



## EFFECTS OF MEDITATION AND YOGA TRAINING ON ANXIETY AMONG YOUNG ATHLETES

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### ABSTRACT

**Purpose of the study:** The main purpose of this study was to investigate the effects of meditation and yoga training among young athletes of Lucknow district. It was hypothesized that there would be significant difference on anxiety due to training of 12 weeks of meditation and yoga.

**Research Methodology:** The present study was conducted on 40 young athletes selected randomly from Lucknow district, Lucknow Uttar Pradesh. The age of the subjects were ranging between 18 to 25 years to assess the selected psychological variable anxiety. To assess the anxiety, Sinha Anxiety scale constructed by Prof. D. Sinha was used respectively.

In the present study pre-test and post test scores were taken, to compare the effects of meditation and yoga training on psychological variable anxiety among athletes. 20 subjects were assigned randomly to both the group.

The training for experimental group was administrated at Lucknow. The experimental group met four days in a week for a period of 12 weeks. Each experimental session was of one hour duration. The training commenced with one week of general asanas for the experimental group, so that the subjects were ready physically and mentally to take on the specific training (meditative asanas and relaxation techniques) administrated to them for the purpose of the study. After one week of general asanas the training was administered to the experimental group, four days a week.

With the help of the questionnaire related to psychological variable anxiety necessary data were collected. The test was conducted on 40 young athletes to collect data for psychological variable.

The data was analyzed by applying **Analysis of Co-Variance (ANCOVA)** to find out the effects of meditation and yoga training on Psychological Variable among young athletes. **The level of significance was set at 0.05.**

### CONCLUSIONS:

The results revealed that the experimental group trained by meditation and yoga for 12 weeks program has shown comparatively lower anxiety levels as compare to control group in case of young athletes.

The better performance of experimental group as compare to the control group may be due to the fact that the experimental group has taken a systematic, progressive, relaxation techniques (meditation) or yoga training program (four days a week) for duration of 12 weeks.

**KEY WORDS:** Meditation, yoga, anxiety and athletes.

### INTRODUCTION

Everyone feels anxious now and then. It's a normal emotion. For example, you may feel nervous when faced with a problem at work, before competition or before making an important decision. Anxiety is considered to be a normal relation to stress. Anxiety disorders are different. They are a group of mental illness, and the distress they cause can keep you from carrying on with your life normally. In sports anxiety plays an important role. Performance anxiety symptoms are often present in athlete. It is critical to understand

the relationship between anxiety and athletic performance. There are many ways an athlete can respond to anxiety. Many times athletes do not handle stress or anxiety properly, nor do they know how to, so they must seek outside help in order to deal with it. Healthy ways for athletes to deal with anxiety are to learn specific ways that help them to relax and get comfortable in the situation that is causing them to be anxious. Anxiety is the most common disorder in young athletes. . There are many reasons for anxiety in young athletes. They have to perform in trainings and competitions and perform in front of audience. And they have extremely high expectations of their success. To overcome performance anxiety a sports psychologist, coach and trainer may try to help the athletes. Researchers have proved that the meditation and yoga training plays an important techniques to reduce anxiety or stress in athletes.

Considering the role of Psychology variable, the present study was undertaken.

### RESEARCH METHODOLOGY:

The present study was conducted on 40 young athletes selected randomly from Lucknow District, Lucknow Uttar Pradesh. The age of the subjects were ranging between 18 to 25 years to assess the selected psychological variable anxiety. To assess the anxiety, Sinha Anxiety Scale constructed by Prof. D. Sinha was used respectively.

In the present study pre-test and test scores were taken, to compare the effects of meditation and yoga training on psychological variable among young athletes. Twenty subjects were assigned randomly to both the group. The training for experimental group was administrated at Lucknow. The experimental group met four days in a week for a period of twelve weeks. Each experimental session was of one hour duration. The training commenced with one week of general asanas for the experimental group, so that the subjects were ready physically and mentally to take on the specific asanas administrated to them for the purpose of the study. After one week of general asanas the training was administered to the experimental group, four days a week. With the help of the Questionnaire related to Psychological variable necessary data were collected. The test was conducted on 40 young athletes to collect data for psychological variable.

The data was analyzed by applying **Analysis of Co-Variance (ANCOVA)** to find out the effects of meditation and yoga training on Psychological Variable among young athletes. **The level of significance was set at 0.05.**

### RESULTS AND DISCUSSIONS

The results pertaining to analysis of co-variance between Experimental group and Control group on psychological variable among young athletes for pre and post tests respectively have been presented in table 1.

