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EFFECTS OF SELECTED ASANAS AND RELAXATION TECHNIQUE ON COMPETITIVE SPORTS ANXIETY AMONG VOLLEYBALL PLAYERS

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ABSTRACT:

The prevalence of anxiety disorders in adolescents much higher for anxiety symptoms not meeting criteria for a specific anxiety disorder. Consistency in psychological factors is widely regarded to be important for successful performance in team sports. Asanas makes a perfect companion for athletes of all sports. Besides that, frequent practice of Asanas helps the sports participants from relieving the physical and mental tension. This research paper reviews the status of the anxiety before the competition stage and the effects influenced by Asanas practices with progressive muscle relaxation techniques on anxiety level of young volleyball players. To achieve the purpose of the present study 60 adolescent volleyball players were randomly selected from the inter school competition as subjects. The selected subjects were the participants of inter - school tournament. The age of the subject was fixed in the range of 14-17. The variables used in the present study were the components of competitive state anxiety of cognitive anxiety, somatic anxiety and self confidence. Competitive sports anxiety inventory test (CSAI-2) is a psychological tool developed by Rainer Martens, 1986. The collected pre test and post test and post test data on criterion measures such as cognitive anxiety, somatic anxiety and self-confidence were treated with paired t -test. The cognitive anxiety, somatic anxiety and self-confidence of adolescent volleyball players was improved by practicing 12 weeks of selected asanas training with relaxation technique.



KEYWORDS: asanas, progressive muscle relaxation technique, anxiety.

INTRODUCTION:-

Yoga makes a perfect companion for athletes of all sports. Yoga poses are all about building core strength. Routine practice of yoga incorporates slow and steady, physical exercise that is ideal for all sports participants. Besides that, frequent practice of yoga helps the sports participants

from relieving the physical and mental tension and functioning as an instrument to balancing the body.

Consistency in psychological factors is widely regarded to be important for successful performance in team sports. Volleyball is a game of explosive bouts of agility, quickness and power. Volleyball has unique

characteristics with which the player must become familiar with before he/she is able to successfully teach and apply the skills. Mental and physical preparation must go hand-in-hand whether an Olympic athlete striving to win a medal or a high school player hoping to make the starting team. The ability to predict pre competition anxiety

was assessed by having the athletes complete both 3 weeks and 2 days before each match according to how they thought they would feel 1 hour before the competition.

The prevalence of anxiety disorders in adolescents range from 6% to 20%, and it is much higher for anxiety symptoms not meeting criteria for a specific anxiety disorder. The prevalence is much higher in females. Athletes participating in sports experience different levels of stress from competitive sports. For most young athletes (generally 13 to 24 years old, i.e., high-school and college age group) sport participation is reported to be no more stressful than many other activities of daily student or work life in general where competition is involved and performance is measured. Some level of sport related performance anxiety is considered to be normal and healthy; however, extreme anxiety in athletes can be detrimental in these performance situations. A number of factors may contribute to the development, severity, and persistence of performance anxiety related to sport participation.

This research paper reviews the status of the anxiety before the competition stage and the effects influenced by yogic practices with progressive muscle relaxation techniques on anxiety level of young volleyball players.

The purpose of the present study was to find out the effects of selected yogic asana and relaxation technique on competitive sports anxiety of adolescent volleyball players. This study would give the insight of the anxiety state of the young volleyball players during the competitive situation.

METHODOLOGY

The present study was hypothesized that the 12 weeks of yogic asanas and relaxation training would significantly improve the competitive sports anxiety of the adolescent volleyball players. To fulfill the purpose of the present study 60 adolescent volleyball players at interschool level. Their age was ranged between 14 and 17 years. The cognitive anxiety, Somatic anxiety and self – confidence was selected as criterion variables. The session of yogic exercise was confirmed to the morning and given six days a week in alternate days of yoga training with daily volleyball practice ended with relaxation procedure during the cool down process. The period of treatment of yogic exercise was delimited to the period of 12 weeks the relaxation technique was included in their cooling down session.

Competitive sports anxiety inventory test (CSAI-2) is a psychological tool developed by Rainer Martens, 1986. It is a standardized and well-established reliability, validity and objectivity one. It was used as a measure to assess the psychological variables of Cognitive Anxiety, Somatic Anxiety and Self confidence.

