



EXHORTING THE SPORTS PERSONS THROUGH DIFFERENT METHOD AND TECHNIQUE

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ABSTRACT:

In the present study effect of one month yogic exercise program was observed on positive mental health of male sportspersons. To conduct the study 100 intercollegiate male sportspersons (Average age 21.32 years) from the state of Uttarakhand were selected as sample. The selected male sportspersons were divided equally into experimental and control group. 50 male sportspersons from experimental group took part in one month yoga program while subjects of control group did not take part in this program. To assess positive mental health of selected male sportspersons just prior to commencement of study period and after completion of study period, Positive Mental Health Inventory prepared by Agashe and Helode (2007) were used. Result reveal that after taking part in one month yogic exercise program, the positive mental health of male sportspersons enhanced significantly while no significant change was observed in positive mental health of male sportspersons belonging to control group. It was concluded that one month yogic exercise program is beneficial for strengthening the positive mental health of male sportspersons.

KEYWORDS:

POSITIVE MENTAL HEALTH, MALE SPORTSPERSONS, YOGA.

1. INTRODUCTION

WHO defined mental health as feeling assured about doing certain work, elevated level of self confidence and full of creative ideas. To achieve maximum effectiveness and happiness in life, good mental health is required (Meninger, 1930). During the development of concept of mental health, psychologists tried to explore the positive side of mental health. They included good physical health, emotional and mental well-being, good coping skills while defining positive mental health. The pioneer in defining positive mental health is Chaplin (1975). According to Chaplin, "mental health is a state of good adjustment with a subjective state of well-being, zest for living, and the feeling that one is exercising his talents and abilities,"

Strupp and Hadley (1977)⁸ further clarified the concept of positive mental health by adding dimensions such as self-acceptance, ego-strength and philosophy of life in it. In sports settings the importance of positive mental health was also highlight by Tiwari and Agashe (2016) in their study on kho-kho players. Since ages mental strengthening by yoga has also been propagated by many scientists through their studies [Carrington et al. (1980), Baldwin (1999), Deshpande et al. (2008), Knobben (2013)]. Hence it would be interesting to know whether yoga is equally effective in enhancing the emotional and mental well-being of sportspersons? In order to address this question, the present study was planned.

In the present study effect of one month yogic exercise program was observed on positive mental health of male sportspersons. It was also hypothesized that "one month yoga exercise program will have beneficial effect on

positive mental health of male sportspersons".

2. METHODOLOGY

2.1 SAMPLE

To conduct the study 100 intercollegiate male sportspersons (Average age 21.32 years) from the state of Uttarakhand were selected as sample. The selected male sportspersons were divided equally into experimental and control group. 50 male sportspersons from experimental group took part in one month yoga program while subjects of control group did not take part in this program. The selection of sample was based on purposive sampling.

2.2 INSTRUMENT

Three dimensional positive mental health inventory with self acceptance, ego strength and philosophy as its sub variables prepared by Agashe and Helode (2007) were used to assess emotional and mental wellbeing of selected male sportspersons. It consists of 36 questions. The test-retest reliability coefficient of this inventory is 0.723.

2.3 YOGIC EXERCISE PROGRAM:

One month yoga exercise program was prepared by the researcher with inputs from yoga experts. Asanas with supine, prone and sitting position such as Savasan, Ardha, Chakrasan, Padmasan, Pranayam, OM chanting and Anulom Vilom etc. were part of this yogic exercise program of one hour duration.

2.4 PROCEDURE

After selecting 100 intercollegiate male sportspersons purposively, they were divided equally into experimental

and control group. Subjects belonging to experimental group took part in one month yoga exercise program of one hour per day for five days in a week. Administration of positive mental health inventory was done twice i.e. before

the commencement of study period and secondly after the completion of study period. The pre post response of the subjects on JPMHI was scored off and put to statistical analysis. Results shown in table 1.

3. RESULTS

TABLE 1

PRE AND POST TEST STATISTICS OF POSITIVE MENTAL HEALTH OF MALE SPORTSPERSONS BELONGING TO EXPERIMENTAL AND CONTROL GROUP

MALE SPORTSPERSONS	N	POSITIVE MENTAL HEALTH		MEAN DIFF.	T
		PRE-TEST	POST TEST		
		MEAN \pm S.D.	MEAN \pm S.D.		
EXPERIMENTAL GROUP	50	17.88 \pm 4.56	20.56 \pm 4.00	2.68	4.39**
CONTROL GROUP	50	18.10 \pm 4.82	18.18 \pm 4.72	0.08	0.83

** Significant at .01 level

Results shown in table 1 show that in experimental group, mean scores on positive mental health differ before yoga exercise program (M=17.88) and after yoga exercise program of one month (M=20.56) at .01 of statistical significance. The mean difference of 2.68 shows that after participating in especially designed yoga program mean positive mental health scores was increased significantly as compared to what it was before the commencement of study period. (t=4.39, df=49, p<.01).

No significant change in mean positive mental health scores of subjects belonging to control group during one month of study period. The mean positive mental health score before the commencement of study period was 18.10 which became 18.18 after the completion of one month study period. (t=0.83, df=49, p>.05)

4. DISCUSSION

Result indicates significant and positive effect of one month yoga program on positive mental health of intercollegiate male sportspersons. As per yoga principles controlling the prana one can control the mind. (Swatmarama, 1998) Hence the results are in accordance with previous theories regarding the efficacy of yoga in enhancing emotional and mental well-being.

5. CONCLUSION

On the basis of results it was concluded that positive mental health of male sportspersons can be strengthened by incorporating a suitable yoga exercise program of certain duration.

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