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Effect of Yoga on Anxiety Among University Level Male and Female Volleyball Players

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Abstract: Male volleyball players did not reduce their anxiousness as much as their female counterparts, according to the results. The goal of this research was to examine the impact of yoga on anxiety levels in collegiate male and female volleyball players. Thirty volleyball players, consisting of fifteen male and fifteen female players, aged 18 to 25 from Chennai, Tamil Nadu, India, were chosen at random to participate in the research. In a same fashion, the participants were separated into male volleyball players (MVBG) and female volleyball players (FVBG). We used Ducklow's anxiety scale to gauge levels of worry. After twelve weeks of twice-weekly yoga instruction, both groups were handed final exams. The paired 'test was performed to compare the two groups and determine any significant differences.

Keywords: Yoga, Anxiety, Volleyball

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Introduction

Yoga is a physical, mental and spiritual discipline, originating in ancient India. Yoga enhances the intelligence, empowers the mind and makes the life pleasant. Yoga is a part of Indian Culture and Religion and is essentially an art of understanding all about the soul and to realize the self. The inherent aim of human birth is to understand fully the self, the nature, the almighty and its order of function. Once the realization is achieved one should live respecting the order of function in peace and content. Yoga helps a man to reach this

stage. As we care for our physique we also should care for the soul by giving it its due in safety cleanliness and rest. Yoga takes care of the soul. Yoga relieves one from selfishness, arrogance, lust for power and self (Jones and Uphill, 2004). The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, and muscles and nerves no longer functions in harmony, rather they act in opposition to each other. Therefore yoga aims at

bringing the different bodily functions into perfect co-ordination so that they work for the good of the whole body. Yoga is one of India's wonderful gifts to mankind (Indla and Pandurang, 2011).

One's mind is always preoccupied with ideas, some of which may be useful while others are just distracting. It takes a lot of hard work to develop mental mastery. The mind, and especially one's ideas, may have a profound impact on one's outlook and actions. Thoughts may be interrupted, replaced, or eliminated entirely when one exercises mental control. The human brain and the human body are inseparable and interconnected. These days, stress and worry are epidemics that impact not just the mind but also physical. Anxiety disorders may vary in severity from person to person. Stress and worry affect people of all ages (Hagins *et al.*, 2013).

Yoga is a holistic practise that may aid in the reduction or elimination of such ingrained anxieties and apprehensions. There is a link between the mind and the body. Yoga is a low-cost, low-fuss approach to alleviating stress and anxiety that incorporates a variety of practises, including asana (postures), breathing methods including pranayama (pranayama), meditation, and relaxation. Anxiety disorders that have been present for a long time or that are severe usually warrant first seeking counselling and then continuing with treatment (Hagins *et al.*, 2013).

Yoga is a kind of physical exercise that involves a variety of postures, breathing methods, and mental concentration. Mental and emotional issues like stress, worry, or sadness may benefit from therapy as well as physical symptoms like inability to focus or lack of energy. One of the most effective ways to lift one's spirits, yoga for depression combines stretching, strengthening, and balancing movements. Yoga's anti-depressant effects have been shown through its capacity to restore hormonal and chemical equilibrium in the brain. By practising yoga on a daily basis, we may lift ourselves out of our funk and back into a state

of well-being and inspiration that can enrich every moment of our lives. The fact that yoga seems to help those who suffer from depression is encouraging. Streeter claims that some individuals who have not reacted to conventional therapies may find relief via yoga and deep breathing because these practises target the autonomic nervous system in a different way than antidepressant medications. A healthy autonomic nervous system facilitates optimal brain function.

Evidence from yoga practises points to their potential usefulness in treating anxiety and depression by dampening the effects of overactive stress reactions. When it comes to calming the mind and body, yoga is on par with other tried-and-true methods like meditation, deep breathing, physical activity, and even just hanging out with friends. If you try to keep track of every time stress, worry, or anxiety has overcome you, you could give up. All people will have experienced moments of anxiety, whether it is over the outcome of a Board test or the response of parents to a report card, or over a first date or a job interview. Much like salt in cooking, a healthy dose of fear is essential for maintaining self-control, concentration, and vitality. Whenever this worry becomes so pervasive and paralysing that it interferes with normal activities, we have a problem. When these feelings become overwhelming to the point that they need medical attention (an anxiety disorder), yoga may be a useful tool (Khan *et al.*, 2018).

The purpose of the study was to find out the comparative effect of yoga on anxiety among university level male and female volleyball players. It was hypothesized that the yoga group would show significant reduction on anxiety between male and female volleyball players. The study was delimited to thirty volleyball players from Chennai, Tamilnadu and was confined to fifteen male volleyball players and fifteen female volleyball players between the age group of 18 and 25 years. This study was delimited to only

Table 1: Summary of 't' ratio on anxiety of Volleyball Players

S. No.	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev ($\pm$)	σ DM	't' Ratio
1	Male Volleyball Players	28.67	20.18	8.49	1.76	1.16	13.04*
2	Female Volleyball Players	28.11	18.34	9.77	1.63	0.33	17.56*

yogic practices.

