

**EFFECT OF YOGA AND PRANAYAMA: A COMPARATIVE STUDY OF  
PSYCHOLOGICAL VARIABLES ON SPORTS PERFORMANCE**

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**Abstract:**

*The aim of present study to check the significant difference between effect of training yoga and pranayama: A comparative study of psychological variables on sports performance of national level players due to the treatment of 12 week training with yoga and pranayama. For investigation method of study was used the experimental research equivalent group design. The involved total sample (N=100) in aged group between 18-23 years national level players. Analysis data was compare with the test norms are clearly shows that obtained mean of gain in experimental and control group were compared with independent t-test. The mean difference was 7.00 with standard deviation of 6.07 and t value 4.52 was significant at 0.05 levels as the table value 2.65 is less than the calculated t value with degree of freedom 98 which was statistically significant at 0.05 level of the significance. The present study provides useful information to the level of anxiety and stress of national level players. It was may help to study of 12 weeks training with the yoga and pranayama developed efficient coaching plan for better performance consider level of anxiety and stress of national level players.*



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**Key words:** Yoga and Pranayama Training, Stress and Anxiety, National level Players.

**Introduction:**

Physical fitness means different things to different people and may include strength, muscular endurance, cardio respiratory endurance, body composition and flexibility. The association between muscular fitness and quality of life is impressive. The main need today is to develop system through effective health care be made both accessible and acceptable to the people. Muscular fitness are designed to determine optimum level of muscular fitness but rather to determine whether or the individual has sufficient strength and flexibility in the part of the body upon which demands

are made in normal daily living. Lot of awareness is seen among the people of our country regarding the level of physical fitness.

The increased anxiety and stress of competitions can cause national level players to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an anxiety and stress is a complex emotional state characterized by a general by tension usually accompanied.

**Aim of Study:**

The present study amid to check effect of yoga and pranayama: a comparative study of psychological variables on sports performance national level players due to the treatment of 12 week with yoga and pranayama.

**Method of Study:**

Investigation method of study was used the experimental research equivalent group design. The involved total sample (N=100) in aged group between 18-23 years national level players were referred to a treatment of 12 week with yoga and pranayama was conducted from 23-11-200 to 06-02.2020. Researcher has taken written consent of all players as subjects for this study. The research tool for the effectiveness of these two groups was measured by Anxiety Inventory-2(CSAI-2) and stress Inventory. T-test was used to analyze the result obtained through the study showed at 0.05 level of the significance.

**Results and Discussion:**

**Descriptive Statistics of effect of yoga training program of National players of Aurangabad.**

Players Group	N	Mean	Std. Deviation	Std. Error Mean
Experimental	50	28.90	4.06	1.28
Control	50	21.90	2.72	0.86

**T-Test Statistics of yoga training program of National players of Aurangabad.**

Levine’s Test for Equality of Variances			t-test for Equality of Means			
	F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference
Equal variances assumed	0.20	0.65	4.52	48	0.00	7.00
Equal variances not assumed			4.52	47.48	0.00	7.00

From Table-The Levene's test for equality of variance when applied to the gain in Kraus – Weber tests for experimental group & control group The mean of gain in experimental & control group were compared with independent t-test.

The mean difference was 7.00 and 't' value was 4.52. With degree of freedom 48 which was statistically significant at 0.05 significance level ( $p=0.00$ ). This indicates that there was significant effect of 12-weeks yoga training program on experimental group of the level of anxiety and stress of national level players.

**Major findings of the study:**

It was observed from the analysis of data are clearly shows that obtained mean of gain in experimental and control group were compared with independent t-test. The mean difference was 7.00 with standard deviation of 6.07 and t value 4.52 was significant at 0.05 levels as the table value 2.65 is less than the calculated t value with degree of freedom 98 which was statistically significant at 0.05 level of the significance.

**Conclusion of study:**

The researcher was concluding that evidence revealed the level of anxiety and stress of national level players. It was study of 12 week with yoga and pranayama may help to developed efficient coaching plan for better performance consider of the psychology variables.

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