

Effect of Yoga Training Program on the Mental Health of Female Basketball Players

Dr. Kavita Sharma

Associate Professor

Physical Education and Sports Sciences

Daulat Ram College

University of Delhi

India

kavi.drc@gmail.com

Abstract: *The purpose of the present study was to know the effect of yoga training program on the mental health of the female basketball players of Delhi University. 100 female players were selected from Delhi University with minimum intercollegiate level participation from the year 2010-2014. The subjects were selected through purposively sampling method. 50 subjects were assigned to an experimental group and 50 subjects were assigned to control group. The experimental group was administered yoga training program (4 days in a week) for a period of 12 weeks. There was no practical training given to control group. Before and after training of yoga, mental health was measured by mental health questionnaire. The collected data was analyzed by Descriptive statistics, paired sample 't' test and independent sample 't' test. Results show that there was significant difference between experimental group and control group.*

Key Words: *Yoga, Mental Health, Training Program*

I. Introduction

Psychological skills have always played an important role in athletic performance. A great deal of research has focused on identifying relevant psychological skills and establishing the effectiveness of psychological interventions in order to serve the athlete effectively (Locke & Latham, 1990; Locke, Shaw, Saari & Latham, 1981; Mahoney, Gabriel &

Perkins, 1987; Vealey & Walter, 1993) Some typical services provided by sport psychologists are imagery training, arousal management, attentional focus relaxation training, motivational strategies, and competitive pressure management. In a meta-analysis, Greenspan and Feltz (1989) reviewed 20 published studies that tested the effectiveness of various psychological interventions to improve performance in competitive sport settings. It was concluded that educationally based psychological interventions are effective in improving the performance of collegiate and adult athletes in competitive situations. Moreover, in a study involving professional athletes, Smith and Christensen (1995) found that psychological skills were prospectively related to baseball performance even after accounting for physical factors. In other studies, psychological skills were shown to be related to other outcome variables which indirectly effect performance, such as injury (Smith, Smoll, & Ptacek, 1990) and learning how to apply skills such as goal setting, imagery training, self talk, muscle relaxation, and attentional control (Williams, 1993). The consensus of data from the reviewed literature indicates that psychological skills are related to athletic performance and that psychological skills can be taught.

The mechanisms by which psychological skills lead to performance enhancement are less well understood. Prevailing theories on psychological skills training have focused on purely psychological mechanisms. That is, the possession of psychological skills is thought to reduce cognitive anxiety and/or improve attention to task relevant cues when executing motor skills (Harris & Williams, 1993). However, accuracy and sport competence can diminish as physical fatigue sets in, particularly in sports where complex cognitive processes and decision-making are involved in physical skill execution. This is often the cause for a loss of one's potential effectiveness (Couture et al., 1994). Therefore, it is possible that psychological skills could aid performance by reducing perceptions of fatigue and by promoting the ability to attend to relevant sport cues in spite of potentially distracting physical cues (i.e. fatigue).

Mental health is a psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment. The mental health can be defined as adjustment of individuals to themselves and the world at large with a maximum effectiveness and socially considerate behavior and ability effacing and accepting the realities of life. The problem of mental health is a vital problem of modern world.

Objectives and Hypothesis: Keeping in mind the literature available and with the consultation of the experts the following objectives were framed:

- To assess the status of the mental health of female basketball players from University of Delhi.
- To find out the effect of the yoga program on the mental health of the female basketball players.

Based on the objectives the following hypothesis was framed:

- There would be a significant effect yoga intervention on mental health of the female basketball players from University of Delhi

II. Procedure and Methodology

For the purpose of the study 100 female players were selected from Delhi University with minimum intercollegiate level participation from the year 2010-2014. The subjects were selected through purposively sampling method. 50 subjects were assigned to an experimental group and 50 subjects were assigned to control group. The experimental group was administered yoga training program (4 days in a week) for a period of 12 weeks. There was no practical training given to control group. Before and after training of yoga, mental health was measured by mental health questionnaire. For measuring mental health, Mental Health Questionnaire by Dr. D. J. Bhatt and Gita R. Gida was used as tool. The collected data was analyzed by Descriptive statistics, paired sample 't' test and independent sample 't' test.

III. Results and Discussion

Table No. 1

Descriptive Analysis of Mental Health of Experimental and Control Group

S.No.	Group		Mean	Standard Deviation	N
1	Experimental	Pre	138.89	10.24	50
		Post	161.90	13.33	50
2	Control	Pre	141.11	11.02	50
		Post	149.62	12.31	50

Table No. 1 depicts the descriptive analysis of the experimental and control group for the pre and post test on Mental Health, which shows that mean and standard deviation values of the experimental group for pre and post test are found to be 138.89 ± 10.24 and 161.90 ± 13.3 , and that of the control group was

found to be 141.11 ± 11.02 and 149.62 ± 12.31 respectively.

