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Effects of Yoga on Anxiety on Rifle Shooting Players

Vivek Shanu Pawar Research Schlor , Dr.Babasaheb Ambedkar Marathwada University Aurangabad

Abstract

The primary objectives of the study was to Effects of yoga on Anxiety on Rifle shooting players. Two groups were targeted; experimental and control group; 25 Rifle shooting players considered as experimental group and 25 other Rifle shooting players considered as control group. The training programme was only given to experimental group. The age of the subjects were ranged between 14 to 18 years. The data was collected through respondents in the form of different tests. Anxiety of players measure through Sport Competition Anxiety Test (SCAT) The results of the study showed that therewere no significant Effects of yoga on health related physical fitness were found on Anxiety in experimental and control group

Introduction

Anxiety is a physiological response to a real or imagine treat. It is a complex emotional state characterized by a journal fear usually accompanied by tension. Air Rifle shooting is an elegant, prestigious and traditional sport which reflects the success qualities that are important to contemporary people who seek a challenge to both body and mind through a competitive blend of patience and determination, discipline and competitiveness. In fact s Air Rifle Shooting is also referred to as physical chess by many proponents. While there may be a relevant comparison here, the physical aspect of Air Rifle Shooting is underestimated more often than not in this analogy. Air Rifle shooting is a game of the mind but it does require immense forethought, precise execution and great focus. Nonetheless, Air Rifle shooting is a game that demands physical power, neuromuscular coordination and flexibility. Professional Air Rifle shooting players spend a lot of time being physically fit. The training routine involves exercises, weight training and stretches. Over the years, the importance of physical fitness has not been given as much importance by the athletes as it should be given. Individually, Air Rifle shooters do their regular runs, weight lifting and follow various other exercise routines while they should ideally be following a more specific routine to improve their 2349-63 shooting skills.

Methods and material

Two groups were targeted; experimental and control group; 25 Rifle shooting players considered as experimental group and 25 other Rifle shooting players considered as control group. The training programme was only given to experimental group. The age of the subjects were ranged between 14 to 18 years. The data was collected through respondents in the form of different experimental tests. The demographic information about, age, daily smoking, drug use, etc. was obtained before seeking responses. The research design was experimental research design .

Anxiety

Anxiety of players measure through Sport Competition Anxiety Test (SCAT) Purpose :-Sports competition anxiety test questionnaire prepared by Rainer Martens (1986) was originally constructed for children (ages 10-15) its adult version was developed later on by suitably modifying the instructions and items. The reliability of quotient is 0.85 had been reported for the adult version of SCAT. Procedure :- The SCAT questionnaire (Appendix-A) contains 15 items. Subjects was indicate how they generally felt in competitive sports situations and responded to each item using a three point scale (Hardly ever, sometimes or often) out of fifteen items and only ten items assess sports competitive trait anxiety proneness (e.g. Before I complete I feel uneasy) and used for scoring purpose. These ten items were 2, 3, 5, 6, 8, 9, 11, 12, 14 and 15. Remaining five test items were the spurious items which were added to the questionnaire to (diminish) response (bias) Towards the actual test items (e.g., Competing against others is socially enjoyable). The five spurious items were not scored. These spurious were: 1, 4, 7, 10 and 13. While the subjects were responding to the questionnaire, the scholar went around verifying that they were recording answers sequentially and explained the meaning of the words in case of doubts.

Scoring :- The scholar scrutinized the completed questionnaire in order to ensure that the subject responds to every items and there was no question left unanswered. The question 2, 3, 5, 8, 9, 12, 14, 15 were worded in such a manner that they were scored according to the following key.

Score	1	2	3
Response	Hardly ever	Sometimes	Often

In the case of items 6 and 11 scoring was carried out according to the following key :-

10			
Score	1	2	3
Response	often	Sometimes	Hardly ever

However spurious questions i.e. 1, 4, 7, 10 and 13 were not be scored as suggested by Rainer Martens. If a subject deleted one of the test items her prorated full scale. Score was obtained by computing the mean score for the mine items answered multiplying this value by ten and rounding the product to the next whole number. When two or more items were omitted the respondent's questionnaire was invalidated. Total scores of SCAT ranged from 10 (low competitive anxiety). Subjects were assigned to the following category according to the score obtained by them. Raw/mean

ts	were assigned to the	following category ac	cording to the score	obtained by them. Ra	aw/me
	Score	Less than 17	549-17-24	More than 24	

Score	Less than 17~~	17-24	More than 24
Classification	often	Sometimes	Hardly ever
	1.		0

Responses obtained from the subjects on each statements of sports competition anxiety questionnaires were subjected to statistical treatment keeping in view the purpose of study.

