

Effects of Yogic Exercises on the Anxiety Level of Judo Players

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Abstract: During the past three decades or so, the concept of psychology has been very important role in sports and physical Education. Many studies have been completed on psychological literature. S Tiller, T Taymar 2005 conducted the study on Effects of brief yoga exercises and motivational preparatory interventions in distance runners. Many studies also have proved the effects of psychological variables on performance of sports persons. Anxiety is the deciding factor in achieving the top performance in sports and games, therefore the researcher took Anxiety test for their study. 10 judo junior boys' players of Shah Shatnam Ji institution were randomly selected for the study and were given the yogic exercises for three months. The Anxiety was tested before and after the three months training programme of yogic exercises. The SAI Anxiety test taken for testing the Anxiety level of Judo players, the study shows the anxiety level of players decrease after performing yogic exercises and this significance at the level of .05 which proved that there is significant change in the Anxiety level of junior judokas.

Keywords: Yoga, Judo, Exercise, Anxiety Level

1. Introduction

During the past three decades or so, the concept of psychology has been very important role in sports and physical Education. Many studies have been completed on psychological literature. S Tiller, T Taymar 2005 conducted the study on Effects of brief yoga exercises and motivational preparatory interventions in distance runners. Many others studies also have conducted on the effects of yogic exercises on psychological variables which effects the performance of sports persons.

Judo is the game which is very popular in India, particular in Haryana. Since last two decades the Indian judokas has been performing well in international level. For the good performing at international level have a need of both physical and psychological toughness. The study of training effects on sports performance has been conducting from very long time. But studies on psychological background are very few. Therefore the research scholar selected the study.

2. Objective

To examine the effect of yogic exercises on the Pre-competition Anxiety level of judo players.

3. Methodology

10 judo junior boys' players of Shah Shatnam Ji institution were randomly selected for the study and were given the yogic exercises (kapla bhati, Anulom Vilom, Bhramary, and Medication) for three months under the supervision of yoga expert and researcher. The judokas performed the yogic exercises 60 minutes daily in the morning. The Anxiety was tested before and after the three months training programme

of yogic exercises. The SAI Anxiety test (involve 15 statements) which was constructed by SAI head office, New Delhi in 1999 taken for testing the Pre-competition Anxiety level. Anxiety level was measured before state level judo competition.

After the statistical analysis, the results were presented in the tables. The means difference was calculated to find out the significant difference of the pre-test and post-test result with the help of 't' - test.

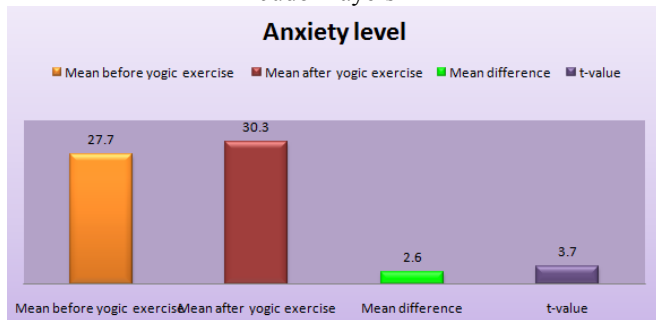
Table 1: Effects of yogic exercise on the Anxiety level of Judo Players

Variables	Mean before yogic exercise	Mean after yogic exercise	Mean difference	t-value
Anxiety level	27.7	30.3	2.6	3.7

* .05 (level of significance)

According to the table-1, the means of Anxiety level of pre-test and post test were 27.7 and 30.3 respectively and the t-value 3.7 were found, so we can say that the difference was significant at the level of .05 which proved that there is significant change in the pre competition Anxiety level of Junior judokas.

Graph 1: Effects of yogic exercise on the Anxiety level of Judo Players



4. Result

On the basis of analysis and interpretation of the data of Anxiety of Junior judokas, we can say that the yogic exercises are significantly useful in decreasing the Pre competition Anxiety level of judo players.

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