

**ASSESSMENT OF COMPETITION STRESS AND ITS
MANAGEMENT STRATEGIES: AN EXPLORATORY STUDY**

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MASTER OF PHILOSOPHY

Gagandeep Singh
Regd.no. 11412921

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2015

DECLARATION

I declare that the dissertation entitled *Assessment of competition stress and its management strategies: An exploratory study* has been prepared by me under the guidance of Dr. Harmanpreet Kaur, Associate Professor, Physical Education, Lovely Professional University. No part of this thesis has formed the basis for the award of any degree or fellowship previously.

Date:

Gagandeep Singh

**Department of Physical Education
Lovely Faculty of Business and Arts
Lovely Professional University
Phagwara (Punjab)**

CERTIFICATE

This is to certify that Mr. Gagandeep Singh has completed M. Phil dissertation *Assessment of competition stress and it's management strategies: An exploratory study* under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation and study. No part of the dissertation has ever been submitted for any other degree or diploma at any university.

The dissertation is fit for the submission and the partial fulfillment of the condition for the award of M. Phil degree.

Dr. Harmanpreet Kaur

Supervisor

Department of Physical Education

Lovely Faculty of Business and Arts

Lovely Professional University (Punjab)

Date:

ABSTRACT

The present study was conducted the Assessment of competition stress and it's management strategies: An exploratory study. Descriptive statistic method was used in this study to find and precise information. In this study the investigator used the purposive random technique for collect the data. The objective of the study was found out the effect of management strategies on sports competitive anxiety, will to win, blood pressure, heart rate. The check list was to assess the physiological changes before competition. A sample of 30 male hockey players selected from jarkhar hockey academy Ludhiana 2015. The total five standardized tools 1.) Sports competitive anxiety 2.) Will to win .3.) Blood pressure 4.) Heart rate 5.) Physiological parameters. After pre test use the managing strategies leisure time activity, yogic practices and motivational strategies were used. After eight weeks post test was conducted. Level of significance of study is 0.5 level. 't' test was used as the statically technique. The results of study show that SCAT and will to win were found to be significant and blood pressure, heart rate insignificant. Effect of managing strategies decreases the level of different physiological parameter.

Keywords: .) Sports competitive anxiety, Will to win, Blood pressure, Heart rate, Physiological parameter.

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CHAPTER I

INTRODUCTION

1.1 INTRODUCTION OF THE PROBLEM

Where there are sports there will be competition and competition always brings stress among the participants. Stress level always differs according to the capability of the individual. At school level, zone level or district level there will be a low level of stress and in national level and international level there will be a high level of stress on individual as per the performance level of the individual. Stress level also depends upon the opponent players and teams if your opponent is tough then you always feel more pressure and stress otherwise you feel comfortable and relaxed. So competition always brings stress weather it is high level or low level. What is stress? Stress is the situation when someone unable to cope up with the demands of any task or situation and feel extra burden. In sports when players feel that their opponents are tough or they are going to be defeated then they feel our self in stress. It can be during competition and before competition. In games and sports players whom use to perform well in the practice sessions they find it difficult to perform well in real tough situations. So competition pressure really affects player's performance.

The recent examples of competition pressure in cricket world cup 2015. "South Africa is a favorite team in the tournament but India beat South Africa by 130 runs because India played better cricket in pressure situation and holds their nerves in pressure situation very well" KapilDev 2015. There is always pressure in India Pakistan game of media fans and the country. So every team of any game at any level state, national and international level when play in certain conditions then there is a stress of crowd, their near and dear ones, coaches then every team finds it difficult to perform well and which team utilize the pressure and hold their nerves better than their opponents then they play well and win their matches.

Whenever competition stress comes it brings some physiological and psychological changes among the players. "if we talk about physiological changes then players often feel these changes before the competition:- Ill feeling, Headache, Dry Mouth, Difficulties Sleeping, Butterflies in stomach, Cold clammy hands, constant need to urinate, profuse

sweating, negative self talk, dazed look in eyes, increase muscle tension, inability to concentrate and shivering” (David Kirk 2004).

Due to these changes sometimes there is a high blood pressure. It is the pressure exerted on the walls of the arteries as the heart pumps blood through the body. Systolic blood pressure is obtained when blood is ejected into the arteries. “Diastolic pressure is obtained when the blood drains from the arteries. Blood pressure increases before the competition. Heart rate is another physiological variable that increases before the competition. Heart rate is the number of times heart beats per minute. Respiratory rate is the number of inspiration/expiration in a minute. It also increases before competition. Muscle tension also increases and players also feel tightness in their body due to competition stress” (Pesola GR 2001).

Except from these physiological changes there are some psychological changes occurs due to competition stress among the sports persons. Stress is one of them. Apart from this anxiety also occurs due to competition pressure. “Anxiety is a negative response may relate to cognitive events such as feeling of worry or physiological occurrence such as feeling of muscle tension. Arousal is also the part of psychological changes due to competition stress. Arousal refers to changes in activation from deep sleep to high excitement. Arousal associated with good events such as doing well in your exams and not so good events such as falling off your bike. Arousal level goes up and down due to stress. Lack of Confidence is another psychological factor that affects players before competition and brings pressure. When we are confident we have a tendency to perform well. When we lack confidence our tendency is likely to be performing poorly. Confidence is important because the things that someone thinks or says to himself before performing is critical is critical. If you don’t think you can achieve your goals, then you probably won’t. Negative self talk is another psychological variable that occurs due to competition pressure. In negative self talk we start to doubt ourselves. Doubts can increase anxiety. They interfere with concentration and they can make someone indecisive or tentative. Lack of concentration is also is the factor of competition stress or pressure. Concentration is a vital factor in quality performances in any setting. When someone is performing at their best, they rarely have difficulty with concentration. It seems to happen naturally and easily. However when they are nervous or

lack confidence, concentration can waver and the value of their performance decrease” (Pesola GR 2001).

So due to competition stress some physiological and psychological changes occur and lead to decrease player’s performance in the competition. So it is very important to reduce this competition stress so that players or athletes can get rid of this pressure and can perform better. So there are some techniques, exercises and yoga asana with the help of these, competition stress can be reduced to some extent and player’s performance can be improved.

There are some techniques which can be very useful. Motivation is the best way to reduce competition stress. Players whom are motivated use to play well under tough conditions. Motivation is central that all we do. When we talk about motivation, we are taking about why people do what they do. We can enhance motivation among players with different techniques like goal orientation. It has two types task and ego orientation task orientation is better than ego orientation because in ego orientation players define success in term of winning so if they are losing they find themselves under pressure. On the other hand with task orientation players define success in terms of mastering a new skill. They compare their performance with their own performance. So we should try to improve the task orientation to reduce the level of competition stress and to enhance their performance. “There are some other strategies for improving motivation like goal setting, in goal setting we set specific goals, set challenging goals, set long term and short term goals, set performance goals, identify strategies that will help you achieve your goals, write down your goals and evaluate your goals regularly. Positive talk is another thing that reduces the stress level. In positive talk think of a situation in which you felt really confident. Make a note of the situation and what you were saying to yourself. Now think of when you lacked confidence. Again make notes of the situation and what you were saying to yourself. In the later situation when you lacked confidence, there is a good chance you had some self doubts. May be you were telling yourself, “I am so useless’ or I can’t believe I’m playing so badly. Having built up a list of negative things we typically says to ourselves, we can then build up another list of positive statements to counter them. We can tell ourselves such things as be calm and focused _remember all the good training you have done and hang in there, one

shot at a time. These positive statements should be task oriented; that is, they should be encouraging statements that focus on what you have to do at present. When you find yourself thinking negatively, try repeating one of the positive statements to yourself to switch your thinking around. When you use the positive statements, say them to yourself with conviction and emotion, as if you really believe them. Recall your performance goals, as this can also be an effective reminder of what you are trying to achieve (David Kirk 2004).

Confidence develops by positive self talk and reduces the stress level. So reduce the stress level by some yogic asana, Patanjali gave the principles of Yoga practice in the yoga sutras. He also wrote about meditation and Pranayam, Meditation is used to improve concentration and relax the mind from the stressful life and pranayam plays an important role. The deepeners of the breath on their own accord and the body's circulation and metabolism are stimulated. Using the breath greatly is very enhances muscle relaxation by focused on tense areas of the body and knowingly relaxing those parts with each exhalation.