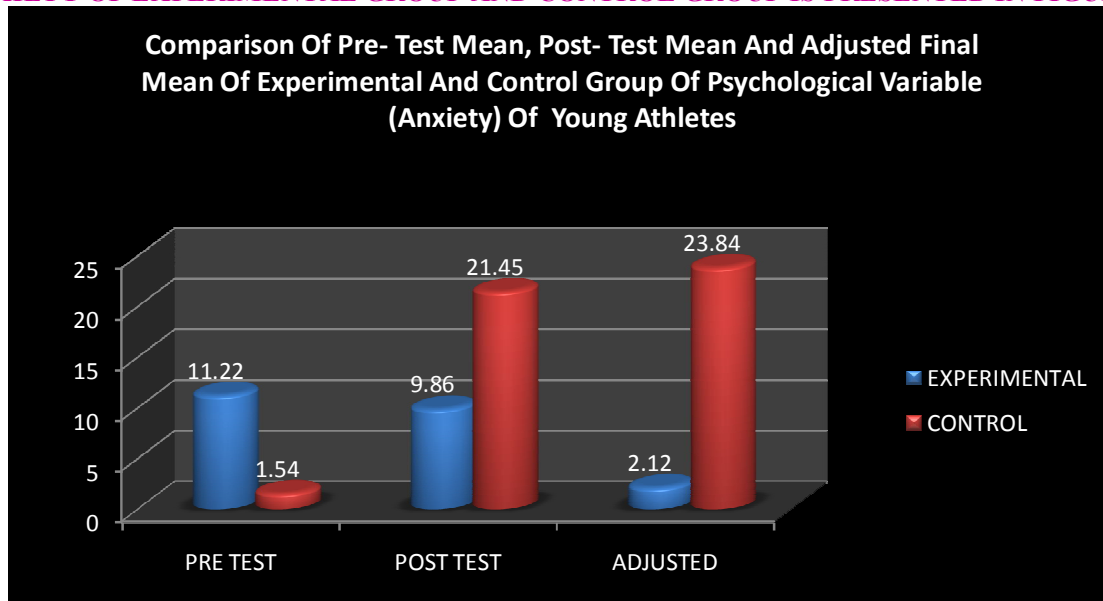
**TABLE 1**  
**ANCOVA BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP ON**  
**PSYCHOLOGICAL VARIABLE**  
**(ANXIETY) AMONG YOUNG ATHLETES**

<i>Sources of Variation</i>	<i>Degree of Freedom</i>	<i>Sum of Squares YX</i>	<i>Mean Sum of Squares YX</i>	<i>F- Value</i>
Treatment Group Means	2-1 =1	20434.86	20434.86	718.64*
Error	100-2-1= 97	2510.45	25.46	
Total	98			

\*Significant F.05 (1,97) = 3.94

**Table No.1** revealed that the obtained 'F' value of 718.64\* was found to be highly significant at 0.05 level with 1,97 degree of freedom as the tabulated value of 3.94 was required to be significant at 0.05 level with 1,97 degree of freedom. The same table indicated that there was a significant difference in adjusted means of selected psychological variable (Anxiety) among young athletes between experimental group and control group.

**GRAPHICAL REPRESENTATION OF MEAN VALUE OF PRE TEST AND POST TEST OF ANXIETY OF EXPERIMENTAL GROUP AND CONTROL GROUP IS PRESENTED IN FIGURE 1.**



**CONCLUSIONS:**

The results revealed that the experimental group trained by meditation and yoga for 12 weeks program has shown comparatively lower anxiety levels as compare to control group in case of young athletes. The better performance of experimental group as compare to the control group may be due to the fact that the experimental group has taken a systematic, progressive, relaxation techniques (meditation) and yoga training program (four days a week) for duration of 12 weeks.

**RECOMMENDATIONS:**

1. Similar study may be undertaken to find out the effects of meditation and yoga training on Psychology variables among young non athletes.
2. Similar study may be undertaken to find out the effects of meditation and yoga training on Psychology variables among middle age men.
3. Similar Study may be undertaken to find out the effects of meditation and yoga training on Psychological variables among teenagers.
4. Similar study may be undertaken to find out the effects of yoga training on Psychology variables between athletes and non athletes.
5. Similar Study may be undertaken to see the effects of meditation and yoga training on other variables like depression, motivation and achievement etc. among different age group of men and women.

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