

# Stress Management In Cricket Players Through Yogic Techniques

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## Abstract:

**Introduction:** In the current era there is physical and mental demoralization are present in our selves because of our ego and ignorance towards ancient lore. According to Patanjali yog sutra and Shrimad bhagwadgeeta, there is a way to destruct our ego and to regain true wisdom, as well as in the literature of *pt. sri ram Sharma acharya* he has mentioned the techniques to cope up the aggression and also the psychological problems and that is *sadhana* and *yogabhyas*. “Hathyogic practices” can be used as a tool to control our stress, whether it is easy to use with less effort and expenses. Then why shouldn’t we use?

**Aim:** So, the purpose of this study is “To assess the effect of selectiveHath yogic practices on stress”.

**Methods:** For this study we had selected randomly 50 cricket players with age ranging between 18 to 32 years of age. Practicing 50 minute/ day yogic intervention particularly and only those students were considered who were willing to participate in such type of practices. The students are male and almost equal in the term of education, socio economic status and nature of job. Then at the initiation of practice 0<sup>th</sup> day pre data was collected by team on aggression scale by roma pal and tasneemnaqvi. And at the end of session on 30<sup>th</sup> day of intervention post data was taken.

**Result:** According to obtained data we are surprised that there was statistically significant difference at 0.01 level was found between pre and post conditions in the level of stress. This indicates towards effectiveness of hath yogic practices in decreasing the level of stress among cricket players

**Key words:** Group Yoga Practices, Collective Consciousness, *Stress*.

## Introduction:

Human being practices many types of techniques to cope up the Stress As well as many psychologists are also trying to develop such kind of techniques to overcome the Stress. It was essential to develop a tool to cope the Stress as they have proven that most of the diseases are caused by Stress. But many researchers become fails to invent such kind of tools, which exactly can use to overcome the Stress.

**Verma, S (2016)** We all are well known to breathing practices which is also known as Pranayama, “Pranayamas is a yogic breathing technique which is known to improve the physical and mental well-being. when we start talking about mental well being, it is our prime duty to assess the efficacy of therapy on stress. Because the traditional medical system had no concrete strategy for the complete cure the stress. **Sharma, Sanjay (2015)** “Allopathy

includes traditional anti-anxiety drugs such as benzodiazepines, and newer options like antidepressants and beta-blockers. These medications can be very effective, but they shouldn’t be thought of as a cure”

Stress is a cognitive or emotional response made by the individual towards any situation, which demands adjustment. **Udupa (1977)** suggests that stress-related disorders evolve gradually through four stages. In the first stage, psychological symptoms like anxiety and irritability arise due to over activation of the sympathetic nervous system. The second stage is characterized by related physical symptoms like high blood pressure, increased heart rate etc. In the third stage, the abnormalities manifest clinically in the organ systems. In the last stage, severe symptoms in particular organs result which need long-term medical management.

S.no	Stages of stress	quantify the stress	pre- test	post- test
1	Severe stage	> 57	16	00
2	High stage	47-56	18	22
3	Moderate / normal	37-46	16	18
4	Low stage	27-36	00	10
5	Very low stage	< 26	00	00
		<b>Total</b>	<b>50</b>	<b>50</b>

Scientists are taking advantage of new technologies to see exactly what goes on inside the brains of Nada Yoga practitioners. The neuroscientists hypothesize that regular meditation actually alters the way the brain is wired, and that these changes could be at the heart of claims that meditation can improve health and well-being. But the rigors of the scientific method might never have been applied to studying the practice of meditation. Modern psychology as well as yogic philosophy believes in three kinds of tension – muscular tensions, emotional tensions and mental tensions - which can be progressively released through the systematic and regular practice of Yoga and Meditation. Muscular tension results from nervous and endocrinal imbalances. It manifests in the form of stiffness and rigidity in the physical body. In the practice of Meditation the body is progressively relaxed, which in turn releases the accumulated muscular tensions. Psychologists tell that music works on a very subtle subconscious level. In particular they refer to the beat, or rhythm, of the music. They point to the fact that before birth we felt safe, warm and secure within the womb, and the most reassuring sound was that of the mother's heart beat. The slow, rhythmic pulse of relaxing music may reflect the feelings first enjoyed when our lives were stress and anxiety-free. Thus we can withdraw for a while from the causes of our stress and anxiety to an imaginary place of refuge and safety.

The scientific nature of the yogic practices was first revealed when Late Swami Kavalayanandaji started his scientific research in the field of yoga in 1942. The research findings could remove several misconceptions

about yoga and removed the mystical sheath over it. He showed that a logical and scientific explanation could be possible for traditionally described technique on various practices.[3]

Today yoga is popular not so much as a system of philosophy but as a system of practical discipline. The applications of yogic techniques are considered for the benefit of health and cure of certain diseases, like aggression management or for enhancing stamina of individual in different fields as well as physiological problems.[4]

**Objective: -**

To assess the Effect of Selective Hath yogic practices on Stress among Cricket players.

