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Effect of yoga on selected psychological variable among cricket players

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Abstract
The purpose of the study was to find out the effect of yoga on selected psychological variables among cricket players. Forty Cricket players, Karnataka India were selected as subjects. The age of the subjects were ranged from 18 to25 years. The selected subjects were divided into two equal groups, each group consisted of twenty subjects, in which group- I (n = 20) underwent Yoga and group – II (n = 25) acted as control, which did not participate in any special activities apart from their regular curricular activities. Yoga practices were conducted five days (Monday to Friday) per week for twelve weeks. The aggression was assessed by smith questionnaire and it was recorded in numbers, anxiety was assessed by Spielbergers questionnaire and it was recorded in numbers and achievement motivation was assessed by Kamlesh questionnaire and it was recorded in numbers. Analysis of covariance (ANCOVA) was applied to find out the significant difference if any, among the experimental groups and control group on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as appropriate. The result reveals that, experimental group has achieved significant differences in selected criterion variables such as aggression, anxiety and achievement motivation when compared with the control group.

Keywords: yoga, cricket, aggression, anxiety, achievement motivation

Introduction
Cricket is basically a bat and ball game played between two teams of eleven players. It is one of the oldest sports in the world and has its origin in 16thcentury in England. The expansion of the British Empire spread this once colonial recreational sport into a spirited game to all corners. Today cricket seems to be a virtual lifeline of many commonwealth nations. Cricket is a game in which each team has to bowl and bat according to certain rules and regulations. A team which scores greater number of runs will be the winner. In olden days, the game was played in different names in different countries. The game of Cricket is developed from simple game of hitting an object with a piece of wood. Basically it is the battle between bat and the ball, but the approach has changed from time to time. Cricket is played in many forms such as Test, One day International, First class Twenty 20, Super Six, Eight-aside, Indoor Cricket Max Cricket, Double wicket and Single wicket. Cricket is played in more than 105countries around the globe. Yoga is as old as civilization. Early Upanishads, the Bhagavad Gita and the Yoga sutras of Patanjali are universally accepted as constituting the verbal foundation of the Yoga tradition. Among these, the Yoga Sutras provide the basis and inspiration for most of today's tradition of Yoga. In its recorded history and continuous evolution, Yoga has come to represent not only the ultimate goal, but also the many practices, techniques, methods and ways that to move towards that goal. Thus the literature includes numerous yogic paths. Yoga's classical definition is derived from the Sanskrit root "Yuj". Yoga represents the study, path and the means to proceed and also the absolute aim, which includes the following core concepts: the union of opposites, the effect the outside world has on the body, the yearning for and seeking of form of liberation; the merging of the individual consciousness with the Universal consciousness and the interest of discovering and attaining one's true self.

Methodology
The purpose of the study was to find out the effect of yoga on selected psychological variables among cricket players. Forty Cricket players, Karnataka, India were selected as subjects. The age of the subject's were ranged from 18 to 23 years. The selected subjects were divided into two equal groups, each group consisted of twenty subjects, in which group - I (n = 20) underwent Yoga and group – II (n = 25) acted as control, which did not participate in any special activities apart from the irregular curricular activities. Yoga practices were conducted five days (Monday to Friday) per week for twelve weeks. The aggression was assessed by smith was assessed by Spielbergers questionnaire and it was recorded in numbers and achievement motivation was assessed by Kamlesh questionnaire and it was recorded in numbers. Analysis of covariance (Ancova) was applied to find out the significant difference if any, among the experimental groups and control group on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as appropriate. The result reveals that, experimental group has achieved significant aggression, anxiety and achievement motivation when compared with the control group.

Results
The following tables illustrate the statistical results of the

effect of yoga on selected physical and psychological variable among cricket players.

Table 1: Computation of analysis of covariance of yoga and control and groups on aggression

	YG	CG	Source of Variance	Sum of squares	df	Means Squares	F-ratio
Pre Test Means	16.05	16.70	BG	4.22	1	4.22	1.12
			WG	143.15	38	3.76	
Post Test Means	8.25	16.55	BG	688.90	1	688.90	186.05*
			WG	140.70	38	3.30	
Adjusted Post-Test Means	8.23	15.56	BG	673.51	1	673.51	177.42*
			WG	140.45	37	3.79	

* Significant at 0.05 level for df 1 & 38 = 4.09 and 1 & 37 = 4.10.

An examination of table - 1 indicated that the pre test means of yoga and control groups were 16.05and 16.70 respectively. The obtained F-ratio for the pre test was 1.12 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the yoga and control groups were 8.25 and 16.55respectively. The obtained F-ratio for the post-test was186.05 and the table F-ratio was 4.09. Hence the post test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yoga and control groups were 8.23 and 15.56 respectively. The obtained F-ratio for the adjusted post-test means was177.42 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. This proved that there was a significant difference among the means due to the experimental training on aggression.

