



YOGA AND RECREATIONAL ACTIVITY AS AN INTERVENTION PROGRAM FOR MANAGING STRESS

KEYWORDS

Yoga, Recreational Activity, Stress and Cricket Players.

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ABSTRACT *The present study is experimental in nature. The aim of the study was to find out the impact of yoga and recreational activity on the stress of cricket players. A total of 30 samples were equally divided into three groups. Group one was considered as yoga group, Group 2 was considered as recreational activity group and group 3 was considered as controlled group. Group 1 and group 2 received training programme for a period of 8 weeks (i.e. 4 days in a week). Pre-test and post-test design was used in the study. ANCOVA and post hoc test was used as a statistical technique for the present study. The study revealed out a significant difference between yoga and recreational activity group, a significant difference was found between yoga and control group, and a insignificant difference was found between recreational activity and controlled group. Further adjusted post-test mean values of Stress among different treatment group shows that yoga may be most effective in managing the Stress among cricket players, While as recreational activity and controlled group was also found equally effective in managing stress among cricket players.*

Introduction

Today yoga is most popular in the world. "Yoga" is recognized as one of the most important heritage of India. Traditionally it was said that lord Shiva is believed to be the originator or inventor of yoga. Our ancestors spent a lot of time in practicing yoga for their health and happiness. Today's yoga therapy has get high status in our day to day life, because of the fact that neither it has side effect and nor it is costly. The art of yoga has purely originated in India and now has been spread all over the world. The practice of yoga right from the start of childhood helps in the prevention of many disorders or diseases that probably takes place in the later years of life. A improved immunity of oneself is a well known documented boon of yoga practices. Yoga equalizes and stabilize the influx of energy in the children (Singh. A 2016). Stress is necessary for the life. We need stress for creativity as well as for learning also. Stress is only harmful when it becomes overwhelming and interrupts the healthy state of equilibrium. Unfortunately, overwhelming stress has become an increasingly common characteristic of contemporary life. Pranayam, Sudhi Kriyas and Asana help in control of breathing, purifications and stronger of different parts of the body. Pranayam, Sudhi Kriyas and Asana works to protect stress, to be physically fit and mentally healthy. 20-30 minute meditation sessions a day can have lasting beneficial effects on health. There is a need to develop psychic stress tolerance in the athlete on the one hand, and on the other, we need a method to reduce if it possible without any loss to performance. Coaches may introduce a variety of surprises in training sessions. The backbone of everyone performance is the player's psyche, their thoughts and feelings, their basic personality character traits- all of which determines their behavior in movements of conflict and also their ability to deal with inherent stress or crises. Research indicates that mental stress affects both-the CNS and ANS producing not only psychological changes but also negative effect. The mind body connection in yoga is essential to helping athletes develop mental acuity and concentration. Yoga also helps you to relax not just the soreness in the muscles, but also anxious and overstressed mind (Sharma. I 2015). Recreational activities are more closely associated with the culture of the group than any other factor so they differ with the group" (Sharma 2012). Recreation is active, passive, outdoor as well as indoor. Games hiking, sports, trekking, mountaineering, dancing are considered as active recreation that rejuvenates energy in our body, thus bringing enthusiasm overwhelming in one's life. Passive recreation includes singing, trump card, and reading of the novels. Eccles, (2003), summarized the arguments linking participation in structured leisure activities to positive youth development. Participation in most extracurricular activities achieved better educational outcomes than non- participants even after controlling for social class, gender and intellectual aptitude.

Wilson, (2009), find out that students who participate in extracurricular activities generally benefit from many opportunities afforded to them.

Objectives

1. To find stress level of Cricket players.
2. To study the impact of Selected recreational activity programme on the stress level of Cricket players.
3. To examine the impact of Selected Yoga activity programme on the stress level of Cricket players.

Hypothesis

1. There was a significant difference of Selected Yoga and recreational activity programme on the level of stress in Cricket players.

Delimitations

1. The study was delimited to a total of 30 state and senior national level cricket players from the state of Punjab.
2. The study was delimited to the male cricket players with age ranging between 19 to 27 years.
3. Selected dependent variable in the study was stress.
4. The study was further delimited to the two experimental group and one controlled group (10 Subjects in each group).