The practice of meditation regularly brings relaxation of mind, internal peace and internal joy. By progressively more gaining control over your mind, every session brings nearer and nearer to itself, the center of the body being filled with joy, good judgment and pleasure.

Consideration helps to be aware of how the mind works, and when a person understands how the mind works then he can begin to make persistent changes to life to improve it. Furthermore, meditation improves the ability to objectively analyze your emotions, mental states, thought patterns, and responses to events that occur around any person. Meditation is also beneficial to sports persons by improving their mental health, mental status, reduces stress, depression and anxiety. It helps to keep calm the mind of sports players.

When the hockey players can meditate on a regular basis his mind becomes clearer and more focused, thereby improving the quality of play and allowing performing superior and more speedily all tasks. Not only meditation can help you achieve your goals faster, but also and more significantly, it can direct you in setting better and wiser goals in your life.

The conceptual background of yoga has its birth in ancient Indian philosophy. There are many types of yoga, each having its own distinct importance regarding the relative

content of physical postures and exercises, breathing techniques, deep relaxation, and meditation practices that cultivate awareness and eventually more profound states of consciousness. Yoga can be spoken as a combination of soul and spirit. If the yoga is performed in the true sense of the word, it helps in developing and maintaining sound personality as physically, mentally, intellectually, emotionally and spiritually.

Yoga has become very popular now day a day, as a people are very healthy and personality conscious. Yoga is a panacea for the players especially because it helps them to throw out depression and irregularity or imbalance of mind. It maintains the stable feelings which have positive value for the players. Players can have mental, emotional and behavioral problems which are real, painful and costly, but with the help of yoga asana, pranayama, meditational techniques the orphans can improve their mental health. Yoga is a very effective stress reduction and relaxation tool for hockey players. Yoga has a specific function to well being of the human perform and works for the well being of our body and mind for the positive . There are immeasurable benefits of practicing yoga. The most important benefit is to achieve a performance in sports. The practice of the yoga asana will have beneficial of the pranayam and mediation

1.2 SIGNIFICANCE OF THE STUDY

In this study researcher found the causes of competition stress and how it affects the players, physiologically and psychologically. Researcher found the physiological and psychological variables which are affected by the competition stress. After that researcher made the questionnaire and used tests and other equipments to measure the physiological and psychological changes. Researcher took the pre test of the players for measuring their competition stress level. After that researcher made a training schedule of different types of stress reducing techniques, meditation exercises, recreational activities and yoga asana for reducing the stress among the players and then a post test have been conducted. In this way this study will further be helpful for managing physiological and psychological condition before the competition. It will also be helpful to the coaches for giving mental training program for different level players of different games. It will also be helpful to increase the level of performance among athletes.

1.3 STATEMENT OF THE PROBLEM

To assess the competition stress and to make the strategies for reducing the competition stress. So the title is, “**Assessment of Competition stress and its management strategies.**” **An exploratory study**

1.4 OBJECTIVES OF THE STUDY

1. To find out the effect of managing strategies on sports competitive anxiety.
2. To find out the effect of managing strategies on will to win.
3. To find out the effect of managing strategies on blood pressure.
4. To find out the effect of managing strategies on heart rate.
5. To find out the effect of managing strategies on physiological parameters.

1.5 HYPOTHESES

1. There exist significant effects of managing strategies on Sports competitive anxiety.
2. There exist significant effects of managing strategies on will to win.
3. There would be hypothesized that significant effect of managing strategies on blood pressure.
4. There would be hypothesized that significant effect of managing strategies on heart rate.
5. There would be hypothesized that assess the effect of managing strategies on physiological parameters.

1.6 DELIMITATIONS

1. The study was delimited to only male hockey players.
2. The study was delimited to district and state level hockey players.
3. The study was delimited to only seventeen to twenty one age group players.
4. The study was also delimited to only Mata Sahib Kaur Academy Jarkhar Ludhiana.

1.7 OPERATIONAL DEFINITIONS OF THE TERMS USED

Stress: - Stress is the situation when someone unable to cope up with the demands of any task or situation and feel extra burden.

Anxiety: -. Anxiety is a negative response may relate to cognitive events such as feeling of worry or physiological occurrence such as feeling of muscle tension.

Blood pressure: -. It is the pressure exerted on the walls of the arteries as the heart pumps blood through the body. Systolic blood pressure is obtained when blood is ejected into the arteries. Diastolic pressure is obtained when the blood drains from the arteries.

Heart rate: - Heart rate means that how many times heart beats per minute.

Will to win: -The will to win, the desire to succeed, the urge to reach your full potential these are the keys that will unlock the door to personal excellence.

CHAPTER II

REVIEW OF RELATED LITERATURE

Paul B et.al (1997) conducted the study relation with the health, physical activity behavior and locus of control in the represent sample. Total thirteen thousand adults in males selected as a sample. The study was present that recent free time exercise behavior would be good, locus of control beliefs, positively correlation with internal health and negatively correlation with internal health. Wall. S (1992) told the relationships between health locus of control beliefs and exercise behavior should be stronger a high value on their health among individuals placing. The result of the study was weak but significant correlations between exercise behavior with predictions and locus of control dimensions. The finding of the study in relation to the need to consider other reinforcements and other expectancy beliefs when predicting exercise behavior. .

Keats R M (1999) conducted on study relationship between psychosocial well being and leisure time activity. The fifty three cancer diagnosed patient was selected as a sample. (Pre, during and post) recalled leisure time physical activity all the sample fill the self made questionnaire which are made through expert. They also using psychosocial well being to measure the depression of concpatand. Reasercher use the four type of patterns to overcome the cancer patients. They also analyzed the leisure time activity to overcome the maintainers and variance of the labeled maintainers. The findings of the study follow up that the significant difference self concept, opposite correlation. The result of the study shows that opposite sex relations was the effect of the sizes ranging among medium, large and too large. The cancer patient treat through the leisure time activity is much better as the among group. The result was shows that LTPA patterns to much across the experience of the cancer may be also related to cancer diagnoses to psycholosocial well being .

Harrison Lk, Denning S and others (2001) studied the effects of competition on cardiovascular system. The activity of cardiovascular system was restrained at resting baseline and in response to a game of racing, Undertaken with an experiment in the competition, Goal orientation and competitiveness and win were calculated by

questionnaire. Competition resulted increase in the heart rate and blood pressure, and a significant decrease in projection time period, an index of increase beta-adrenergic effect on the cardiovascular system. The co-operation activity was mostly without effect, and even though the solo task affected any cardiovascular system activity. It did this to a less consistently as compare to did the competition activity. The three task conditions then were huge distinguishable by their capacity to charge beta-adrenergic processes.

Nevill A (2002) studied the effect of different patterns of daily fast walking on cardiovascular disease, fitness and psychological well-being in previously sedentary adults. Total 21 subjects were selected, in all group were divided into (14 women) were randomly assigned in two different, six weeks programs of quick walking in a cross over design, with an interval of two weeks. One program comprised on 130 minute walk per day and 5 days in one week and the rest of three as 10 minute walk in a particular day, also 5 days in a week. All the walking was at 70% to 80% of predicted maximal heart rate. Maximal oxygen uptake), body composition, blood pressure, resting arterial, fasting plasma lipoprotein variables were assessed before and after every program. Result showed that three short bouts in ten minutes of quick walking accumulated during the whole day are at least as efficient as one uninterrupted bout of equal total duration in improving aspects of mood in previously sedentary individuals and in reducing cardiovascular risk.

Poulsen, AA et.al (2006) investigated the study participation in leisure time activity, individual goal orientations dispositional, self concept perceptions were examined relationship among physical coordination and self evaluations of life satisfaction. Total 173 boys age 10- 13 was selected as a sample to compete the study. Pre leisure time questionnaire fill after that one week activity diaries and 12 recall questionnaire filled by the subjects during the leisure time activity. Self concept measure by self report, global life satisfaction and dispositional goal orientations was also done to be measure the result. The result of the study that significantly low level self concept perceptions with moderate to serve physical coordination difficulties. The result also significant appearance, peer and parent relations and general self concept as well as lower life satisfaction than the groups of boys with medium levels to the high levels of the physical corrdination.

Adeqbesan OA (2007) conducted the information of indicated of choking under more pressure in athletes during the activity and competition. All the 300 players were as a sampled and apply on a questionnaire on internal and external perceive the sources of choking. The all Analysis indicates a significant difference in mean rating on the two choking indicates for male and female players. The women's means were high level than the males but the difference was less than 1.00. Means for four sport groups were similar for the internal subscale but significantly different on the External subscale.