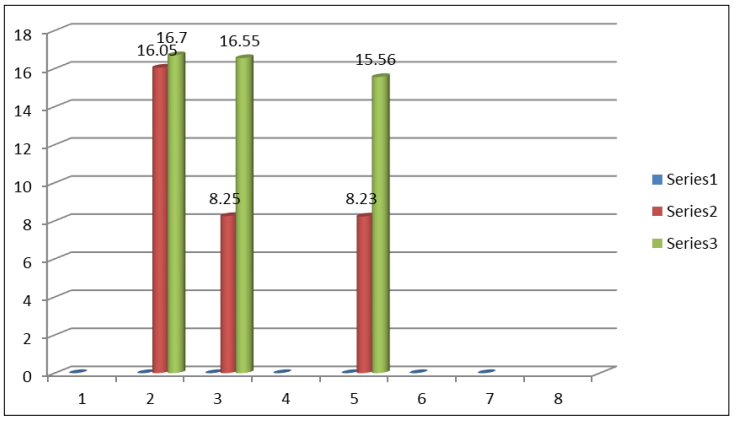

Fig I: Pre post and adjusted post test differences of the, yoga and control and groups on aggression

Table 2: Computation of analysis of covariance of yoga and control groups on anxiety

	YG	CG	Source of Variance	Sum of squares	DF	Means Squares	F-ratio
Pre Test Means	62.25	61.85	BG	1.60	1	1.60	0.11
			WG	528.30	38	13.90	
Post Test Means	42.35	62.10	BG	3900.02	1	3900.62	249.38
			WG	594.45	38	15.64	
Adjusted Post-Test Means	42.36	62.08	BG	3874.71	1	3874.71	242.95
			WG	590.08	37	15.94	

Significant at 0.05 level for df 1 & 38 = 4.09 and 1 & 37 = 4.10.

An examination of table - 2 indicated that the pre test means of yoga and control groups were 62.25 and 61.85 respectively. The obtained F-ratio for the pretest was 0.11 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the yoga and control groups were 42.35 and 62.10 respectively. The obtained-ratio for the post-test was 249.38 and the table F-ratio was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that the differences between the post test means of the subject's were significant. The adjusted post-test means of the yoga and control groups were 42.36 and 62.08 respectively. The obtained F-ratio for the adjusted post-test means was242.95 and the table F-ratio was

4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. This proved that there was a significant difference among the means due to the experimental training on anxiety.

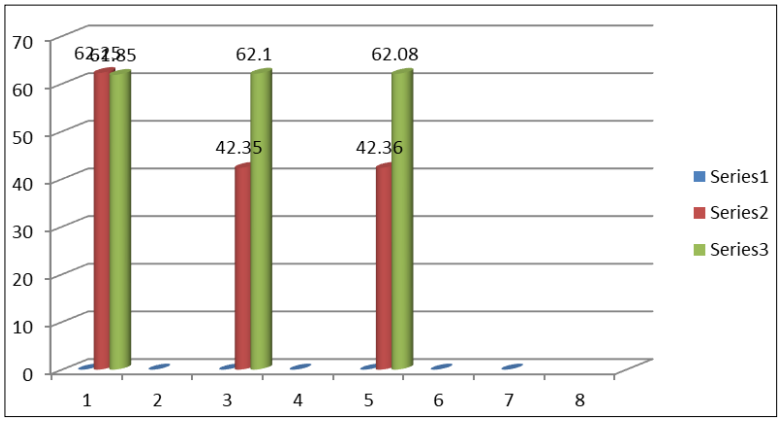

Fig 2: Pre post and adjusted post test differences of the, yoga and control groups on anxiety.

Table 3: Computation of analysis of covariance of yoga and control groups on achievement motivation

	YG	CG	Source of Variance	Sum of squares	df	Means Squares	F-ratio
Pre Test Means	11.50	11.65	BG	0.22	1	0.22	0.06
			WG	133.55	38	3.51	
Post Test Means	14.25	11.90	BG	55.22	1	55.22	16.45
			WG	127.55	38	3.55	
Adjusted Post-Test Means	14.25	11.90	BG	55.12	1	55.12	15.99
			WG	127.55	37	3.44	

* Significant at 0.05 level for df 1 & 38 = 4.09 and 1 & 37 = 4.10.

An examination of table - 3 indicated that the pre test means of yoga and control groups were 11.50and 11.65 respectively. The obtained F-ratio for the pretest was 0.06 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the yoga and control groups were 14.25 and 11.90 respectively. The obtained F-ratio for the post-test was16.45 and the table F-ratio was 4.09. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yoga and control groups were 14.25 and 11.90 respectively. The obtained F-ratio for the adjusted post-test means was15.99 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. This proved that there was a significant difference among the means due to the experimental training on achievement motivation.

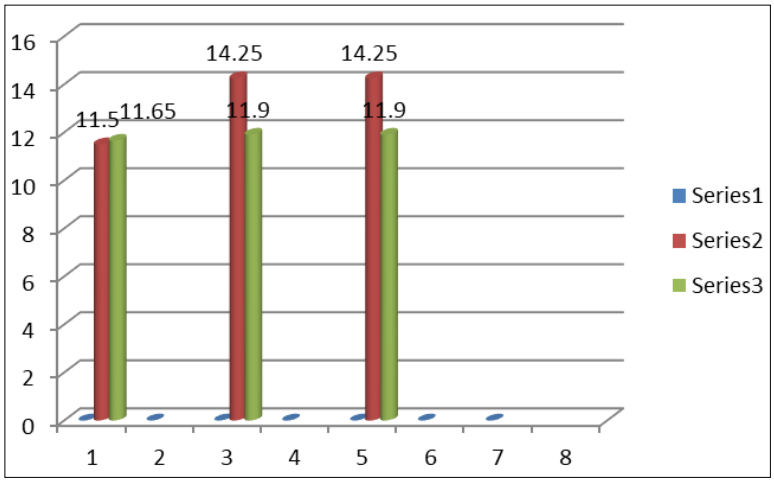

Fig III: Pre post and adjusted post test differences of the, yoga and control groups on achievement motivation

Conclusions

The result reveals that, experimental group has achieved significant differences in selected criterion variables such as aggression, anxiety and achievement motivation when compared with the control group.

Reference

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