Methodology

Design of the study Pre-post test design was used in the study as it seems to be the most appropriate one for conducting the experiment. The total subjects of 30 were divided randomly equally into 3 groups. Two groups were considered as experimental group and one group was considered as control group. Experimental group 1 was considered as Yoga group and experimental group 2 was considered as Recreational activity group. The third group was considered as control group. The training was imparted to the subjects upto 8 weeks. Each training programme had four sessions each of one hour in a week. Time was controlled for each experimental group. The experimental group 1 (Yoga group) was commenced at 7-8 Am sharp. Experimental group 2 (Recreational activity group) was commenced at 8-9 Am sharp. The group 3 do not receive any type of training as this was considered as control group. The data was collected before the start of the training programme and then at the end of the training programme. A yoga instructor was hired by the investigator for imparting yoga training to the experimental group 1 (Yoga Group).

Criterion Measures

The criterion measures adopted for the study were as follows:

- Assessment of Stress was done by using Singh Personal Stress

Source Inventory by Arun Singh, Ashish K. Singh and Arpana Singh was used.

Level of Significance

The level of significance was set at 0.05 level.

Statistical technique

ANCOVA was used to determine the relationship of the independent variable with the dependent variable. post-hoc test was used, as this test determines that which training group had the maximum significant difference. Descriptive statistics was also used to find out the mean and of the groups.

Table: 1.1 Mean of different groups measured in pre-testing and post-testing of Stress Among Cricket players.

Training Groups	N	Pre-Test Mean	Post-Test Mean
Yoga	10	76.250	57.435
Recreational Activity	10	72.292	61.321
Control	10	70.104	63.303

Table 1.1 determines pre-test and post-test mean of stress among yoga, recreational activity and controlled group.

Table no: 1.2 Analysis of Co-Variance (ANCOVA) for the Post-test Data on Stress of Cricket players

Source	df	Mean Square	F	Sig (P-Value)
Pre	1	86.065	.509	.479
Treatment	3	1053.31	6.230	.022

Table 1.2 shows that there was a significant differences of treatment on the stress level of the cricket players.

Table: 1.3 shows pair wise comparison of Stress among different treatment groups.

Treatment Group I	Treatment Group	Sig b (P-value)
Yoga	Recreational Activity	.018
	Control	.043
Recreational Activity	Control	.076

From the table 1.3 it is clearly evident that there was a significant difference of yoga and recreational activity programme on the stress level of the cricket players as the p-value .018 was found to be significant at 0.05 level of significance. A significant difference was also found between the yoga group and the control group as the p-value was found to be .043 at 0.05 level of significance. A insignificant difference was found between the recreational activity group and the controlled group as the p-value .076 was greater at 0.05 level of significance.

Table: 1.4 Adjusted mean of different group measure in post-testing.

Training Groups	N	Adjusted Post -test mean
Yoga	10	57.210
Recreational Activity	10	61.107
Control	10	63.112

In table 1.3 adjusted post-test mean values of Stress among different treatment group are shown. From the table 1.3 it is clearly evident that yoga may be most effective in managing the Stress among cricket players. While as recreational activity and controlled group are equally effective in managing stress among cricket players.

Conclusion

It has been find out that yoga may be most effective in managing the level of Stress among cricket players, While as recreational activity and controlled group was also found equally effective in managing stress among cricket players.

TRAINING SCHEDULE FOR EXPERIMENT GROUP 1 (YOGA GROUP) AND EXPERIMENTAL GROUP 2 (RECREATIONAL ACTIVITY GROUP)

	Days	Time	Duration	Group Name
1	Mon, Tue, Wed, Thurs	7-8 AM	8 Weeks	Experimental group (Yoga Group) comprising of Sarvangasana, Anuloma and Viloma, OM chanting, Chakarasana, Titlisana, Tadasana.
2	Mon, Tue, Wed, Thurs	8-9 AM	8 Weeks	Experimental Group 2 (Recreational activity Group) Comprising of Duck Walk Race, Leg Cricket, Tug Of War, Changing seats, Sound and action, Dance, Singing.

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