



Psychological Status among Sports persons, Yoga Practitioners and Non-Practitioners.

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ABSTRACT

The purpose of this study was to find out the differences in selected Psychological variables i.e. Attitude, Personality and Adjustment level, of Yoga practitioners, Non-practitioners and Sports persons. The sample of the study was selected through purposive sampling technique. In total 450 subjects became part of the sample, which was divided into three groups. The three groups of the sample were i.e. Yoga Practitioners (N-150), Non-Practitioners (N-150) and Sports Persons (N-150). Descriptive statistics and one way ANOVA was employed to interpret the data collected. It was concluded there was no significant difference exist in attitude level between the groups towards parents, teacher but differs in discipline and attitude towards the country. In adjustment and personality no significant difference between the groups were found.

KEYWORDS

Attitude, Personality, Adjustment, Yoga Practitioner, Non-Practitioner, Sports Persons

Introduction:

A healthy lifestyle is not defined solely by the food on one's plate. Meals with friends and family, enjoying traditional foods, sampling the cuisines of other cultures, and incorporating physical activity into a regular routine are all part of a healthy way of life. The issue of the relationship of mind and body is pervasive in psychology, owing to its derivation from the fields of philosophy and physiology. Psychology is intimately related to the biological and social sciences. The broad reach of psychology sometimes gives it the appearance of disunity and promotes the lack of a universally accepted theoretical structure. Some of the divisions within psychology are applied fields, while others are more experimental in nature. The various applied fields include clinical; counseling; industrial, engineering, or personnel; consumer; and environmental. The characteristic way in which a particular individual thinks, feels, and behaves is called personality. Personality embraces a person's moods, attitudes, and opinions and is most clearly expressed in interactions with other people.

Personality is those behavioral characteristics, both inherent and acquired, that distinguishes each individual and is observable in the individual's relations to the environment and to the social group. It has been experienced that good habits and positive attitude are difficult to develop in the four-walls of a format classroom only through practical or actual experiences in life can be properly developed in the children. Formation and maintenance of attitudes are subject to the principles and laws which govern other forms of learning. To the extent that attitude are learnt in process of the attainment of one's purposes; differences in attitudes can be expected with differences in age, sex Socio-Economic status and cultural and experimental back ground (rural-urban) they tend to develop incidentally, gradually and generally unconsciously. They often arise as by the products of one's -day to day experience and consequently every think that goes on during activities as it effects. The Child leads to the formation of certain attitudes. Attitudes will tend to spread from the situation to which they are attached to related situation in every wider circle. Adjustment is known as a signal of harmonious relationship between man and his environment. One has to fit oneself in the prevailing circumstances. When one adjusts to one self, this means one is changing in the same way to adopt or accommodate oneself in order to fit himself into certain demands of one's environment.

Singh (1980) conducted a study on the construction and standardization of attitude scale for the students of Kurukshetra University towards games and sports and found that to measure the attitude of university students towards games and sports is a possible at university-level. The entire University student have favourable attitude towards games & sports. Prezyna (1967) studied religious attitude and personality traits analyzed on the basis of the data supplied by Cattell's 16 factor questionnaire. Results revealed the high positive religious intensity group to possess on the average more emotional maturity, more super-ego control, greater self-control, higher sensitivity and contact with environment. The lower intensity group was characterized by the opposite features. Betel (2005) conducted a study on effect of transcendental meditation on home, health, social and emotional adjustment of degree students. Data was collected with the help of Bell Adjustment Inventory and concluded improved pattern of adjustment in all four areas of adjustment. Cattell and Scheier (1963) in their study stated: "It is what comes closest to being the common element in all forms of mental disorders; the lack of anxiety (low scores on the scale) thus becomes an excellent operational definition of mental health". Sharma (2006) studied impact of physical education programme on academic achievement and development of personality. Using Eysenck Personality Questionnaire (E.P.Q.) concluded that the male students are more neurotic than to the female students.

The objective of the study was to find out the difference in selected Psychological variables i.e. Attitude, Personality and Adjustment level of Yoga practitioners, Non-practitioners and Sports persons.