**Sample: -**

The total sample of 50 Cricket players ranging in age from 18 to 32 years was selected from the Post-graduate students of district Hamirpur, Uttar Pradesh, (India). This sample consists of 50 Cricket players in experimental group. A purposive sample was done to select the sample. Pretest and posttest was administered to assess the effectiveness of yogic practices.

People who are selected for this study had already been signed the consent form for being a part of this type of study.

**Criteria for selection of sample: -**

In order to study the effect of yogic practices on stress of urban college Students, the primary criteria for the selection of the subjects are only those students were considered who were willing to participate in

yoga practices, also physically fit and not taking any kind of medication.

as well as the Secondary criteria for the selection of the subjects are who are suffering from stress with at least one problems.

1. Stressed from some physical or mental reasons.
2. Insomnia, night mares, disturbing dreams
3. Lack of concentration
4. Frequent headache, jaw clenching or pain.
5. Forgotfulness,
6. Cold or sweaty hands or feet
7. Nervousness

**Intervention Schedules: -**

The intervention program of yogic practices was given to the experimental group. Participants assigned to the group and they performed the selected yogic intervention in group early in the morning at 6:30 A.M. for fifty (50) minutes for just 30 days including Sundays and holidays. Researcher has instructed to do Atamabodh and tatvabodhsadhna(6 min) and it is done by the participants by themselves. Procedures for these techniques have been described prior to the intervention thoroughly. And rest of the intervention schedules are as shown in given table.

S. No.	Yogic interventions	Round/day	Duration
1.	Gayatri Mantra Chanting	24 round / day	15 min
2.	Sun Salutation	5 round/ day	15 min
3.	Kapalbhati Pranayama	60stroke/ min	05 min
4.	Savita Meditation	1 round / day	05 min
5.	Relaxation/Yognidra	1 round / day	10 min
<b>Total</b>			50 min/ day

**Design: -**

Single group pre-post research design was used in this present study, at the beginning of this study pre-data were collected and tabulated and after 30 days post data were collected, data was analyzed to see if there is a significant difference between them as a result of the selective yogic intervention or not.

**Tools: -**

Stress level was measured by stress scale developed by Dr. M. Singh (2002) by institute

of research and test development, Andheri east Mumbai, India.

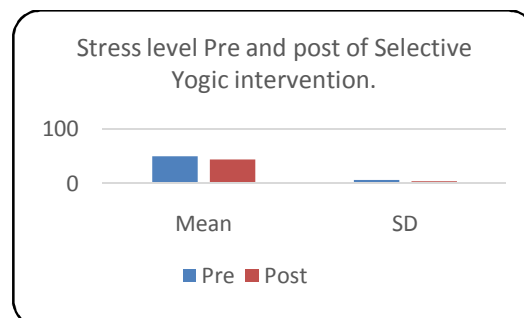
**Statistical analysis: -**

Obtained data were tabulated and analyzed. the initial value of 0<sup>th</sup> day for stress were compared with final value obtained on 30<sup>th</sup> day of intervention. Paired t-test was used for the statistical analysis with the help of SPSS ver. 23.

Group	test	N	M	SD	r	SE <sub>d</sub>	df	t-value	Level of significance
Experimental	pre	50	50.03	6.68	0.90	0.143	49	3.93	0.01 significant
	Post	50	44.33	4.92					

**Result: -**

The mean & standard error of mean (M±SD) of pretest and posttest on level of stress of the experimental group were consecutively found to be 50.03±6.68 and 44.33±4.92. The correlation (r) is .90 and SE<sub>d</sub> is .143 and obtained t-value is 3.93 which is significant at 0.01 level of significance.



In this study, we can clearly stat that the stress level had shifted from severe stage to normal stage significantly which denotes that, the practice of selective Hath Yogic Techniques are significantly make a change on the level of stress in cricket players.

#### **Conclusion: -**

The results of this present study reveal that the regular practices of above mentioned hath yogic practices helps to cope up with stress level of male cricket players. all these aspects affect the interpersonal and social behaviors as well as psychological health of an individual. Healthy citizen makes mentally healthy society than this will lead to the society for the development.

In other way, different yogis start the principle of yoga that the blockage in the

Pranic passage is known as disease so during the practice of yoga actually we are trying to clear the blockage which exist in the way of vital energy/ prana. once a person clears the blockage he definitely get rid of disease. [5] “Pranayama induces calmness and tranquility in several ways it clears all the Pranic passage of any blockage, due to the presence of toxins- it equalizes the flow of prana in the ida and pingla network of nadis. it purifies the blood system of all toxins. the purifying action of hath yogic practices on the brain cells enhances the capacity of the brain centers, allowing them to function at their optimum capacity”[6]

So, it can be concluded as the practices of selective Hath yogic practices is calming down the body and enhancing the work ability as well.

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