for competition. In order for the monitoring to be effective (i.e. providing updated and accurate

information on physiological profiling), the tests need to be administered at regular, predetermined intervals based on training cycles. Additionally, testing should be specific to the sport, ideally conducted in the athlete's training environment in order to obtain ecologically valid and reliable results. It is a practical holistic philosophy designed to bring about profound state as well as an integral subject, state as well as an integral

subject, and intellectual concentration. Iyengar B.K.S (2001) Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. This type of effort is possible only through the control over sense organs and through continued practice and Detachment. "The withdrawal of sense organs from the worldly objects and therewith physical, mental, and spiritual wellbeing or human society as whole". "Stilling the minds movements in Yoga". "Yoga is a systematic physical practice to improve awareness to develop will power and to realize self to join traditional consciousness (jeevathma) to super consciousness (parmathma). Yoga is the inhabitation of the modification of the mind. This means that it prevents the contents of the mind from taking different forms. "Yoga is training in the techniques of harmony and it's also a preparation for the total integration of human personality". Regarding Yoga. Yoga has been practiced in India for thousands of years, and is traditionally used by spiritual seekers as a system of self-development for purification of the body and mind. Yoga is proposed to be a preventive as well as curative system of the body and spirit. Aquatic training shows significant improvement of Physiological performance (K.Kamalakkannan et.al. 2010). Aquatic training shows significant improvement in all the selected physical fitness variables (K.Kamalakkannan et.al. 2010). Shallow water walking has show greater improvement in physical fitness variables (K.Kamalakkannan et.al. 2014). Plyometric training in aquatic environment can be effective improvement in endurance (K.Kamalakkannan et.al. 2011). Aquatic training produced positive impacts on the

agility and explosive power (K.Kamalakkannan et.al. 2010).

### Methodology

The purpose of the study was to find out the effect of yogic practice on selected psychological variables of male Kho-Kho players. To achieve these purpose 30 Kho Kho players were randomly selected as subjects from Royal International School. The age of the subject ranged from 15-19 years. The subject received all the necessary information about the study procedure. The experimental group and control group. The duration of the training period was restricted to twelve weeks. Psychological variables namely aggression, self-confidence and sports achievement motivation were selected as a criterion variable. Experimental group underwent yogic practices and control group did not undergo any specific training. The data were collected from each subject prior and after experimentation on the selected variables and the data were statistically analyzed using analysis of covariance (ANCOVA). In all the cases to test the significance, 0.05 level of confidence was used. The investigator reviewed the available scientific literature from books, Journals, periodicals, research, papers and magazines and also taking into consideration the feasibility criteria of availability of instrument, the following variables are relevant to the present study.

### Results and Discussions

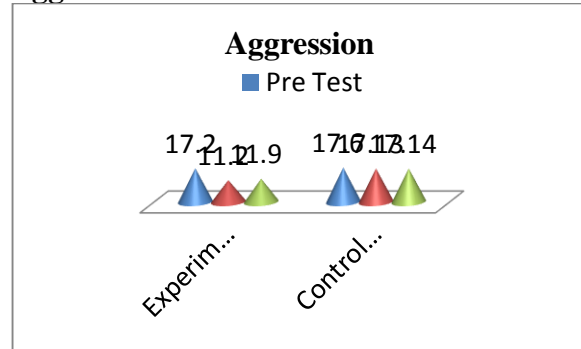
The findings pertaining to the analysis of covariance between experimental group and control group on selected psychological variables for pre-post-test respectively have been presented in table No.1 to 3.

**Table – 1.**  
**ANCOVA between Experimental Group and Control Group on Aggression of Kho Kho Players for Pre, Post and Adjusted Post Test**

	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	17.20	17.06	BG	0.13	1	0.13	0.04
			WG	93.33	28	3.33	
Post-Test Means	11.20	17.13	BG	264.03	1	264.03	52.75*
			WG	140.13	28	5.00	
Adjusted Post-Test Means	11.19	17.14	BG	264.83	1	264.83	51.36*
			WG	139.21	27	5.15	

An examination of table - 1 indicated that the pre -test means of experimental and control group’s were 17.20 and 17.06 respectively. The obtained F-ratio for the pre-test was 0.04 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the experimental and control groups were 11.20 and 17.13 respectively. The obtained F-ratio for the post-test was 52.75 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the experimental and control groups were 11.19 and 17.14 respectively. The obtained F-ratio for the adjusted post-test means was 51.36 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27.