Training programme

Training programme was planned as 12 weeks, 5 days a week &, 60 minutes per day in morning sessions. Air rifle shooting measure in two Phases i.e before training of Yoga, and after twelve week. The Surya Namaskar,Padmasana (the lotus pose), Vajrasana (the thunderbolt pose), Trikonasana (the triangle stretch pose), Navasana (The Boat pose), PadaHastasana (the forward bending pose), Halasana (the plough pose), Matsyasana (the fish pose), Bhujangasana (the cobra

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pose), Shalabhasana (the locust pose), kapalbhatipranayama,Bhstrika, AnulomVilom and Bhramri Pranayama Involved in the yoga Training program

Result and Discussion

The present section is dedicated to the presentation of results along with the discussion of present study. The results and discussion have been presented in console comprehensive manner that is easy to comprehend starting with selected variables



Figure -1 shows, Mean Scores and Standard deviations of Control Group of selected demographic information. With respect to age and standard deviation of control group was 16.90 and 2.10 years respectively. In addition the mean scores and Standard deviations of Control Group with respect to weight was 65.90 and 6.10 Kg. respectively. Whereas, the Mean Scores and Standard deviations of Control Group with respect to height was 169.22&13.45 cm Respectively .Furth more the Mean Scores and Standard Deviations of Control Group with respect to Training Hours in a day was 1.23 and 0.56 respectively and the Mean Scores and Standard Deviations of Control Group with respect to Training Weeks was 1.23 and 0.56 respectively.



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Figure -2 shows, Mean Scores and Standard deviations of experimental Group of selected demographic information. With respect to age and standard deviation of control experimental group was 15.67 and 2.56 years respectively. In addition the mean scores and Standard deviations of experimental Group with respect to weight was 67.25 and 6.25 Kg. respectively. Whereas, the Mean Scores and Standard deviations of experimental with respect to height was 170.20&15.89 cm Respectively. Furth more the Mean Scores and Standard Deviations of experimental with respect to Training Hours in a day was 1.86 and 0.51 respectively and the Mean Scores and Standard Deviations of experimental with respect to Training weeks was 2.56 and 0.87 respectively.

 Table 1

 Mean Scores , Standard Deviations And T-Test Of Pre And Post - Test Of Anxiety Of Control Group

Variable	Test	Number	Mean	S.D.	t-ratio
	Pre Test	25	11.34	2.79	
Anxiety	Post Test	25	11.37	2.82	1.23 NS

NS = Not Significant.

Tables 1 show the Mean Scores and Standard Deviations of Pre and Post - Test of Anxiety among control group. With regard to pre-test of Anxiety among control group, they have obtained mean 11.34 and the standard deviation was 2.79 respectively. Furthmore, the Post-test of Anxiety among control group, they have obtain mean values 11.37 and the standard deviation was 2.82 respectively, which are given in table- 1, the findings of the study revealed that there was no significant difference of Anxiety was found between pre and post of control group.





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			Table 2				
	Mean Scores Sta	andard Deviation	s And T-Test	Of Pre And P	ost - Test O)f Anviety	
	Wiedli Scores, Su	of E	xperimental (From Providence Provid	051 - 1051 0	// / matery	
	Variable Test Number Mean S.D. t-ratio						
	, ut turit			1.10011	.	· · uno	
		Pre Test	25	11.80	2.36		

25

11.82

2.43

Post Test

NS= Not Significant

1.02NS

Tables 2, show the Mean Scores and Standard Deviations of Pre and Post - Test of Anxiety among Experimental group.With regard to pre-test of Anxiety among Experimental group, they have obtained mean 11.30and the standard deviation was 2.36 respectively. Furthmore, the Post-test of Anxiety among Experimental group, they have obtain mean values 11.82and the standard deviation was 2.43 respectively, which are given in table- 2, the findings of the study revealed that there was no significant difference of Anxiety was found between pre and post of Experimental group.

Figure-4 Illustrates The Graphical Presentation Of Mean Scores And Standard Deviations Of Sports **Competitive Anxiety of Pre And Post-Test Of Experimental Group**



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Email id's:- aiirjpramod@gmail.com,aayushijournal@gmail.com | Mob.08999250451 website :- www.aiirjournal.com | UGC Approved Sr.No.64259

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