



FOOTBALL PLAYERS STRESS LEVEL OUTPUT IN RESPONSE TO ASANAS AND MEDITATION

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ABSTRACT

The purpose of the study was to effect of asanas and meditation on stress level of football players in University College of Engineering, Ramanathapuram, Tamilnadu, India were constituted the population of the study. For this study thirty male football players were selected constituted the population of the study were randomly selected as a subject and their age ranged between 18 to 25 years. They were divided group into two equal groups namely Experimental group (n=15) and Control group (n=15) Perceived Stress scale Questionnaire for the analysis of results the level of significance to test t-ratio was set at 0.05 level of confidence for this study. The collected data on Stress was analysed by computing mean and standard deviation. The collected data were analysed statistically by dependent 't' test from the analysis of data proved that there is significant difference between Experimental group and Control group were tested for stress level before and after asanas and meditation program for twelve weeks. The study has painted the requirements of the college level male football players to need exact and suitable evidence approximately mental health to survive.

KEYWORDS: Stress, Asana, Meditation and football players.

1. INTRODUCTION

Yoga treatment might comprise a range of strategies or a combination of them. Asanas, meditation techniques, stress reduction and entertainment techniques (Anithya bhava), and awareness are examples of these. Yoga can be performed with specific techniques or a combination of approaches to restore equilibrium in the body and mind, depending on the health condition or the underlying cause of illness. Yoga encourages people to make conscious movements or positional changes in their bodies, sometimes known as proprioception or kinaesthesia, in order to locate and strengthen areas of limitation. As a result, the way the body moves and operates will be more balanced, reducing stress, pain, and tension.

2. MATERIAL AND METHODS

2.1 Subjects

Totally thirty male football players were randomly selected those are study from from University College of Engineering, Ramanathapuram, Tamilnadu for the present study. Their aged ranged between 18 to 25 years. They were divided into two equal group experimental group (N=15), and

Control Group (N=15). The experimental and control group were tested for stress level before and after asanas and meditation program for twelve weeks.

2.2 Valuation Implements and Organization

To collect data, the questionnaire of PSS-21 (Perceived Stress Scale-21) was used. The validity and reliability of this standard questionnaire was examined by Sahebi et al. and Cronbach's alpha was estimated 0.76 for stress, respectively. In a study entitled "validation of stress scale for an Iranian population". Each of the above mentioned states are assessed with seven questions. Asanas and meditation exercises and training sessions were held three time/weeks; 60-70 min each (postures, breathing techniques, meditation) by a specialist. Before the intervention, questionnaires were completed by football players.

3. STATISTICAL PROCEDURES

The obtained data were analyzed using SPSS version 20. According to the established normality, paired sample t-test was used for comparing the results before and after the intervention. The threshold of significance was set at $P < 0.05$.



Table-I
COMPUTATION OF “t” RATIO ON STRESS LEVEL OF FOOTBALL PLAYERS ON EXPERIMENTAL GROUP AND CONTROL GROUPS (SCORES IN POINTS)

Group	Variables	Test	Mean	N	Std. Deviation	Std. Error Mean	t ratio
Experimental Group	Stress	Pre	21.76	15	5.12	0.62	5.80*
		Post	20.57	15	5.08		
Control Group	Stress	Pre	18.92	15	2.65	0.54	1.63
		Post	18.90	15	2.86		

Table I reveals that the mean values of pre test and post test of control group for stress were 2.65 and 2.86 respectively; the obtained t ratio was 1.63 respectively. The tabulated t value is 2.09 at 0.05 level of confidence for the degree of freedom 1 and 14. The calculated t ratio was lesser than the table value. It is found to be insignificant change in stress of the male college level football players. The obtained mean and standard deviation values of pre test and post test

scores of yogic training group were 5.12 and 5.08 respectively; the obtained t ratio was 5.80. The required table value is 2.09 at 0.05 level of confidence for the degree of freedom 1 and 14. The obtained t ratio was greater than the table value. It is found to be significant changes in stress of the male college level football players. The mean values on yogic training group and control group are graphically represented in figure-1

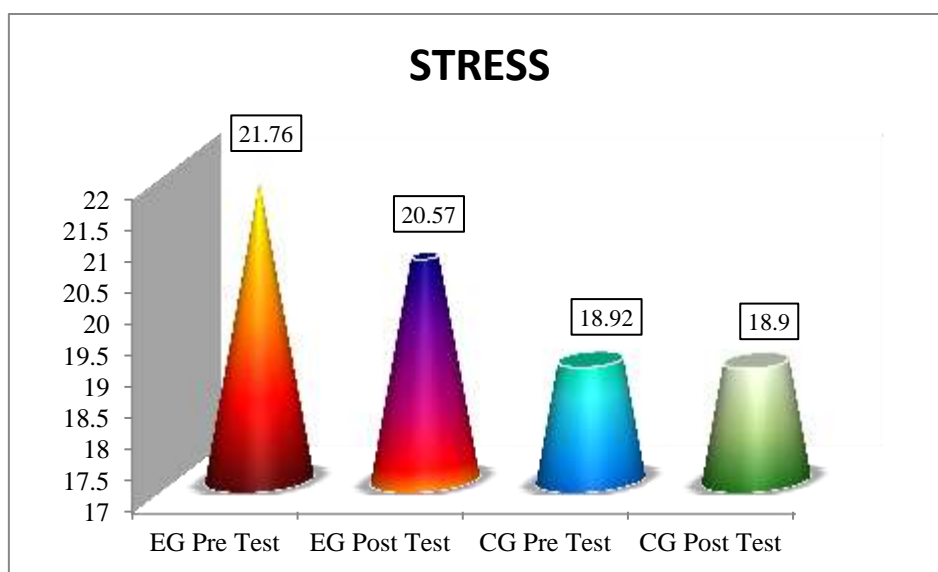


Fig 1: Bar Diagram Showing the Mean Value of Stress Pre and Post Test of Experimental and Control Groups

4. RESULTS

The result of the study proved the different beneficial asanas and meditation practices on stress. The post readings of parameters such as Stress extended notably (<0.05) following asanas and meditation practices. This suggests that some asanas help them to come out of stress. The meditation practice readings of stress level would possibly reduce their stress level and are also statistically significant results shown in table I.

5. DISCUSSION ON FINDINGS

The results of the study indicated that the psychological variable such as stress level was improved significantly after undergoing asanas and meditation training.

The changes in the selected parameters were attributed the proper planning, preparation and execution of the training package given to the football players. The findings of the present study had similarity with the findings of **Prabakaran et al (2021)¹, Eswari et al (2021)², Vallimurugan & Vijay (2021)⁴, Srikumar & Vallimurugan (2016)⁶ and Vijayarani (2012)⁷**. The result of the present study indicates that the asanas and meditation training methods is appropriate protocol to improve stress level of college level male football players. From the result of the present study it is very clear that the psychological variable such as stress level decreased significantly due to asanas and meditation training.



6. CONCLUSIONS

For this purpose the study is created and after twelve weeks of asanas and meditation practices the readings of Stress showed improvement in mental health. From the present study we may additionally conclude that asanas and meditation can be recommended to enhance the team sports, IT professionals and humans working mechanically and subsequently maintain their family situation to prevent their mental health in future. These really useful effects of different asanas and meditation practices can be used as a stress level. The daily practice should also be components of mentally health and life style changing applications in conserving better intellectual health. asanas and meditation practices improves the stress level.

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