Benavides S (2009) conducted the study of the effect of yoga on weight in youth at risk for develop type-2 diabetes. The psychiatric symptoms were also measured due to the participation in yoga. 12 week Ashtanga yoga enrolled on 20 adolescents and children. Measurement of weight was done before and after the program. All the subjects completed self- concept, anxiety and depression inventories scale at the end of the program. 14 predominately children between the age of 8 to 15, completed the whole activity program. 4 out of 5 children with lower self esteem had improved, although 2 had decreased in self esteem. There was improvement in anxiety symptoms in the study.

Hui E et.al (2009) investigated the effects of dancing on the health status of older persons. To either an intervention group a pool of 111 community-dwelling subjects was allocated, which was including 23 sessions of dance in three months. All subjects were assessed at baseline and after the three months. Physical outcome measures included body composition, 6 minute time walking test, balance, trunk flexibility, the time up-and-go test, blood pressure and resting heart rate. With the help of Medical Outcomes Short Form questionnaire the goodness of life was assessed. The view of IG towards dance was also evaluated in 12 weeks. The many subjects of the group realized that the activity improved their health status. So the study found that dance is beneficial in physically and mentally.

Halvari H (2010) conducted a trans-contextual model based on self-determination theory of the relationship between motivation in physical education, motivation in leisure-time physical activity and psychological well-being. Participants were 329 Norwegian upper secondary school students. Students' perceptions of autonomy-supportive teachers in physical education were expected to be positively associated with students' psychological needs satisfaction in physical education, which was expected to be positively related to

autonomous motivation for physical education participation. In turn, autonomous motivation for physical education was expected to be positively associated with perceived competence and autonomous motivation for leisure-time physical activity, which both were expected to be positively associated with leisure-time physical activity and psychological well-being in general. Structural equation models and bootstrapping supported the hypotheses and the indirect links between variables. Sex differences indicate that more research is needed on how to motivate girls to be more physically active in leisure time.

Nagendra H R et.al (2010) conducted a study on the impact of yoga on emotional intelligence and collected data from 60 managers in a business enterprise, which showed a great impact of yoga on emotional intelligence of the managers. The results indicate the importance of yoga as an integral element in improving managerial performance in organizations and there is a great need to further explore this construct.

Esfahani N. and Ghezesoflu H (2010) conducted the comparison of pre competition anxiety and state anger between female and male volleyball players. The CSAI-2R questionnaire (used to measure cognitive state anxiety, somatic state anxiety and self-confidence on a scale ranging from 1 = *not at all* to 4 = *very much so* in a competitive setting) was distributed to 214 subjects including male and female volleyball players who participated in university matches. The questionnaires were distributed to the subjects 30 minutes before they went to the hall to start the competition. Finally 88 questionnaires were collected from male volleyball players and 82 questionnaires were collected from female players. In this research, The State-Trait Anger Expression Inventory (STAXI; Spielberger, 1991) was also used to provide a measure of the anger experience as an emotional state (state anger), the disposition towards anger as a personality trait (trait anger) and the expression of anger. K-S ($P=0.05$) was used to ascertain data normality. The results showed a significant difference in all pre-competition anxiety subscales: cognitive state anxiety, somatic state anxiety and self-confidence. Although there was no significant difference in trait anger, there was a significant difference in state anger and the expression of anger.

Oudejans RR, Kuijpers W and others (2011) conducted a study on thoughts and attention of athletes under pressure: skill-focus or performance worries. Two retrospective methods were employed, namely, verbal reports and concept mapping. 70 expert athletes indicated their

main focus of attention when performing under high pressure in competition in the verbal reports and for concept mapping 7 expert athletes generated statements about their focus of attention in such high-pressure situations. It was revealed that under pressure attention, athletes were often focused on worries and hardly ever on movement execution, by both the methods. Furthermore, the athletes reported that they focused attention on external factors and that they reverted to positive monitoring in an attempt to maintain performance. These results are more concerned with distraction theories than self-focus theories, suggesting that attention to performance worries rather than to skill execution generally explains choking.

Gonçalves L C et.al (2011) conducted a study on the levels of flexibility, functional autonomy and Quality of Life in elderly yoga practitioners. The subjects were divided into yoga group and control group and using the WHOQOL-Old questionnaire, flexibility tests were conducted on the subjects through goniometry, the LADEG autonomy protocol and Quality of Life. Repeated measures of ANOVA showed increases in particular range of motion in shoulder abduction, horizontal shoulder extension, lumbar spine flexion, hip flexion, hip extension and knee flexion. The Mann–Whitney test revealed increase in overall Quality of Life in the YG compared to the CG. The remaining variables showed no significant intergroup modifications. Thus, the study suggests that the regular practice of yoga may lead to improved range of motion in the performance of day to day activities of elderly people.

Lindwall M et.al (2012) conducted a study on the relation between mental health and level of self-reported physical activity, aerobic fitness and whether AF mediates the relation between SRPA and mental health. For this study, 177 voluntary samples (49% men, 51% women) with a mean age of 39 years. The Hospital Anxiety and Depression scale was used to measure the symptoms of depression and anxiety and the Shirom-Melamed Burnout Questionnaire was used to evaluate self-reported symptoms of burnout. AF was measured by the Åstrand bicycle test and Leisure time SRPA during the last three months were measured using a single item. The study showed that self-reported physical activity, but not AF, was significantly related to self-reported symptoms of depression, anxiety, and burnout. The results also show that light to moderate physical activity that is performed regularly seems to be associated with more favorable mental health pattern compared with physical inactivity.

And no support was found for the mediating effect of AF of the physical activity–mental health relationship.

Rocha K K F et.al (2012) studied the effects of yoga on memory and psycho-physiological parameters related to stress, comparing yoga practice and conventional physical exercises in healthy men (previously yoga-naïve). Before as well as after 6 months of practice, memory tests, salivary cortisol levels and stress, anxiety, and depression inventories were assessed on the yoga practitioners. They showed improvement in the memory performance as well as in psycho physiological parameters. The results of this study suggest that regular yoga practice can improve aspects of cognition and quality of life for healthy individuals. An indirect influence of emotional state on cognitive improvement promoted by yoga practice can be proposed.

Wilson P M (2012) studied the role of basic psychological need satisfaction as a potential mediator of the relationship between health-enhancing physical activity and well-being. The subjects selected for the study were young adults (N = 201) who recalled their HEPA behavior, experiences of psychological need satisfaction, and levels of well-being across multiple indicators using a cross-sectional design targeting the previous day. Results from path analysis demonstrated that effort put forth in HEPA activities, as opposed to frequency or duration of HEPA, predicted well-being. Also, psychological needs satisfaction mediated between 10% and 44% of the HEPA-Effort – well-being relationship. Overall, the results of the study show that effortful investment is associated with well-being when engaged in HEPA, and that the satisfaction of basic psychological needs is a salient explanatory mechanism partially accounting for that relationship.

Hawke C L (2012) conducted a study to examine the relationship between physical activity and mental well-being, on 251 undergraduate students (nurses). The International Physical Activity Questionnaire was used to measure the physical activity, along with other outcomes such as self-esteem, anxiety, depression, life satisfaction, outcome expectations and self-efficacy. The total samples were taken according to the Department of Health's physical activity guidelines. The results of the study show that participation in physical activity may be influential in improving mental well-being in student nurses. Therefore,

promoting physical activity in students (nurses) has the potential to increase self-esteem and life satisfaction and decrease the risk of anxiety and depression.

Mateo M, Blasgo-Lafarga C et al (2012) studied the Heart rate variability and pre-competitive anxiety in BMX discipline. The subjects taken were 11 male athletes from the BMX Spanish National Team who were assessed from baseline HRV on the morning of a training session (rT) and on two successive days of competition (rC1 and rC2), repeating HRV recording with CSAI-2R, 20 minutes prior to training (aT) and competition (pre-competitive: aC1 and aC2). Repeated measures of MANOVA showed significant vital slow-down responses in aC1 and aC2 comparing not only with aT, but also comparing with rT, rC1 and rC2, coinciding with significant greater scores for the somatic and cognitive anxiety (SA and CA) in aC1 and aC2 versus aT. The results of the study confirm that HRV analysis provide a complementary tool to assess competitive pressure.