**Figure 1.**  
**Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Aggression**



**Table – 2.**  
**ANCOVA between Experimental Group and Control Group on Self Confidence of Kho- Kho Players for Pre, Post and Adjusted Test**

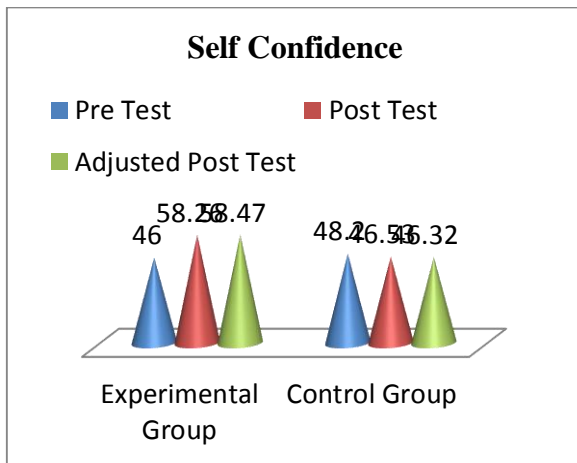
	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	46.00	48.20	BG	36.30	1	36.30	2.19
			WG	462.40	28	16.51	
Post-Test Means	58.26	46.53	BG	1032.53	1	1032.53	71.44*
			WG	404.66	28	14.45	
Adjusted Post-Test Means	58.47	46.32	BG	1025.63	1	1025.63	71.27*
			WG	1025.63	27	14.39	

An examination of table - 2 indicated that the pre-test means of experimental and control groups were 46.00 and 48.20 respectively. The obtained F-ratio for the pre-test was 2.19 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for

the degree of freedom 1 and 28. The post-test means of the experimental and control groups were 58.26 and 46.53 respectively. The obtained F-ratio for the post-test was 71.44 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the experimental and control groups were 58.47 and 46.32 respectively. The obtained F-ratio for the adjusted post-test means was 71.27 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27.

	Ex per ime nta l	Cont rol	Sourc e of Varia nce	Sum of Squa res	d f	Mean s Squa res	F- ra tio
Pre-Test Means	30.66	29.20	BG	16.13	1	16.13	2.51
			WG	179.73	28	6.41	
Post-Test Means	34.80	28.73	BG	276.03	1	276.03	67.01*
			WG	115.33	28	4.11	
Adjusted Post-Test Means	34.64	28.89	BG	227.54	1	227.54	57.44*
			WG	106.95	27	3.96	

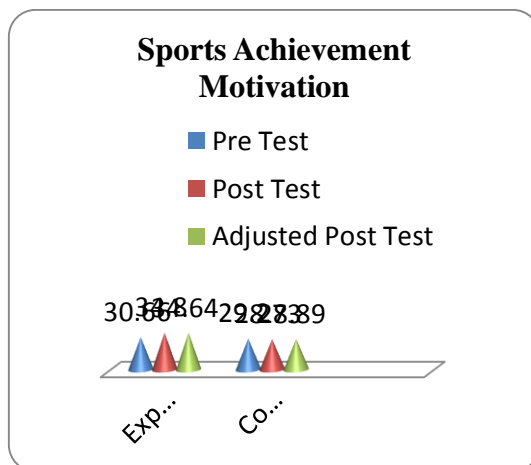
**Figure – 2**  
**Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Self Confidence**



**Table – 3.**  
**ANCOVA between Experimental Group and Control Group on Sports Achievement Motivation of Kho-Kho Players for Pre, Post and Adjusted Post Test**

An examination of table - 3 indicated that the pretest means of experimental and control groups were 30.66 and 29.20 respectively. The obtained F-ratio for the pre-test was 2.51 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the experimental and control groups were 34.80 and 28.73 respectively. The obtained F-ratio for the post-test was 67.01 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the experimental and control groups were 34.64 and 28.89 respectively. The obtained F-ratio for the adjusted post-test means was 57.44 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27.