TRAINING MODULES

The selected subjects (N-60) were divided into two groups. Each group was consisting of 30 subjects. Groups were named as experimental and control. The subjects of experimental group were treated with the as usual volleyball training and yogic exercise with relaxation training specifically designed for the present study. The subjects of traditional group were treated only with as usual physical training schedule and keep off from the yogic exercise and relaxation technique as control group. The Experimental Group was given a brief explanation about the asanas in order to make them understand the benefits of the asanas. The asanas were done with precision and perfection to gain maximum benefits. The asanas were done in the presence of the investigator.

Table - 1
Training program of Asanas with Progressive muscle relaxation technique

S. No	NAME OF THE ASANA	First 4 weeks			Second 4 weeks			Third 4 weeks		
		Rep	Set	Rest in sec	Rep	Set	Rest in sec	Rep	Set	Rest in sec
1.	Dhanurasana	6	1	30	5	2	35	7	2	40
2.	Salabhasana	5	1	30	7	2	35	8	2	40
3.	Ardha Salabhasana	6	1	30	5	2	35	7	2	40
4.	Viparita Karani	5	1	30	4	2	35	6	2	40
5.	Bhujangasana	6	1	30	5	2	35	7	2	40
6.	Pascimottanasana	3	1	30	4	2	35	5	2	40

The self-talking with progressive muscle relaxation technique adopted with toe to head muscles relaxation procedures was included in their cooling down session after the treatment of yogasana and volleyball practices for entire the period of the training.

The data on criterion measures of cognitive anxiety, somatic anxiety and self-confidence (psychological) were measured using standardized tests and subjective rating on both the yogic exercise with traditional training and exclusively traditional training group before the treatment. This test was considered as pre test. After that the yogic exercise with traditional training group of volleyball players were treated with the yogic exercises for 12 weeks of three days a week. After completion of treatment period both group of volleyball players were tested on criterion measures as such in the case of pre-test. The measure of this was considered as post- test.

The collected pre test and post test data on criterion measures such as cognitive anxiety, somatic anxiety and self-confidence were treated with paired t test. To find out the effects of selected yogic exercises and relaxation techniques on competitive sports anxiety of adolescent volleyball players the level of confidence was fixed as 0.05.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

The results of initial means, final means and adjusted means on criterion measures of cognitive anxiety, somatic anxiety and self-confidence were given in the following tables.

Table -1
COMPUTATION OF t - TEST ON PRE AND POST MEANS OF ASANA WITH RELAXATION TRAINING GROUP

Variables	Pre-test mean	Post-test mean	Mean Diff.	SEM	't'-ratio
Cognitive anxiety (Nos)	22.95	20.15	2.80	0.18	15.02*
Somatic anxiety (Nos)	22.40	20.55	1.85	0.10	16.90*
Self-confidence (Nos)	21.85	21.95	0.10	0.06	15.98*

*Significance at 0.05 level

degrees of freedom (1, 19)

From the results of the present study, it was observed that the obtained paired t test of pre and post test means of yogic exercise with relaxation training group was 15.02 for cognitive anxiety, 16.90 for somatic anxiety and 7.38 for self confidence. Since the observed 't' values were higher than the required table value of 2.05 and it was found as statistically significant at the 0.05 level of confidence.