Buvanendiran P. (2013) conducted a study on the Pre-competition Sports Anxiety among Handball and Volleyball Players. Sample was collected from thirty players, 15 players from each team, i.e. handball (N=15) and volleyball (N=15), between the ages of 17 to 19 years from St. Johns College, Jaffna. Player's sports anxiety was measured by the investigator before the competition by the standardized sports competition anxiety test. The results of the study were analyzed by using 't' test and showed that there was a significant difference between Handball and Volleyball players on pre-competitive sports anxiety.

Fernandez-Fernandez J, Boullosa DA and alternatives (2014) studied Psycho physiological Stress Responses through Training and Competition in Young Female Competitive Tennis Players. 12 players were monitored through one match and a training day (i. e., simulated match play). Measurements involved salivary cortisol, the reconsider Competitive Sport Anxiety Inventory, heart rate and rate of perceived exertion. Main day of completion elicited higher SC levels for losers at all points in time when compared to winners. All players showed materially lower SC levels through training when compared to the match at all points in time except through the evening for winners. Winners of match and training situations had materially higher self-confidence and bottom cognitive anxiety and somatic anxiety scores than losers. Heart rate and RPE were materially higher for losers only through the match (158.9±8.3 vs. 168±6.7 bpm; 12.9±1.2 vs. 15±0.8, for losers and winners,

respectively). There were modest strong correlations between SC, self-confidence and anxiety scores, and match workload (i. e., HR and RPE) only through the main day of competition. These outcomes designates that the interplay between psycho physiological responses, main day of competition workload and outcome was transparent only under real competitive conditions.

Calmeiro L, Tenenbaum, Eccles DW (2014) studied Directing pressure: motifs of appraisals and coping strategies of non-elite and elite athletes through competition. The motive of this study was to compare moment-to-moment appraisals and coping strategies of 4 non-elite and 2 elite male trap shooters through competitions and in specific periods of competition recognized as critical to performance. Appraisals and tackling patterns of trap shooters were cached via verbal reports of thinking provided between sets of shots during major competitions. Verbal reports were coded according to an appraisal and tackling typology. Coded data as well as shooting performance data were subjected to a sequential analysis of probabilities of pairs of events. Little reports of negative appraisals and more frequent reports of problem-focused coping were observed among both elite athletes compared to non-elite athletes. After making a NEGA, non-elite shooters often progressed to the next target without striving to cope, whereas elite shooters used both PFC and emotion-focused coping before beginning to the next target. After misplaced any target, the non-elite athletes used more EFC than expected. These consequences indicate that elite athletes are more likely to cope with NEGAs than non-elite athletes utilizes a wider variety of tackling strategies. Athletes might satisfied from increased awareness of the potentially detrimental bumped of NEGAs on performance and by integrating tackling strategies within preparatory routines.

Piacentini MF, Miganti C and others (2014) studied Stress related adaptation during a half marathon in master endurance athletes. The aim of the existing study was to investigate heart rate, salivary cortisol alpha—amylase and rating of perceived exertion in relation to competition outcome during a half marathon. HR was monitored and salivary specimen were collected during an official half marathon in five Master endurance runners (age 47 ± 7 years). RPE was collected using a 100-mm Visual Analogue Scale 30 minutes after the end of competition. Performance corresponded to 94% of their personal best. Athletes spent 53.7% of total race time at paternities above 95% HRmax. RPE showed values of 68 ± 8 mm.

With respect to pre-competition values (25.54 ± 6.39 nmol/l), sC concentrations significantly increased ($P = 0.043$) by 59% instantly after the race (40.54 ± 3.95 nmol/l) and remained elevated until 1h post exercise. Pre-competition sAA concentrations (90.59 ± 42.86 U/ml) were 118% higher ($P = 0.043$) with respect to time-matched baseline values (197.92 ± 132 U/ml). sAA increased (192%; $P = 0.043$) instantly after the race and was higher than time-matched resting samples. Each preferable athlete performed the greater Cortisol increase during exercise ($P < 0.001$). Performance was not correlated to the anticipatory sAA (the percent difference between pre-competition values and time-matched baseline ones) or to the sAA increase during exercise. This is the first attempt to study the stress-related reactions during official endurance competitions in master runners. Although the strict criteria of inclusion might have restricted the statistical significance, the available findings indicate that endurance competition is an incredible stressor for psycho-physiological features of master athletes.

Jesudin Rajesh E (2014) studied shows impact on endurance training yogic practice and combination of training on selected physical and physiological variables of soccer players. High type sports performance is not merely the product of psychic, physiological and physical prerequisites possessed by newline an individual sportsman. High performances are attained after newline prolonged periods of training holed up directly or indirectly by newline the society. Therefore high performance should also be newline considered as an expression of social will and productivity. It is now newline an accepted fact in performances sports that a society which actively and consciously supports the training and competition newline system is able to win more medals in international competitions. Maximum athletic performance is built on training newline concepts that are applied in the daily practice sessions over extended periods of time. This progressive effect of daily training newline units serves as the building blocks of bio motor development. It is necessary to select the proper training units that will be most newline favorable to the athlete with concern in regards to the efficiency newline and economical principles of training. The application of these principles mingled with the proper training plants in a periodical process will allow the athlete to attain superlative athletic performance.

CHAPTER III

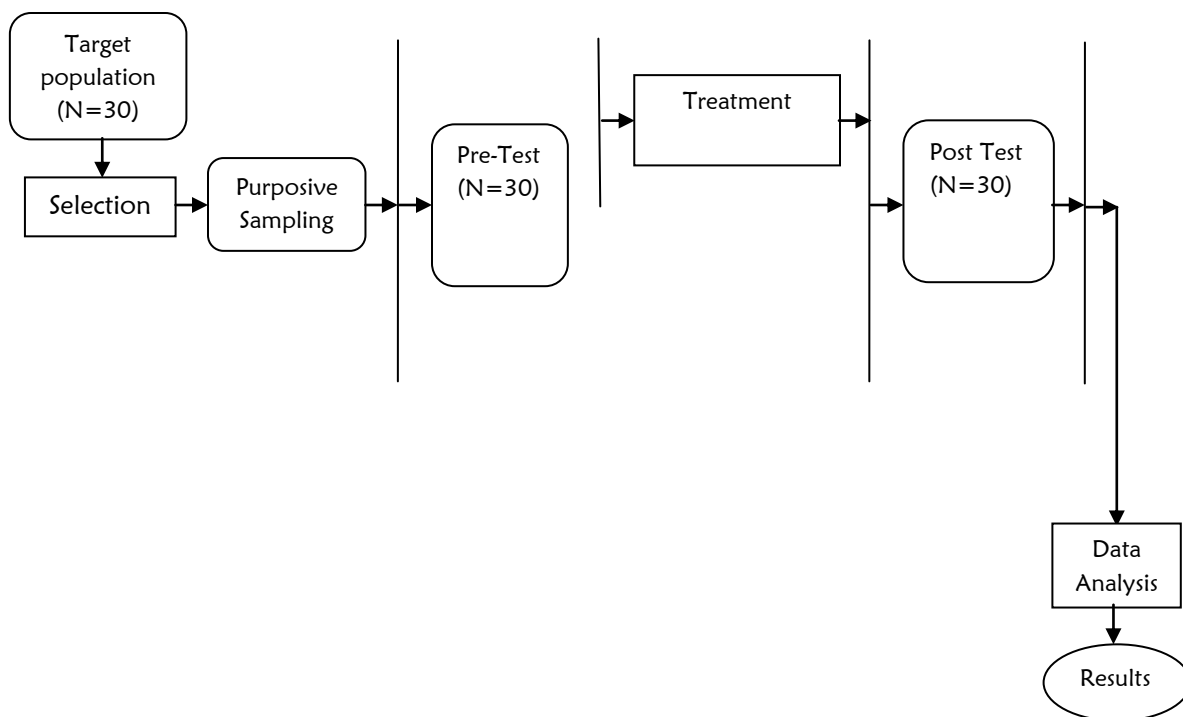
METHODS AND PROCEDURE

The intention of this study is to assess the effect of yogic asana and leisure time activities and motivational techniques on competition stress of hockey players. This chapter details the methodology adopted for this study. The chapter is prepared in sections cover (i) Selection of subjects (ii) Procedure for collection of data (iii) Design of the study (iv) Tools used (v) Administration of test (vi) Statistical techniques.

