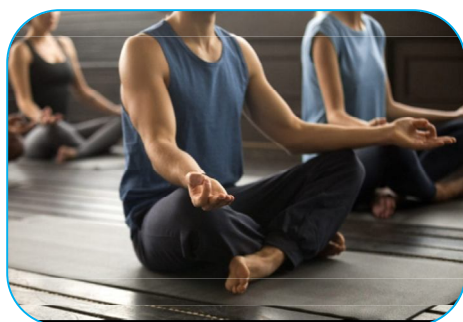




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## “IMPACT OF YOGIC PRACTICE ON MENTAL HEALTH AMONG SPORTSMEN”

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### ABSTRACT:

**Objectives to** examine the effect of yogic practice on mental health among sportsmen. **Hypotheses:** There was no significant difference between experimental group and control group of sportsmen dimension on mental health. **Sample:** Eighty participants were included for the study and aged mean 24.36 SD 4.58 years were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 8 weeks gave the yogic practice Selected individuals were subjected to

30 min of yogic practice classes per day for a two months. Yogic practice classes were conducted in the morning between 6 am to 7 am. Were instructed to practice Asanas, Pranayama and Meditation. and the Control Group did not participate in any sessions. All the subjects were evaluated through the mental health inventory for pre-and post-session. **Tools** Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. **Conclusion:** Experimental group of sportsmen have significantly high mental health than the control group of sportsmen. It was prove that the positive effect of yogic practice on our mental health.

**KEYWORDS:** yogic practice, Pranayama and Meditation.

### INTRODUCTION

Research has provided significant findings related to physical activity such as sport and exercise in improving areas of mental health and well-being (Greenberg & Oglesby, 1996). Engaging in physical activity has a positive impact on increasing mood and self-esteem. Physical activity can improve self-image, self-confidence, mood, relieve stress tension and premenstrual tension, increased alertness, increased energy and increased ability to cope with stress (Greenberg & Oglesby). Page and Tucker (1994) stated,

“Physically active adolescents tend to feel less lonely, shy and hopeless” (p.184).

According to Horn and Clayton (1993) found exercise as a therapeutic intervention had the greatest positive impact on the self-esteem of emotionally disturbed youth. The psychological benefits of yoga include an increase in somatic and kinesthetic awareness, positive mood, subject well-being, self acceptance, self-actualization, social adjustment, decrease in anxiety, depression and hostility. Temmi Sears, director of yoga Buds, states, “The primary benefit of yogic practice is enhanced self-esteem. You can’t do yogic practice and

not improve at it” (as cited in Peters, 2003, p. 110). yoga also has physical benefits in improving strength and flexibility.

yoga is an ancient Indian science which helps to improve physical, mental, social and spiritual health. Stress is a major factor affecting the mental health of a person irrespective of age. Presentation of the stress may vary from that of fight to flight phenomenon. Chronic stress is the major cause of many physical and mental disorders. yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to

physical exercise. It is also useful against physical stress like cold exposure and stress due to diseases like epilepsy. Yoga has been found useful for mental disorders like depression. In a study conducted by Okenet *al.*, on healthy seniors participants were divided into three groups as yoga, exercise and waitlist control. The yogic practice group showed significant improvement in quality of life and physical measures compared to the exercise and waitlist control group.

Another intervention which has positive effects on physical fitness, cognition and psycho-social wellbeing is yogic practice. Yoga is one of the components of 'Be a Fit Kid' which aims at improving physical exercise and nutrition in children. Following the 12 week program, there was a significant improvement in body composition, fitness, nutrition knowledge, dietary habits and significant reductions in total cholesterol and triglyceride levels. This suggested that yoga based health promotion programs are well received by children and can favorably change being overweight and the development of adult life-style related diseases.

#### **METHODOLOGY:**

##### **Objectives of the study:**

To examine the effect of yogic practice on mental health.

##### **HYPOTHESES:**

- There was no significant difference between experimental group and control group of sportsmen dimension on mental health.

##### **Sample:**

Eighty sportsmen were included for the study and aged mean 24.36 SD 4.58 years were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 8 weeks gave the yogic practice. Selected individuals were subjected to 30 min of yogic practice classes per day for a two months. Yogic practice classes were conducted in the morning between 6 am to 7 am. Were instructed to practice Asanas, Pranayama and Meditation. and the Control Group did not participate in any sessions. All the subjects were evaluated through the mental health inventory for pre-and post-session.

#### **Tools**

##### **Mental Health Inventory (MHI):**

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54.

#### **Variable**

##### **Independent variable                      1) Type of Yogic practice group**

- a) Experimental                      b) Control

##### **Dependent Variable                      1) Mental Health**

**STATISTICAL ANALYSIS AND DISCUSSION**

Experimental group and control group of sportsmenshows the mean S.D and t value of mental health

Dimensions	Experimental group		Control Group		DF	t
	Mean	SD	Mean	SD		
<b>Mental Health</b>	169.35	5.48	152.02	5.78	78	13.76**

The results related to the hypothesis have been recorded. Mean of experimental group of sportsmen 169.35 and control group of sportsmen 152.02 dimension on mental health the difference between the two mean is highly significant  $t(78) = 13.76, P < 0.01$ . null hypothesis there was no significant difference between experimental group and control group of sportsmen dimension on mental health have rejected and research hypothesis was accepted it mean that experimental group of sportsmen have significantly high mental health than the control group of sportsmen. It was prove that the positive effect of yogic practice on our mental health.

**CONCLUSION:-**

1. Experimental group of sportsmen have significantly high mental health than the control group of sportsmen. It was prove that the positive effect of yogic practice on our mental health.

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