METHODOLOGY:

Sample:

The sample of the study comprised the university and college level players of 18-27 years who had participated in different inter-collegiate and Inter-University level competitions. The sample of the study was selected through purposive sampling technique. In total 450 subjects became part of the sample, which was divided into three groups. The three groups of the sample were i.e. Yoga Practitioners (N-150), Non-Practitioners (N-150) and Sports Persons (N-150). The data was collected during the conduct of the various inter-collegiate and Inter-University level competition of the university. In total, the researcher collected the data of from 450 subjects. The sub samples collected were equal in all the three groups i.e. Yoga

Practitioners (N-150) Non-Practitioners (N-150) and Sports Persons (N-150). Before the collection of the data, the consent of the various practitioners was taken.

Measurement:

The Bell Adjustment Inventory, Eysenck Personality Questionnaire, Sodhi Attitude scale were used to collect the data for adjustment, personality and attitude respectively.

Statistical Analysis:

The differences between the means for the attitude scores, adjustment scores, and personality scores of three groups i.e. Yoga Practitioners, Non-Practitioners and Sports Persons was analyzed with the help of one way design of ANOVA.

Results:

ATTITUDE

The attitude of different groups has been analyzed under five headings i.e. attitude towards parents and teachers, discipline, country and religion.

**Table 1
ATTITUDE TOWARDS PARENTS AND TEACHERS AMONG YOGIC PRACTITIONERS, NON- PRACTITIONERS AND SPORTSPERSONS**

SOV	TSS	Df	MSS	F Value
Between Groups	9.7644	2	4.8822	2.75
Within Groups	793.4	447	1.7749	
Total	803.16	449		

*Significant at 0.05 level of confidence (3.02)

Table 1 indicated that the acquired F-value (2.75) for the variable of attitude towards parents and teachers among yogic practitioners, non-practitioners and sportspersons was less than the tabulated value at 0.05 level of confidence required for significant i.e. F : (3.02) . it is thus presumed that no significant difference exist between the groups' i.e. yogic practitioners, non-practitioners and sportspersons.

**Table 2
ATTITUDE TOWARDS DISCIPLINE AMONG YOGIC PRACTITIONERS, NON- PRACTITIONERS AND SPORTSPERSONS**

SOV	TSS	Df	MSS	F Value
Between Groups	79.284	2	39.64222	14.9480**
Within Groups	1185.4	447	2.652006	
Total	1264.7	449		

**Significant at 0.01 level of confidence (4.66)

It was observed from the table 2 that the F-value (14.9480) for the variable of attitude towards discipline among yogic practitioners, non practitioners, and sportspersons was significant at 0.01 level of confidence as the calculated value of F (14.948) was more than the tabulated value of F (4.66). It indicates that a significant difference exist between the groups i.e. yogic practitioners, non practitioners, and sportspersons.

**Table 3
COMPARISON OF ATTITUDE TOWARDS DISCIPLINE AMONG YOGIC PRACTITIONERS NON- PRACTITIONERS AND SPORTSPERSONS**

Yogic Practitioners	Non-practitioners	Sport Persons	DM	CD
-----	7.7	7.59	0.18	0.37
8.56	7.7	-----	0.86**	0.37
8.56	-----	7.59	0.97**	0.37

**Significant at 0.01 level of confidence

Table 3 clearly indicates that the paired mean differences between the groups of yogic practitioners and non-practitioners (0.86) and yogic practitioners and sports person (0.97) were found more than the critical difference value (0.37) at 0.01 level of confidence on attitude towards discipline. It was resumed that yogic practitioners had more disciplinary attitude

than those of non-practitioners and sports persons but non-practitioners and sports persons had similar attitude toward discipline.