Table No. 2

Paired sample 't' test of the mental health between the experimental and control group for the pre and post test

S. No.	Group		't'	p-value
1	Experimental	Pre	3.894**	0.003
		Post		
2	Control	Pre	0.982	0.429
		Post		

Table no. 2 depicts the values of the paired sample 't' test for the experimental and the control group, which shows that a significant difference has been found in the pre and post test values of the experimental group as the value is found to be 3.894, which is significant at 0.05 level, whereas no significant difference is found between the pre and post test values of the control group.

Table No. 3

Independent sample 't' test of the mental health between the experimental and control group for the post test

S. No.	Group		't'	p-value
1	Experimental Vs Control	Post	2.272**	0.010

Table no. 2 depicts the values of the independent sample 't' test for the experimental and the control group for the post test values, which shows that a significant difference has been found in the post test values of the experimental group and the control group as the value is found to be 2.272, which is significant at 0.05 level,

IV. Conclusion

- The result shows that the mental health of the female basketball players from Delhi University is found to be above average level.
- A significant difference is found in the pre and post test values of the experimental group.
- No significant difference is found in the pre and post test values of the control group.
- A significant difference is found in the post test values of experimental and control group.
- Yogic intervention leads to improvement in the mental health of the female basketball players.

References

- Aufenanger S. J. (2005). Relationship between mental skill and competitive anxiety interpretation in open skill and close skill athletes. Miami University, Oxford, Ohio
- Behncke, L. (2006). Mental skills training for sports: A brief review. *Journal of Sport Psychology*. RMIT University, Melbourne, Australia.
- Coakley, J. (2007). Sports in society: Issues and controversies (9th ed.). New York: McGraw-Hill.
- Durand-Bush, N., Salmela, j.H., & Green-Demers, I. (2001). The Ottawa Mental Skills Assessment Tool (OMSAT-3). *The Sport Psychologist*, 15, 1-19.
- Fletcher, D., & Hanton, S. (2001). The relationship between psychological skill usage and competitive anxiety responses. *Psychology of Sport and Exercise*, 2, 89-101.
- Gould, D., Greenleaf, C., & krane, V. (2002). The relationship between arousal and athletic performance: Current status and future directions. In T.S. Horn's (Ed). *Advances in Sport Psychology*. Champaign, Illinois: Human kinetics.
- Gualberto C. J., & Wiggins M. S. (2008) Direction and intensity of trait anxiety as predictors of burnout among collegiate athletes. *Journal of Sport Psychology*. Murray State University.
- Hanton, S., & Jones, G. (1999). The effects of a multimodal intervention program on performers:

II. Training the butterflies to fly in formation. *The Sport Psychologist*, 13, 22-41.

- Hardy, L., & Fazey, J. (1987, June). The inverted-U hypothesis: A catastrophe for sport psychology. Paper presented at the meeting of the North American Society for the Psychology of sport and Physical Activity, Vancouver, BC.
- Jones, G., & Swain, A. (1992). Intensity and direction as dimensions of competitive state anxiety and relationships with competitiveness. *Perceptual and Motor Skills*, 74, 467-472.
- Jones, G., & Swain, A. (1995). Predispositions to experience debilitating and facilitative anxiety in elite and non-elite performers. *The Sport Psychologist*, 9, 201-211.
- Jones, G., Hanton, S., & Swain, A. (1994). Intensity and interpretation of anxiety symptoms in elite and non-elite sports performers. *Personality and Individual Differences*, 17, 657-663.
- Martens, R., Burton, D., Vealey, R., Bump, L., 7 Smith, D. (1990). The development of the Competitive State Anxiety Inventory-2 (CSAI-2). In R. Martens, R.S., Vealey, & Burton (Ed.), *Competitive anxiety in sport* (pp. 117-190). Champaign, IL: Human Kinetics.
- Patsiaouras A., Papanikolaou Z., Haritonidis K., Nikolaidis D., & Keramidas P. (2008). The use of the person-centered approach for the reduction of the state-trait anxiety in volleyball players. *Journal of Sport Psychology*, University of Thessaly.
- Perry, J. D., & Williams, J. M. (1998). Relationship of intensity and direction of competitive trait anxiety to skill level and gender in tennis. *The Sport Psychologist*, 12, 169-179.
- Agrawal J. C. (1996) Education Research and Introduction, New Delhi, Arya Book, Depot.
- Bhatt D. J. (1992) Mental Health Inventory, Department of Psychology, Saurashtra University, Rajkot.