The limitations of this study were as follow:

1. The effect of the subject's training programme, prior experiences, motivational variables, and other physical activities on their playing skill was ignored.
2. There was no attempt to regulate genetic and environmental factors that enhance both physical and cognitive performance.
3. There was no effort made to ascertain whether or not the individuals were motivated at any point throughout the training or testing phases.
4. The research did not account for dietary, weather, ground, or other environmental elements that may have affected participants' performance.
5. As human factors are involved in the administration of the test, even a little inaccuracy in measurement and timing that can alter the findings was also deemed a limitation of the research.
6. The study's limitations were the potential impact of player tiredness and carryover knowledge of abilities on test performance.

Materials and Methods

Thirty volleyball players (fifteen male volleyball players and fifteen female volleyball players) from Chennai, Tamil Nadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The groups were divided as male volleyball players (MVBG) and female volleyball players (FVBG) in an equivalent manner. Anxiety

was measured by Ducklows anxiety scale. The yoga training given to both the groups for a period of twelve weeks for alternate three days in a week and the post-tests were performed. To find out the difference between the two groups paired' test was used.

Results and Discussion

The primary objective of the paired' ratio was to describe the differences between the pre-test and post-test mean of novice volleyball players.

Table 1 indicates that the obtained 't' ratio for male volleyball players was 13.04. The obtained 't' ratio was found to be greater than the required table value of 2.14 at 0.05 level of significance for 1, 14 degrees of freedom. Hence, it was found to be significant. The obtained 't' ratio for male volleyball players was 17.56. The obtained 't' ratio was found to be greater than the required table value of 2.14 at 0.05 level of significance for 1, 14 degrees of freedom. Hence, it was found to be significant

Shohani *et al.* (2018) reported the impact of yoga on women's levels of stress, anxiety, and depression. This research is a pre- and post-test quasi-experiment. The DASS-21 (Depression, Anxiety, and Stress Scale-21) questionnaire was utilized for the survey. Eligible participants participated in a 4-week hatha yoga training programme led by an expert (3 times per week, 60-70 min each). SPSS version 20 was used for the data analysis. The sample size was 52 females, with a mean age of 33.5 ± 6.5 . Female participants who practised hatha yoga regularly after 12 weeks had substantial improvements in their mood, anxiety, and stress levels ($P < 0.001$). The

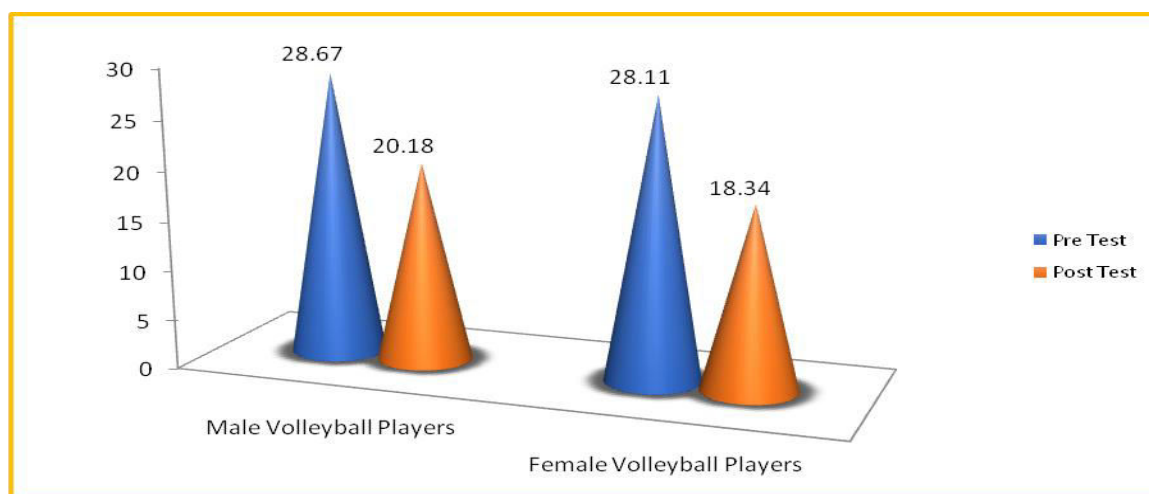


Fig. 1: Pre- and post-test differences on anxiety.

practise of yoga has been shown to have beneficial effects in alleviating emotional distress. As a result, it may be utilised as an adjunct to conventional treatment (Li and Chi, 2007).

The anxiety patients studied by Khan *et al.* (2018) ranged in age from 18 to 55. Anxiety levels were measured using the Hamilton anxiety scale. These participants were randomly assigned to either the research group or the control group. Each participant in the study was given a specific series of yoga postures and breathing exercises. Both groups were observed and their progress compared using Yoga and Anxiety as independent variables, respectively. Analysis of the data was performed using the Chi-square test and the t test for independence. Those who participated in the yoga intervention showed a statistically significant reduction in anxiety ($P=0.0425$). It follows that regular yoga practise may greatly enhance well-being by lowering stress levels.

In case of anxiety of volleyball players the results between pre- and post-test (6 weeks) has been found significantly higher in female volleyball players in comparison to male volleyball players. The findings of the present study strongly indicates that twelve weeks of yoga group had significant effect on anxiety of volleyball players (Fig. 1). Hence, the hypothesis earlier set that yoga would have significant effect on anxiety is accepted.

Conclusion

It is concluded from the data that the female volleyball players saw a greater decrease in anxiety than their male counterparts did as a result of their participation in the activity during the course of their time spent playing volleyball.

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