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INVESTIGATE OF STRESS MANAGEMENT THROUGH CYCLIC MEDITATION OF MALE BADMINTON PLAYERS OF M.P. HOCKEY ACADEMY, GWALIOR.

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ABSTRACT :

The objective of the study was to find out the Effect of Stress Management through cyclic Meditation of male Badminton Players of M.P. Hockey Academy, Gwalior. In this study 20 male badminton players were selected in treatment group. From M.P. Hockey Academy, Gwalior, M.P. having age group of 12 to 18n years. Subjects were randomly selected. The subjects have approximately a similar kind of lifestyle off the ground also in the terms of diet, sleeping time and hours, daily curriculum related activities, as they resided in campus hostels and shared common mess. . All the subjects were informed about the objective of the study. It was hypothesized that there will be significant difference in mean scores at pre- (before the treatment) post (after the treatment).time points. The stress management were measured with appropriate pair wised -T test. To maintain the validity and reliability, valid and reliable test items were used. Administration of test Sit in padmasana or sukhasana position. Place the hands on the knees. Close the eyes. Exhale quickly and forcefully like the bellows of a blacksmith. It should be done with full force so that the body perspires. In kapalbhathi kumbhaka Rechaka plays a significant role in the exercise. In order to compare, the tennis skill performance male athletes of tennis, technique applied to examine hypotheses of the study were descriptive statistics such as mean and standard deviation. The level of signficance was set as .05 levels SPSS 20 were also used.



KEYWORDS : (1) padmasanarna(2)sukhasana(3) kapalbhathi(4) kumbhaka(5)Rechaka.

INTRODUCTION :

Yoga is an ancient science, originating in India, which has components of physical activity, instructed relaxation and interception. Yoga includes diverse practices, such as physical postures (asanas), regulated breathing (pranayama), meditation and lectures on philosophical aspects of yoga. Meditation is the seventh of eight steps prescribed to reach an ultimate stage of spiritual emancipation (Patanjali, circa 900 B.C.). While many practitioners do learn meditation directly, others find it easier to first pass through the other stages - learn yoga postures (asanas) and regulated breathing (pranayamas). It is postulated that when a novice attempts to meditate directly, there could be two responses based on the quality of the mind viz., (i) a raja sic - active (personality) mind would be restless all through the session and (ii) a tamasic - a mind with inertia could fall asleep. This problem of the mind is addressed in the Mandukya Upanishad. Based on this a technique of 'moving meditation', which combines the practice of yoga postures with guided meditation was evolved, called cyclic meditation (CM), by H.R. Nagendra, Ph.D., which has its' origin in an ancient Indian text, Mandukya Upanishad. It is interesting to note that CM does induce a quiet state of mind, which is compatible with

the description of meditation (dhyana or effortless expansion), according to Patanjali. The description states: 'Tatra pratyayaikatanata dhyanam'(Patanjali's Yoga Sutras,

This means that the uninterrupted flow of the mind towards the object chosen for meditation is dhyana. Indeed, all meditations, irrespective of the strategies involved are believed to help reach this state. There are several strategies in meditation which include breath awareness, awareness of internal sensations, directing the attention to a mantra or a koan, and keeping the eyes open with the gaze fixed on the object of meditation

CONCEPT OF YOGA

Yoga is an ancient and very popular practice in the early age. Yoga is becoming popular in the parts of the world. For the restless mind it gives solace. For the sick, it is a boon. For the common man it is the fashion of the day to keep him or herself fit and handsome or beautiful. Some use it for developing memory, intelligence and creativity. Yoga is very beneficial for the physical fitness levels. Not only does it reduce stress levels, but it also makes the whole body fitter and ensures longevity.

MEANING OF YOGA

The term Yoga is derived from Sanskrit verbal root *Yuj* which means joining or integrated. It is the integration of individual self to the universal self. It is the expansion of the narrow constricted egoistic personality to an all pervasive, eternal and blissful state of reality. Yoga is becoming popular in all parts of the world. For the restless mind it gives solace. For the common man it is the fashion of the day to keep himself fit and handsome. Some use it for developing memory, intelligence and creativity. Promotion of positive health is being nurtured by many who do not want to be the victims of modern ailments. Yoga is playing a vital role in this aspects in the new millennium. Yoga is an ancient Indian practice, first described in Vedic scriptures around 2500 B.C., which utilizes mental and physical exercises to attain samadhi, or the union of the individual self with the infinite. According to the first comprehensive textual description of yoga, the Yoga Sutras, written in the third century B.C., yoga is the cessation of thought waves in the mind. Hatha yoga, one of the many forms or paths of yoga, focuses on overall fitness through pranayamas (breath-control exercises), asanas (yoga postures), and relaxation. Like other forms of yoga, hatha yoga is purported to quiet the mind and focus the concentration; however, of all the yoga traditions, the importance of physical fitness is emphasized most in hatha yoga.

DEFINITION AND EXPLANATION OF TERMS CYCLIC MEDITATION

Cyclic Meditation (CM) is a 'moving meditation', an unusual process of meditation that is easy to learn and very effective in reducing stress.

It is a process of stimulation & relaxation, using asanas (postures) performed in slow movements with total awareness and then relaxation techniques to balance and harmonize.

Methodology

Selection of subjects

The 20 badminton male players of age 12 to 18 of M.P. Hockey Academy, Gwalior, M.P. All subjects were, randomly assigned into one experimental groups and 20 students. The experimental treatment was also assigned to the group at random. The group was treated as experimental group and were given training program of cyclic Meditation. The group served as a control group were continued participating in the normal program of the. Hockey Academy, Gwalior.