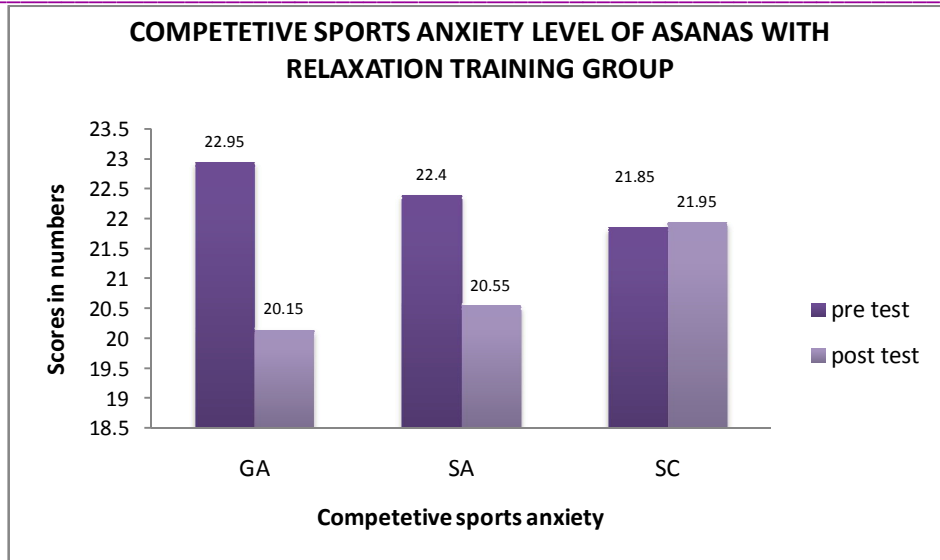


Table -2

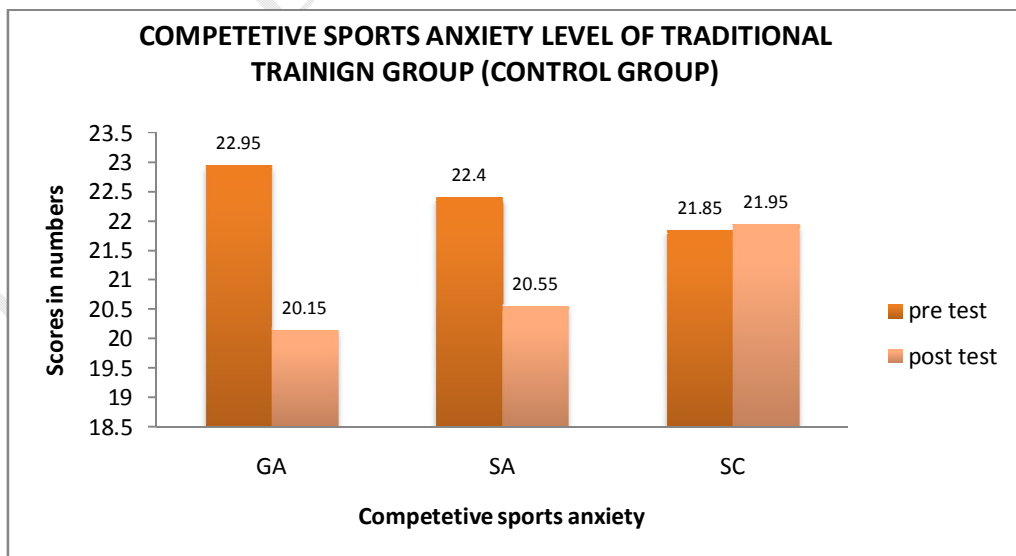
COMPUTATION OF t - TEST ON PRE AND POST MEANS OF TRADITIONAL TRAINING GROUP

Variables	Pre-test mean	Post-test mean	Mean Diff.	SEM	't'-ratio
Cognitive anxiety (Nos)	22.55	22.30	0.25	0.16	1.56
Somatic anxiety (Nos)	22.70	22.45	0.25	0.21	1.15
Self-confidence (Nos)	21.50	21.75	-0.25	0.20	1.22

**Significance at 0.05 level*

degrees of freedom (1, 19)

From the results of the present study, it was observed that the obtained paired t test of pre and post test means of traditional training group (control group) was 1.56 for cognitive anxiety, 1.15 for somatic anxiety and 1.22 for self confidence. Since the observed 't' values were lesser than the required table value of 2.05 and it was found that there is no significant difference between pre and post test means at the 0.05 level of confidence.



DISCUSSION

From the result obtained it was found that there was a significant improvement on selected anxiety components of cognitive anxiety, somatic anxiety and self-confidence through treated with traditional training combined with yoga practices and relaxation techniques among the adolescent volleyball players.

The results of the study also supported the previous study over the mental ability improvement training (Kocher 1976) analyzed the influence of yogic exercises on mental fatigue significant improvement in the overall performance of the mental work after three weeks of training in yogic physical culture. Sahasi et al., (1989) and Sharma (1981) investigated yoga as a treatment for anxiety neurosis among psychiatric outpatients diagnosed by either Feighner's diagnostic criteria or DSM III.

The experimental group practiced with asanas and progressive relaxation technique was improved (reduced) the cognitive anxiety (12.2%), somatic anxiety (8.3%), in the case of 0.5% increase in their self-confidence was showed over the volleyball players.

Anxiety is a psychological aspect which have the symptoms that is frequently in nature and has its determinants in the patient's environment. Asanas may also serve as a wonderful when included with relaxation process may also replacement or accompaniment to biological redress in anxiety. Further use of a number of yogic postures and rest practices in particular populations with precise anxiousness disorders needs to be researched. This may want to add to the wide variety of remedies available for the management of anxiety disorders.

CONCLUSIONS

From the obtained results, the followings conclusions have been made. The cognitive anxiety, somatic anxiety and self-confidence of adolescent volleyball players was improved by practicing twelve weeks of selected asanas training with relaxation technique. Further it was concluded that the practice of twelve weeks of asana and relaxation training had produced significant changes on competitive sports anxiety components of cognitive anxiety, somatic anxiety and self-confidence than the traditional form of training methods.

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