**Table 4
ATTITUDE TOWARDS COUNTRY AMONG YOGIC PRACTITIONERS NON- PRACTITIONERS AND SPORTSPERSONS**

SOV	TSS	Df	MSS	F Value
Between Group	43.96	2	21.98	6.3432**
Within Groups	1548.9	447	3.465145	
Total	1592.9	449		

**Significant at 0.01 level of confidence (4.66)

It was observed from the table 4 that the F-value (6.3432) for the variable of attitude towards country among yogic practitioners, non-practitioners and sportspersons was significant at 0.01 level of confidence as the obtained value of F (6.34) was more than the tabulated value of F (4.66).

**Table 5
COMPARISON OF ATTITUDE TOWARDS COUNTRY AMONG YOGIC PRACTITIONERS NON- PRACTITIONERS AND SPORTSPERSONS**

Yogic Practitioners	Non-practitioners	Sport women	DM	CD
-----	6.58	6.78	0.20	0.42
7.32	6.58	-----	0.74**	0.42
7.32	-----	6.78	0.54**	0.42

**Significant at 0.01 level of confidence

Table 5 clearly indicates that the difference in means between yogic practitioners and non-practitioners (0.74) , and between yogic practitioners and sports persons(0.54) was observed more than the critical difference (0.42) at 0.01 level of confidence, where as the paired mean difference between non-practitioner and sports persons (0.20) was less than the critical difference(0.42). It was resumed that yogic practitioners had more attitudes towards country than the sports person and non practitioners where as non-practitioners possessed least attitude towards country.

**Table 6
ATTITUDE TOWARDS RELIGION AMONG YOGIC PRACTITIONERS NON- PRACTITIONERS AND SPORTSPERSONS**

SOV	TSS	Df	MSS	F Value
Between Groups	161.85	2	80.92667	14.1856**
Within Groups	2550.1	447	5.704847	
Total	2711.9	449		

**Significant at 0.01 level of confidence (4.66)

It was evident from the table 6 that the F-value (14.1856) for the variable of attitude towards religion among yogic practitioners, non-practitioners and sportspersons was significant at 0.01 level of confidence.

**Table 7
COMPARISON OF ATTITUDE TOWARDS RELIGION AMONG YOGIC PRACTITIONERS NON- PRACTITIONERS AND SPORTSPERSONS**

Yogic Practitioners	Non-practitioners	Sport women	DM	CD
-----	6.47	7.70	1.23**	0.54
7.78	6.47	-----	1.31**	0.54
7.78	-----	7.70	0.08	0.54

**Significant at 0.01 level of confidence

Table 7 clearly indicates that the paired mean differences between sports persons and non-practitioners (1.23) and between yogic practitioners and non-practitioners (1.31) were found more than the critical difference (0.54) at 0.01 level of confidence where as the difference in means between yogic practitioners and sports person was less than the critical difference (0.54). It suggests that yogic practitioners possessed positive attitude towards religion than those of the sports men

and non- practitioners, where as the yogic practitioners and sports men possessed similar attitude toward religion.

Table 8
ADJUSTMENT TO HOME AMONG YOGIC PRACTITIONERS NON- PRACTITIONERS AND SPORTSPERSONS

SOV	TSS	Df	MSS	F Value
Between Groups	1.05	2	0.53	0.37
Within Groups	635.27	447	1.42	
Total	636.32	449		

It was observed from the table 8 that there was no significant differences exist on the variable of adjustment to home among yogic practitioners, non- practitioners and sportspersons groups.

Table 9
HEALTH ADJUSTMENT AMONG YOGIC PRACTITIONERS, NON- PRACTITIONERS AND SPORTSMEN

SOV	TSS	Df	MSS	F Value
Between Groups	0.96	2	0.48	0.11
Within Groups	906.87	447	4.27	
Total	1907.83	449		

It was revealed from the table 9 that the F-value (0.11) for the variable of adjustment to health among yogic practitioners, non- practitioners and sportspersons was not found to be significant at any level of confidence.

Table 10
SOCIAL ADJUSTMENT AMONG YOGIC PRACTITIONERS, NON- PRACTITIONERS AND SPORTSPERSONS

SOV	TSS	Df	MSS	F Value
Between Groups	0.75	2	0.38	0.20
Within Groups	832.57	447	1.86	
Total	833.32	449		

It was evident from the table 10 that the F-value (0.20) for the variable of social adjustment among yogic practitioners, non- practitioners and sportspersons was not significant at any level of confidence.