3.1: SAMPLING DESIGN

The present study is an experimental study, therefore the investigator used pre test-post test experimental design and for this purpose 30 male hockey players were selected from mata sahib kaur academy jarkhar through purposive sampling technique (Non probability sampling technique).

3.2: DESIGN OF THE STUDY



3.3: TOOLS

The following tools were used by investigator to collect data:

Tools are the ways to conduct research and the conduct of the research could be justified the method and techniques means for it. The collected evident is called data and the tools used for collecting data are called tools or data collecting device. In order to collect data in following tools has been used by the Investigator:-

- Sports competition anxiety test (Hypnosisworks 2006)
- Sphygmomanometer
- Will to win questionnaire (Prof. Ananda Kumar)
- Check list (Self made)

3.4: ADMINISTRATION OF THE TEST

3.4.1 Sports Competitive Anxiety test

This test is prepared by Hypnosis works 2006. Investigator gave the instructions to all subjects read carefully and explains about the aim of the test. Total 15 questions in the questionnaire and response of the subject in rarely, sometimes and often. After a scoring if the score is less than 17 means low anxiety, 17 to 24 means average anxiety and above 24 mean high level of anxiety.

3.4.2 Will to win test

Will to win questionnaire items were chosen to assess components of the definition. The importance of winning. Winning in relation to other reasons for competition the extent of personal involvement and feelings experienced as a result of winning or losing. 14 items will to win questionnaire originally developed and standardized by Pezer and Brown (1978).

RELIABILITY

Hindi version of will to win questionnaire was administered on randomly selected sample of 200 subjects from competitive sports (100 males and 100 females). The age range of the

subject was 19 to 31 years. In order to obtain test retest reliability .92 male and .90 female.
Validity of the test



Figure 3.1 Show the conduct of Sports competitive Anxiety and will to win test.

3.4.3 Blood Pressure

Purpose: To measure the systolic and diastolic blood pressure.

Equipment: Sphygmomanometer and stethoscope.

Procedure: Place the round end of the stethoscope 'under' the blood pressure cuff. Now inflate the sphygmomanometer (blood pressure cuff) to a little above 180 mm Hg. This collapses the major arteries to the arm (that's why it is uncomfortable). Then slowly release air by gently turning the air valve, and watch the pressure drop. When first sound is heard, that will be the **Systolic blood pressure**. The sound heard is the blood flowing in the artery of the arm. This means that the systolic pressure is now greater than the pressure in the blood pressure cuff. As continue to watch the pressure drop, when no longer any sounds heard that will be the **Diastolic blood pressure**.



3.2. Show the conduct the blood pressure and heart rate.

3.4.4 Heart Rate

Purpose: To monitor the Resting Heart Rate of the athlete.

Equipment: Stop watch.

Procedure: The pulse rate would be counted by palpating at the wrist (radial artery) for one minute. The score would be expressed in terms of number of pulse beats per minute. The test would be conducted in the morning 07:00 hrs. When the subjects would be at rest position.

Scoring: Total number of pulse beats per minute for each subject would be recorded as the score.

3.4.5 Physiological Parameters

3.5 Managing Strategies

3.5.1 Selected Leisure Time Activities.

Table- Details of selected Leisure Time, Yogic exercises and motivational techniques.

Sr. No	Leisure Time Activities	Cultural Asana	Relative	Pranayama	Meditation	Motivational technique
1.	Dodge Ball	Sarvangasana	Vajrasana	Anulom-Vilom	Tratak Candle Meditation	Goal Sitting
2.	Chain-Chain	Halasana		Bhastrika	Shav Asana	Self talk
3.	Leg Cricket	Shalabhasana		KapalBhati	Yoga Mudra	Pep talk
4.	Crow Crane	Dhanurasana		Bharmari		
5.	One bone two dog	Naukasana				
6.	Carrom	Paschimottanasa na				
7.	Stapu	Vrikshasana				
8.	Dance	Trikonasana				
9.	Standing Kho-Kho	Tadasana				
10.	Gardening	Shashankasana				
11.		Gomukhasana				
12.		Suriyanamaskar				

3.5.1.1 LEISURE TIME ACTIVITIES

- **DODGE BALL**

Dodge ball is a game in which members of opposing teams look for to get rid of one another by throwing ball with the aim of hitting an opponent.

Techniques to play

First of all make two teams. First team makes a circle and the second team stands inside the circle. The players whom are outside the circle throw the ball at the players inside the circle, who are running around trying not to get hit. The inside players could not catch the ball. If the ball hit on the head of a player does not count. Players in the outside circle can throw and catch the ball. Players who get hit by any outside player join the outside circle and help the outside players to hit the players remaining inside.

- **CHAIN-CHAIN**

Chain-Chain is another recreational game. Investigator provides a specific area to the children as the availability of their numbers.

Techniques to play

On the command of investigator one player start running and try to touch another player. The player who whom he will touch can join his hand and now both will try to touch another player. This way they will make a chain by touching other players and try to enlarge their chain till the last player of the game have not become the part of the chain. The player who will consume maximum time in the game will be treated as a winner and at the end all will give three claps as a reward for the winner.

- **LEG CRICKET**

Leg cricket is a very popular recreational game. This is a game in which the player can hit the ball with leg.

Techniques to play

Divide the players into two teams. Winning the toss the captain decides legging or fielding. A bowler bowls a football ball and the batsman hits it with the leg. If a person hits the ball by right leg then he has to play with only right leg and not with another leg. The team who makes highest score is a winner team.

- **CROW CRANE**

Crow crane is a leisure time activity. The area of the game will be specified before starting the game and players will be instructed in detail about the rules and regulations of the game depending upon the number of players, availability of space and time.

Techniques to play

Part the players into two equal teams. One team name is crow and another team name is crane. Draw a middle line, the crow team can stand behind the 15 feet apart from the middle line and crane team also can stand 15 feet apart from middle line but opposite of the crow team. Then if the instructor says 'crow' then the crane team have to run towards the 'crow' team to catch the children.

- **ONE BONE TWO DOG**

One bone two dog is a kind of handkerchief game. The area of the game will be specified before starting the game and players will be instructed in detail about the rules and regulations of the game depending upon the number of players, availability of space and time.

Techniques to play

Draw a circle and place a handkerchief in it. Divide the players into two equal teams. Captain of the team is giving numbers to the teammates like 1, 2, 3, 4, 5 etc. When the instructor calls a number and then the players who have that number of both teams are coming out and

moving around the circle to pick the handkerchief. The player or team who can pick the handkerchief and run towards their team without catching out scored one point.

- **CARROM**

Carrom is another recreational game which can be played by 2-4 persons. The game is played on a square, wooden board with four corner pockets and is played by flicking a carrom striker disc with one's finger at the target pieces.

Techniques to play

Place the carrom board with the red "queen" in the centre, blacks and whites to replace the blank spaces around the "queen". Every player sits on his side of the board and be allowable to only strike from that side. Which competitor plays first; this can be decided by the toss. One's turn continues as long as one keep dipping the pieces - luck shots count and all combinations are allowed. The red piece can be pocketed at any time after dipping the first piece but must be sunk before your last one. After pocketing the queen, one have to sink one of his pieces, thereby 'covering' it, into any pocket in the next shot, or she is returned to the center spot. Once the queen is taken, whoever clears their pieces first wins the 'board'.

- **STAPU**

Stapu game can be played with several players or alone. Stapu is a trendy leisure time activity. In this game players toss a small object into numbered spaces of a pattern of rectangles outlined on the ground and then jump through the spaces to retrieve the item.

Techniques to play

Draw a Stapu design on the ground. Throw a flat stone or similar object to land on square one. Jump through the squares, skip the one you have your marker on. Pick up the marker on your way back. Skip over that square and finish up.

- **DANCE**

Dance is the one of most popular leisure time activity.

Techniques:

You can wear comfortable clothes so you can dance easily. Just move your body to the music freely. Get to know the song if you don't already. Try to catch the beats or lyrics. Put together a few moves and have fun with it.

- **STANDING KHO-KHO**

Standing kho-kho is a recreational game. The area of the game will be specified before starting the game and student will instruct in detail about the rules and regulations of the game depending upon the number of students, availability of space and time.