Selection of variables

The research scholar gleaned through all the scientific literature pertaining to yoga from books, magazines, periodicals, available in the library of Lakshmbai National Institute of Physical Education, Gwalior. Keeping the feasibility criterion in mind, especially in the case of availability of instruments and equipment, the following variables were chosen:

- Dependent- Stress Management
- Independent- cyclic Meditation

Criterion Measures

Pre-test and Post-test Randomized group design is adopted for the study as all subject were randomly selected and randomly divided into one group. Further the experimental treatments were randomly assigned to one group. The experimental group participated in the training program i.e. practice of cyclic Meditation. The training program is conducted for a total duration of six weeks. Criteria measures for the study is showing in Table 3.1

TABLE NO.1

S.N.	Variables	Tests / Equipments	Unit
1	- Stress Management	Simple t-test	

Administration of test

Sit in padmasana or sukhasana position. Place the hands on the knees. Close the eyes. Exhale quickly and forcefully like the bellows of a blacksmith. It should be done with full force so that the body perspires. In kapalbhatai kumbhaka Rechaka plays a significant role in the exercise.

Collection of data

The data for the purpose of the study was collected in the Research Block of Lakshmi Bai National Institute of Physical Education, Gwalior. All the subject were tested in the evening between 3:30 different days. P.m. to 4:30 p.m. on different days.

The data collected before the start of the experimental (pretest) and at the end of the period (post). Pretest was conducted in the first weeks of February, 2018 and posttest was administered at the end of the 6 weeks of training program in the 2nd last week of March.

Administration of training program

Sl.No	Main practice	Total maintaining time
1	Opening prayer	2 min
2.	Instant Relaxation Technique	30 sec.
3.	Centering Process	5 min.
4.	Ardha Kati chakrasana	2 min
5	Quick Relaxation Technique	5 min
6	Shashankasana	2 min
7	Ardha Ustrasana	2 min
8	Deep Relaxation Technique	10 min
9	Closing prayer	2 min
10	TOTAL	30 min

Statistical techniques

In order to compare, the tennis skill performance male athletes of tennis, technique applied to examine hypotheses of the study were descriptive statistics such as mean and standard deviation. The level of significance was set as .05 levels SPSS 20 were also used.

Analysis of data and results of the study

In this chapter the analysis of data, discussion of findings and discussion of hypothesis has been described.

Descriptive analysis of stress management of experimental group

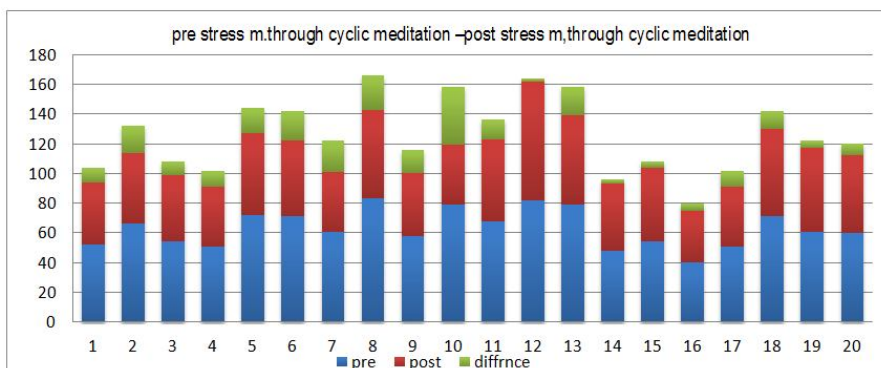
Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre- experimental	63.0500	20	12.31804	2.75440
	pos -experimental	49.7500	20	10.45731	2.33832

Table no.1 indicates the pre and post descriptive analysis of stress management of experimental group where mean, standard deviation is described in detail. Mean of experimental group is 63.05 (pre) and 49.75(post), standard deviation is 12.32 (pre) and 10.43 (post).

Descriptive analysis of stress management of experimental group

Paired Samples Test									
		Paired Differences					t	Df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	pre stress m.through cyclic meditation – post stress m,through cyclic meditation	13.30	8.77	1.96	9.19431	17.40569	6.780	19	.000

Table no.2 reveals that the value of calculated is 6.780.this t value is significant as the p-value is .000 which is lesser than 0.05 level of significance. Hence the null hypothesis is rejected in this case



Discussion of Finding

SUMMARY, CONCLUSION AND RECOMMENDATIONS

The purpose of the study was to compare the effect of stress management through cyclic meditation, The study was restricted to twenty male subjects whose age ranged between 12 to 18 years with the 6 weeks of training the all subject were intermediate badminton male players of M.P. Hockey Academy, Gwalior, M.P.

The data was recorded by testing the stress management through cyclic meditation,

In order to analyzed the data obtained paired t- test was employed and the level of Significance chosen was set at .05

The result from the data revealed that there was significant difference of stress management through cyclic meditation. The results from the data collected on stress management through cyclic meditation after the intake of stress management training.

CONCLUSIONS

The result of the study seems to permit the following conclusions-Stress management through cyclic meditation reduces stress significantly in intermediate badminton players.

RECOMMENDATIONS

Based on the results of the study, the following recommendations are made by the present investigator.

- 1) Similar study may be conducted on other game players for improving their concentration.
- 2) Similar study may be conducted on male racquet players.
- 3) Similar studies may be conducted for people suffering eye related problems
- 4) Similar studies may be under taken for different age groups in both sexes at different levels.
- 5) Similar research is necessary to explore the effects of trataka in daily life.

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