Table 11
EMOTIONAL ADJUSTMENT AMONG YOGIC PRACTITIONERS, NON- PRACTITIONERS AND SPORTSPERSONS

SOV	TSS	Df	MSS	F Value
Between Groups	0.52	2	0.26	0.19
Within Groups	0.52	2	0.26	
Total	620.32	449		

Table 11 shows that the F-value (0.19) for the variable of emotional adjustment among yogic practitioners, non practitioners, and sportspersons was not significant at 0.05 level of confidence.

Table 12
PSYCHOTIC TRAIT OF PERSONALITY AMONG YOGIC PRACTITIONERS, NON- PRACTITIONERS AND SPORTSPERSONS

SOV	TSS	Df	MSS	F Value
Between Groups	3.7911	2	1.8956	0.5544
Within Groups	15.28.3	447	3.4190	
Total	1532.091	449		

It was revealed from the table 12 that the F-value (0.5544) for psychotic trait of personality among yogic practitioners, non practitioners, and sportspersons was not significant at any level of confidence.

Table 13
NEUROTICS TRAIT OF PERSONALITY AMONG YOGIC PRACTITIONERS, NON- PRACTITIONERS AND SPORTSPERSONS

SOV	TSS	Df	MSS	F Value
Between Groups	12.80444	2	6.4022	0.6458

Within Groups	4431.053	447	9.9129	
Total	4443.858	449		

It was observed from the table 13 that the F-value (0.65) for neurotic trait of personality among yogic practitioners, non- practitioners and sportspersons was not significant at any level of confidence.

Table 14
EXTROVERTS PERSONALITY TRAIT AMONG GROUPS OF NON- PRACTITIONERS, SPORTSPERSONS AND YOGIC PRACTITIONERS

SOV	TSS	Df	MSS	F Value
Between Groups	2.92	2	1.46	0.292524
Within Groups	2231.00	447	4.9911	
Total	2233.92	449		

It was found from the table 14 that the F-value (0.29) for the extrovert personality trait among yogic practitioners, non- practitioners and sportspersons was not significant at any level of confidence.

FINDINGS
ATTITUDE

1. Yogic practitioners, non- practitioners and sportspersons possessed similar attitudes towards parents and teachers.
2. Yogic practitioners, non- practitioners, and sportspersons had different Attitudes towards discipline.
3. Yogic practitioners had more attitudes towards discipline than those of non- practitioners and sports persons but non- practitioners and sports persons had similar attitudes toward discipline
4. Yogic practitioners had more attitudes toward country than the sports person and non- practitioners where as non- practitioners and sports men possessed statistically similar attitudes toward country.
5. Yogic practitioners possessed more attitudes towards religion than those of the sports men and non- practitioners, where as the yogic practitioners and sports men possessed similar attitudes toward religion.

ADJUSTMENT

1. Yogic practitioners, non- practitioners and sportspersons had similar level of adjustment to home and do not differ significantly.
2. Yogic practitioners, non- practitioners and sportspersons differed on health adjustment.
3. Yogic practitioners, non- practitioners and sportspersons had statistically similar level of social adjustment.
4. Yogic practitioners, non- practitioners, and sportspersons had statistically similar level of emotional adjustment

PERSONALITY

1. Yogic practitioners, non- practitioners, and sportspersons had statistically similar Psychotics trait of Personality
2. Yogic practitioners, non- practitioners and sportspersons had similar nature of neurotic trait of personality
3. Yogic practitioners, non- practitioners and sportspersons had similar extrovert personality trait.

CONCLUSION:

Except the Attitude variable there was no significant differences found on other two psychological variables namely personality and adjustment among Yogic practitioners, non- practitioners and sportspersons. The Yogic Practitioners were having a positive attitude in respect of discipline, patriotism and religion.

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