Techniques to play:

Players will make a circle by holding their hands. Another 4-5 students will stand behind the one another in a queue. One player will act as a runner and another as a chaser, on the command of the teacher one child start running and the chaser try to touch the runner. When the runner feels unsafe or having chance to catch will stand just front of the line and will give a clap. The player who can standing last in that line will start running and the same way the game will continue till the runner have not been caught by the chaser. If the runner will catch by the chaser then the runner act as a chaser and the chaser act as a runner. The player who can consume maximum time in a circle, as a runner he or she will treated as winner and at the end all will give three claps as a reward for the winner.

- **GARDENING**

Techniques:

Buy seeds or we can use bedding plants. Find a spot in your yard that gets both sun and shade. Plant the seed or bedding plant in the soil. Water your plants every other day.

3.5.1.2 Selected Yogic Asana.

- **SARVANGASANA**

Sarvanga means all the parts of the body. This asana benefits the whole body. It is one of the overturned poses of yoga that is also known as shoulder Stand as the body balanced on the shoulders in final position of the asana.



Figure 3.3 Show the performance of Sarvangasana.

Procedure

Firstly researcher give the demonstration and command Lie on your spine and bend your knees and join both legs together. Hands should be on your hips or waist to support the body. Now exhale and up your legs, keeping your legs bent and raising your trunk. Transfer your body weight onto your shoulders and upper back. Make your legs straighten your legs so that they point diagonally upward. Remain in this position for 30 second, relaxing your hips into the support of your hands.

- **HALASANA**

Procedure:

Researcher give the demonstration and say lie down on your spine with getyour legs together and slowly move them in upward direction to maintain the right angle. Now bend your both legs towards head, knee should be straight and touch the toe on the ground. Maintain the final position for 30 second. After that repeat the entire process step by step and get back to normal Shavasana.



Figure 3.4 Show the performance of Halasana.

- **SHALABASANA**

Researcher gives the demonstration of the asana and Practicing of Shalabhasana. Lie down on your back then place your both hand under your thigh. Now lift up your one leg up while inhaling keeping your knee straight. Breathe in and rise legs in upward direction but don't bend them at knee. Keep this position for 30 second then slowly down the leg. Repeat same procedure with other leg. Repeat same procedure for 2-4 sessions.



Figure 3.5 Show the performance of Shalabhasana.

- **DHANURASANA:**

Procedure

Lie down with prone position. Bend your leg from knee and hold your ankle with the hands and lift up your upper and lower body and make the position of back like a bow. Stretch the arms and hold the feet firmly for 30 second while inhaling. Then relax the whole body and come back in starting position.



FIGURE 3.6 Show the performance of Dhanurasana.

- **NAWKASANA**

First of all lie down in resting posture on the ground on your supine. Keep your feet together and place hands on thighs. Now inhale deeply and raise your head gradually upper and lower body following neck & shoulder. Practice this without any jerk or bending of knees and elbow. The final position of body will be like a boat. Try to maintain that position for 30 second. After that relax your whole body in shavasana.



Figure 3.7 Show the performance of Namkasana.

- **PASCHIMATANASANA:**

Procedure

Researcher instructs the subjects to sit down on the floor with legs stretched out in front. Now hold thumbs of both feet with the help of hands with the thumb and index finger. Now Exhale and bend forward by keeping both legs straight and try to place elbow on sides of legs on floor and touch the nose on the knee. Try to maintain the posture for 30 second. Now inhale and get back to normal position.



Figure 3.8 Show the performance of Paschimatanasana.

- **VRIKSHASANA:**

Procedure:

Stand straight and keep your feet close to each other. Knees, legs and hand should be straight. Then bring your right foot and keep it on your left thigh. Try to maintain the balance. If you are unable to keep your foot on the thigh, try to keep your foot on the left leg. Your right toe should be downwards. Your body balance should depend on the left leg. Now stick together your palms and bring them to the middle of your chest and keep the figure pointing upwards. Now gradually move your hands upward. Raise your arms over your head. Your arms should be slightly bent from elbow. Stand straight, look in the front and be relaxed. Stay in this position for about 10 to 20 second with normal breathing. Now slowly bring your hands in the middle portion of the chest in namaskara posture. same as

before, bring your right leg to the ground and come back in the starting position. Repeat the same procedure with another leg. Try to repeat the whole procedure for 2 to 3 rounds.



Figure 3.9 Show the performance of Vrikshasana.

TRIKONASANA:

Procedure:

Stand in attention position with separate feet comfortably parallel to the shoulder. Turn your right foot out ninety degrees and left foot in by fifteen degrees. Now align your centre of right heel with the centre of your arch of left foot. Balance the body weight on both feet. Breathe in deeply and as you breathe out, turn your body to the right, down from the hips, keeping the waist straight, allow your left hand to come up in the air while your right hand comes down towards floor. Keep the arms straight. Rest your right hand on your ankle or the floor outside your right foot. Stretch your left arm toward the top of your shoulders. Maintain your head in a neutral position or turn it to the left, eyes looking gently at the left palm. Your body will bend one by one both sides with the holding of 30 second.

- **TADASANA:**

Procedure:

First of all stand straight such that your feet are in contact with each other. Now breathe in and raise your heels up and raise both hands together straight up over your head such that palms facing to each other. This is a final posture of Tadasana/Mountain Pose.



Figure 3.11 Show the performance of Tadasana.

- **SHASHANKASANA ASANA: (RABBIT POSTURE)**

Procedure

Sit in Vajrasana placing the hips on your heels and knees together and toes overlapping and keep your back straight, palms on thighs. Breathe in slowly and lift your both arms straight over your head. Breathe out while gradually bending the trunk frontward from the hip joint, keeping the arms and head straight and in line with the trunk. Relax the hands and forehead on the floor; bring palms together in front of the knees. Breathe in slowly raise upper body and both arms straight above your head. Exhale while lowering the arms to the knees. Maintain the final position for 30 second.



Figure 3.12 Show the performance of Shashankasana.

- **GOMUKHASANA: (COW HEAD POSTURE)**

Procedure:

Sit down with lengthened legs. Bend the left leg from knee joint and place it on the ground in such a way that the heel of this leg touches the right hip. Bend the right leg from the knee joint and place it over the left leg. One knee should be placed on other knee just in line the shape of both knee will be just like the mouth of a cow. Arm of the right side should be lifted up and bent backward from elbow joint. Left arm should be taken back by keeping the upper arm of left arm downwards. The fingers of both hands will be interlocked. Do the same procedure after changing the leg but whichever leg is up, same arm should also be up.



Figure 3.13 Show the performance of Gomukhasana.

- **VAJARASANA:**

Technique:

First of all double your knees such that they are in touch with each other and sit on heels with hip. Now keep your head, neck and spine in straight position. After that put both your palm on knees. At last breathe steadily. Maintain the position as long as you can.



Figure 3.14 Show the performance of Vajrasana.

3.7(c) Selected Pranayama techniques:

1. ANULOM-VILOM:-

Anulom Viloma is also very beneficial pranayam for reducing stress. In this breathing technique, one inhale through one nostril, hold the breath, and exhale through the opposite nostril. If one is really healthy can breathe predominantly through the Ida nostril about one hour and fifty minutes and then through the Pingala nostril. But now a day's many people has disturbed this natural rhythm. Anulom Viloma restore, equalize and balance the flow of Prana in the body.



Figure 3.15 Show the performance of Anulom-Vilom.

Procedure

Sit in any meditative posture and close your eyes. Make your right hand in pranayam mudra and left hand in gyan mudra. Sit in this position for a couple of minutes till you settle down. Close your right nostril with your right thumb. Breathe in from your left nostril. Hold the breath for a couple of seconds. Open right nostril and close left nostril with middle and ring finger. Breathe out from right nostril. Breathe in from right nostril, close the right nostril. Open left nostril and breathe out. Repeat again.

2.BHASTRIKA:-

Sit in any meditative posture as padmasana or in sukhasana. Take a deep breath and exhale it $\frac{1}{4}$ time or 4:1 ratio. Repeat the same breathing rapidly as much as you can for 5 to 10 minutes.



Figure 3.16 Show the performance of Bhastrika.

KAPAL BHANTI:-

Procedure:-Sit in padamasana and back should be straight. Both hands must be on the knee and eyes should be closed. Breathing should be from abdomen. As abdominal will be inside and breath out with stroke. This process will be continue rapidly and rhythm for 5 to 10 minutes.



Figure 3.17 Show the performance of KapalBhanti.