**Figure – 3.**  
**Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Sports Achievement Motivation**



### Discussion on finding

#### Discussion on findings about aggression

The findings of aggression showed that there was significant improvement in aggression due to influence of yoga, aquatic training increase aggression greater than the aquatic training. Bell is (1983) finding was how ever in conformity with previous studies on the effects of training on aggression.

#### Discussion on findings about achievement motivation

The findings of achievement motivation showed that there was significant improvement in achievement motivation due to influence of yoga. Hassam is (1991) finding was how ever conforming to previous study referred by Hassam (1991) on the effect of training on achievement motivation.

#### Discussion on findings about self confidence

The finding of Self Confidence showed that there was significant improvement in Self Confidence due to influence of Yoga and Aquatic Training decrease Self-confidence Greater than the Aquatic Training that Yogic Practices.

Bell is(1983) finding was how ever in conformity with previous studies reported

by Bell(1983) on the effect of training on Self Confidence.

### Conclusions

Within the limitation of the present study, the following conclusions are drawn.

The result of the study reveals that there was a significant improvement in the experimental group on aggression when compared to the control group after the completion of yogic practices.

The result of the study reveals that there was a significant improvement in the experimental group on self-confidence. when compared to the control group after the completion of yogic practices.

The result of the study reveals that there was significant improvement in the experimental group on sports achievement motivation, when compared to the control group after the completion of yogic practices.

### Recommendations

Even the students of other disciplines like Kabaddi, Football, and Basket Ball can be given training in Aquatic and Yogi Practice by making a slight change in the variables. It is recommended that the Sports Trainers, Professionals, Physical Directors, Coaches can concentrate on improving the level of the students through giving practice by making a change in the variables.

### References

1. Kamlesh M.L. (1994). Scientific art of teaching Physical Education. Newdelhi: Metropolitan.
2. Brandon (2009). The fitness of the training in sports field in physical education. P18-19
3. Hanson LR, (2010). Changes in physical activity and nutrition in a behavioral intervention pilot
4. Iyengar B.K.S (2001),Yoga – The path of Holistic Health, Dorling Kindersley Limited, Great Britain,, p.16.

5. Iyengar B.K.S.(1981),“Light on Pranayama” Unwin Hyman Limited, London, p.1.
6. John Floyer & Edward Batnard(2009),Treating the genuine life of Hot and Cold Baths, London:
7. Lawrence E. More house and Augustine T. Miller (1976), Physiology of Exercise (5th Ed), Saint Louis: The C.V. Mosby Company, p.163.PrentHall Inc.), p. 203.
8. Reid J. Gavin and John M. Thomson (2010),“Exercise Prescription for Fitness”, (New Jersey Study passport to brain wellness. Dec; 8(3-4):179.
9. William Ynys. Fourth Edition, withAppendix.Retrieved 2009-10-22.
10. K.Kamalakkannan, N.Vijayaregunathan and R.Kalaidasan (2010), Aquatic training with and without weights and its impact on agility and explosive power among volley ball players. British journal of sports medicine, 44:i16-i17 doi:10.1136/bjism.2010.078972.49.
11. K. Kamalakkannan, M. Balaji, N. Vijayaragunathan, C. Arumugam .Effect of Aquatic Training with and without Weight on Selected Physiological Variables among Volleyball Players. Indian Journal of science and technology. 2010.3, 5, 567-570.
12. K.Kamalakkannan, N.Vijayaregunathan and Arumugam .influence of aquatic training on selected physical fitness variables among volleyball players. Indian journal of science and technology. (2010) 3, 7: 743-745. DOI: 10.17485/ijst/2010/v3i7/29806.
13. K.Kamalakkannan, Kaukab Azeem, C.Arumugam. The effect of aquatic Plyometric training with and without resistance on selected physical fitness variables among volleyball players. Journal of Physical Education and Sport.2011. 11(2)31.205-210.
14. K.Kamalakkannan, Kaukab Azeem. Effect of shallow water and land walking on selected Physical Fitness variables among obese adults. Annals of Biological Research. 2014, 5 (6):1-3