4. BHRAMARI:-

Bhramari pranayama is very effective in relaxation of mind. It is one of the best breathing exercises for nervous system. This breathing technique derives its name from the black Indian bee called Bhramari. The exhalation in this pranayama produces the typical humming sound of a bee, which explains why it is named Bhramari.



Figure 3.18 Show the performance of Bharamri

Procedure:

Sit in straight position and lock your ears with index finger and take a long deep breath and produce the humming sound with lock lipps. Breathe in again and continue the same pattern for 3-5 times.

3.7(d) Details of selected Meditational Techniques.

- **TRATAK (CANDLE MEDITATION):-**

This kriya is very beneficial for the eye sight and concentration. Tratak is a process to concentrate on some subject without winking. One must arrange some object for concentration and should fix that subject at such a height that when one is sitting in some meditative posture can gaze at the object without bending or lifting the head. You can do it in vajra, siddhasana or in sukhasana. Firstly start with 2 or 3 minutes and if feel strain in eyes then stop the process and after taking some rest do it again. One should increase the time of tratak gradually. Object of concentration should not be shaking. Pick a place to meditate. Choose a candle. Sit down comfortably. Light your candle and Place the candle so that the flame is at or slightly below eye-level, around two feet away. Then, focus on the flame and breathe rhythmically.



Figure 3.19 Show the performance of Tratak.

2. SHAVASANA:-

Researcher gives the instruction to the subjects to lie down in supine position on a mat. Stretch the both legs and leave them loose. Stretch the both arm and keep them besides the body and loosen them. All the upper and lower limbs should be loose but straight. Close the eyes with full force of body and at the same time stretch neck muscles energetically and leave eyes and neck loose. Softly close the eyes without exerting any force on eyes. Remove all wrinkles from the face by calming it. Start long, slow and deep breathing. Try to make the brain thought less by concentrating on some idol on the mental plate. Continue the process and try to hear sound of heart beats. Keep all body parts completely loose and relaxed.



Figure 3.20 Show the performance of Shavasana.

- **YOGMUDRA:**

Procedure:

Sit in vajarasana and breathe in and take the both arms backward. Close the first of left hand so that thumb is not visible and covered by the fingers. Hold the left hand wrist with right hand and start exhaling the breath and going downward till the forehead touches the mat.

Arms should be at the back and lifted upward while the left wrist is held with right hand decisively. Remain in the posture for some time and then lift the body up and at the same time inhale a long deep breath.

Suriyanamaskar:

Procedure

Suriyanamaskar is a series of twelve posture which we will do continuously one by one from one to twelve posture as:-

1. Namaskar posture (The body should be straight in standing posture with the both palms joining in the middle of chest in the namaskar position).
2. Hastuthanasana (In this asana both the hand will go upward to the head, upper body will bend backside for few seconds.
3. Padahastanasana (The body will bend forward from the hip joint and we will touch the toe of feet with the fingers of hands maintaining the position for few seconds).
4. Horseriding (asavsanchalan) Left leg will go backside and the right leg will be between the both palms.
5. Dandasana:- The both legs will be backside and hands will be front side the position will be dandasana and back should be straight.
6. Sastangasana:- In this asana toe, knee, chest and forehead will touch the ground and hips will be upward.
7. Bhujangasana:- The both hands will place with parallel to the shoulder and upper body will make a curve just like a head of snake.

8. Mountain posture:- In this posture the body will shape as a mountain, only palm and feet touch the ground.
9. Horseriding (asavsanchalan) Left leg will go backside and the right leg will be between the both palms.
10. Padahastasana (The body will bend forward from the hip joint and we will touch the toe of feet with the fingers of hands maintaining the position for few seconds).
11. Hastuthanasana (In this asana both the hand will go upward to the head, upper body will bend backside for few seconds).
12. Namaskar posture (The body should be straight in standing posture with the both palms joining in the middle of chest in the namaskar position).



Figure 3.21 show the performance of Suriyanamaskar

3.5.1.2 Selected Motivational Techniques:-

1. GOAL SETTING:-

Goal setting is the excellent and scientific way to achieve success and to remove all kinds of stress and pressure. It can be very helpful to increase motivation. This a process in which someone decides that what to achieve and then make plan to how to get there.



Figure 3.22Show the performance of Goal setting.

Procedure:

Set specific goals.Set challenging goals.Set long-term and short-term goals. Set performance goals.Identify strategies that will help to achieve the goal.Write down your goals.Evaluate your goals regularly.

2. SELF TALK:-

Self talk is to be aware of the things that someone says to himself in different situations.



Figure 3.23 Show the performance of Self talk.

TECHNIQUE:-

Think of a situation in which you felt very confident. Make a note of the situation that what you were saying yourself in that particular situation. Now think of when you lack confident and make notes that what you were saying at that time. When you lacked confidence say all things to yourself that you have made notes when you were feeling confident.

3. PEP TALK:-

A talk intended to make someone feel more courageous or enthusiastic.



Figure 3.24 Show the strategies of Pep Talk.

Training Time	Training	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Yogic Asana	10 Min	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching , Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.
	Pranayam	50 Min	Sarwanga ana,Matsya sana,Halas ana,Anulo m- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a,dodge ball, Goal setting	Two rounds of Suryanam skara, Shalabhas ana, Dhanurasa n, Nawkaasa na, Anulom- vilom, Bhastrika, kapalbhati ,BharmriT tratkaasan a,Shavasa na, Self talk	Paschimatana na, vrikshasa na, Trikanasana, Vajrasana, Anulom- vilom,bhastrika, kapalbhati,bhar mri,tratkaasana, shavasana, Leg crickt	Tadaasana, Yogmudra, Sasankasana, Gomukhasana, Anulom- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, Stapu dance, Pep talk	Sarwanga ana,Matsya sana,Halas ana,Anulo m- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a,dodge ball, Goal setting	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana, Anulom-vilom, Bhastrika,kapalb hati,BharmriT tratkaasana,Shavasana , Self talk
	Meditation							
	Leisure activities							
	Motivational strategies							

Week 2	Yogic Asana	10 Min	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching , Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.
	Yogic Asana							
	Pranayam	50 Min						
	Meditation	10 Min	Paschimata nasana, vrikshasana , Trikanasana, Vajrasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Leg cricket	Tadaasana , Yogmudra , Sasankasana, Gomukhasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Stapu dance, Pep talk	Sarwargasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge ball, Goal setting	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge ball, Goal	Sarwargasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge ball, Goal	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana, Anulom-vilom, Bhastrika, kapalbhati, Bharmri, tratkaasana, Shavasana , Self talk
	Leisure activities							
	Motivational strategies							
Week 3	Yogic Asana	10 Min	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching , Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.
	Pranayam							
	Meditation	50 Min						

	Leisure activities Motivational strategies	10 Min	Paschimata nasana, vrikshasana, Trikanasana, Vajrasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Leg cricket	Tadaasana, Yogmudra, Sasankasana, Gomukhasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Stapu	Sarwagasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge ball, Goal setting, Dance	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana, Anulom-vilom, Bhastrika, kapalbhati, Bharmri, tratkaasana, Shavasana, Self talk	Sarwagasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge ball, Goal setting, Carrom	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana, Anulom-vilom, Bhastrika, kapalbhati, Bharmri, tratkaasana, Shavasana, Self talk, Standing kho-kho
				Relaxation Exercises	Relaxation Exercises	Relaxation Exercises	Relaxation Exercises	Relaxation Exercises
Week 4	Yogic Asana Pranayam Meditation Leisure activities Motivational strategies	10 Min 50 Min 10 Min	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.	Warm up-Stretching, Jogging, Free hand exercises.
			Paschimata nasana, vrikshasana, Trikanasana, Vajrasana,	Tadaasana, Yogmudra, Sasankasana, Gomukhasana,	Sarwagasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana,	Sarwagasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalb	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana, Anulom-vilom, Bhastrika, kapalbh

			Anulom- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, Leg cricket	ana, Anulom- vilom,bha strika,kap albhati,bh armri,trat kaasana,sha vasana, Stapu	e ball, Goal setting	n, Nawkaasan a, Anulom- vilom, Bhastrika,k apalbhati,B harmriTtrat kaasana,Sh avasana, Self talk	hati,bharmr i,tratkaasan a,shavasan a,dodge ball, Goal	ati,BharmriTtrat kaasana,Shavasana , Self talk, Gardening
Week 5	Yogic Asana	10 Min	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching , Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.
	Pranayam	50 Min						
	Meditation	10 Min	Paschimata nasana, vrikshasana , Trikanasan a, Vajrasana, Anulom- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, Leg cricket	Tadaasana , Yogmudra , Sasankasa na, Gomukhas ana, Anulom- vilom,bha strika,kap albhati,bh armri,trat kaasana,sha vasana,	Sarwargasana, Matsyasana,Hal asana,Anulom- vilom,bhastrika, kapalbhati,bhar mri,tratkaasana, shavasana,dodg e ball, Goal setting	Two rounds of Suryanams kara, Shalabhasa na, Dhanurasa n, Nawkaasan a, Anulom- vilom, Bhastrika,k apalbhati,B harmriTtrat kaasana,Sh	Paschimata nasana, vrikshasana , Trikanasan a, Vajrasana, Anulom- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, Leg cricket	Tadaasana, Yogmudra, Sasankasana, Gomukhasana, Anulom- vilom,bhastrika,k apalbhati,bharmri, tratkaasana,shava sana, Stapu
	Leisure activities							
	Motivational strategies							

				Stapu		avasana, Self talk		
Week 6	Yogic Asana	10 Min	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching , Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.
	Pranayam	50 Min						
	Meditation	10 Min	Paschimata nasana, vrikshasana , Trikanasan a, Vajrasana, Anulom- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, One bone two leg	Tadaasana , Yogmudra , Sasankasa na, Gomukhas ana, Anulom- vilom,bha strika,kap albhati,bh armri,trat kaasana,sha vasana, Stapu	Sarwangasana, Matsyasana,Hal asana,Anulom- vilom,bhastrika, kapalbhati,bhar mri,tratkaasana, shavasana,dodg e ball, Goal setting	Two rounds of Suryanams kara, Shalabhasa na, Dhanurasa n, Nawkaasan a, Anulom- vilom, Bhastrika,k apalbhati,B harmriTtrat kaasana,Sh avasana, Self talk	Paschimata nasana, vrikshasana , Trikanasan a, Vajrasana, Anulom- vilom,bhast rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, Leg cricket	Tadaasana, Yogmudra, Sasankasana, Gomukhasana, Anulom- vilom,bhastrika,k apalbhati,bharmri, tratkaasana,shava sana, Stapu
Week 7	Yogic Asana	10 Min	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching , Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.	Warm up- Stretching, Jogging, Free hand exercises.
	Pranayam	50 Min						
	Meditation							

	Leisure activities Motivational strategies	10 Min	Paschimata nasana, vrikshasana , Trikanasana, Vajrasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Leg cricket	Tadaasana , Yogmudra , Sasankasana, Gomukhasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Stapu	Sarwagasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge ball, Goal setting	Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana, Anulom-vilom, Bhastrika, kapalbhati, Bharmri, tratkaasana, Shavasana, Self talk	Paschimata nasana, vrikshasana , Trikanasana, Vajrasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, Leg cricket	Tadaasana, Yogmudra, Sasankasana, Gomukhasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Stapu
Week 8	Yogic Asana Pranayam Meditation Leisure activities Motivational strategies	10 Min 50 Min 10 Min	Warm up-Stretching, Jogging, Free hand exercises. Paschimata nasana, vrikshasana , Trikanasana, Vajrasana, Anulom-vilom, bhast	Warm up-Stretching , Jogging, Free hand exercises. Tadaasana , Yogmudra , Sasankasana, Gomukhasana, Anulom-	Warm up-Stretching, Jogging, Free hand exercises. Sarwagasana, Matsyasana, Halasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, dodge ball, Goal setting	Warm up-Stretching, Jogging, Free hand exercises. Two rounds of Suryanamskara, Shalabhasana, Dhanurasana, Nawkaasana	Warm up-Stretching, Jogging, Free hand exercises. Paschimata nasana, vrikshasana , Trikanasana, Vajrasana, Anulom-vilom, bhast	Warm up-Stretching, Jogging, Free hand exercises. Tadaasana, Yogmudra, Sasankasana, Gomukhasana, Anulom-vilom, bhastrika, kapalbhati, bharmri, tratkaasana, shavasana, Stapu

			rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, Leg cricket	vilom,bha strika,kap albhati,bh armri,trat kaasana,sha vasana, Stapu		a, Anulom- vilom, Bhastrika,k apalbhati,B harmriTtrat kaasana,Sh avasana, Self talk	rika,kapalb hati,bharmr i,tratkaasan a,shavasan a, Leg cricket	

3.3: PROCEDURE OF THE STUDY

The investigator used Questionnaire of sport competitive anxiety test and will to win. Researcher also took blood pressure and heart rate of the players. Before conducted the pre-test investigator had given a brief description about the objective of the study and their role or contribution to complete the task, After getting consent from all the subjects investigator explained the procedure, the investigator started the filling of questionnaire and explain each question one by one to all the participants. The investigator advised them to write their responses on the questionnaire. After the pre-test the activity schedule for 8-week were given to 30 hockey players. After completion of experimental period of 8-week once again post-test was conducted with the help of SCAT questionnaire, will to will questionnaire, blood pressure and heart rate has been taken by the investigator before the competition. The pre and post test scoring were compared with the help of statistical tool.

3.7: STATISTICAL TECHNIQUES

't' test statistics was used to describe the main features of collected data in qualitative form.

CHAPTER-IV

RESULT AND DISCUSSION

Table 4.1 shows the effect of managing strategies on sport competitive anxiety of hockey players

Group	Number	Mean	S.D.	df	't' Value
Hockey players (Pre test)	30	20.6	4.15	29	9.54*
Hockey Players (Post Test)	30	14.1	2.32		

t= 2.04 at 0.05 level

*Significant at 0.01 level

t=2.76 at 0.01 level

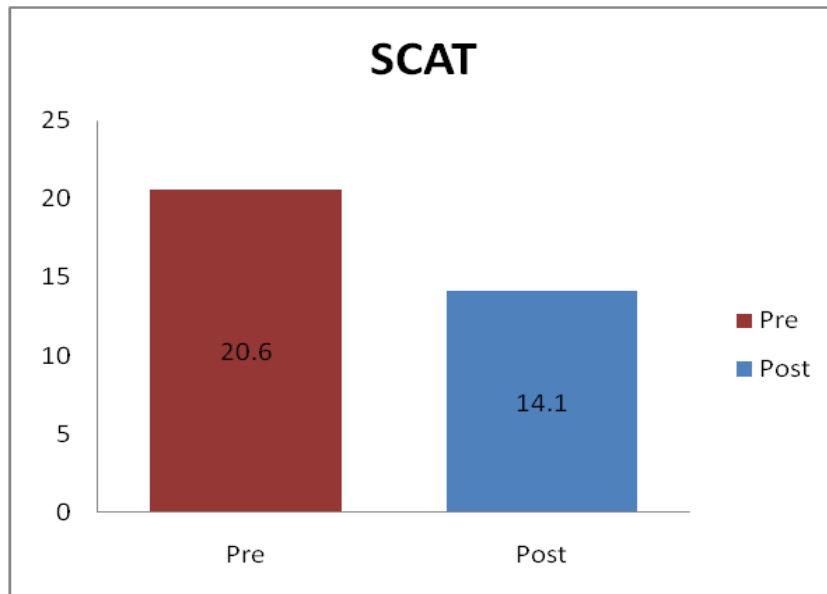


Figure 4.1 shows the mean value effect of managing strategies on sports competitive anxiety

Table and figure 4.1 show the effect of managing strategies on sports competitive anxiety of hockey players. The total numbers of subjects in this study are 30. The mean value of sports competitive anxiety score of hockey players in pre and post test were found to be 20.6 and 14.1, respectively. Standard deviation is computed 4.15 and 2.32, respectively. The statistically result were found to be $t = 9.54$. This t value is significant at 0.01 levels. So result was found managing strategies help the players to reduce the sports competitive

anxiety level of hockey players. The hypothesis no-1 there exist significant effects of managing strategies on sports competitive anxiety is accepted.

Table 4.2 shows the effect of managing strategies on will to win of hockey players

Group	Number	Mean	S.D.	df	't' Value
Hockey players (Pre test)	30	5.37	3.02	29	2.80*
Hockey Players (Post Test)	30	7	1.19		

t= 2.04 at 0.05 level

*Significant at 0.01 level

t=2.76 at 0.01 level

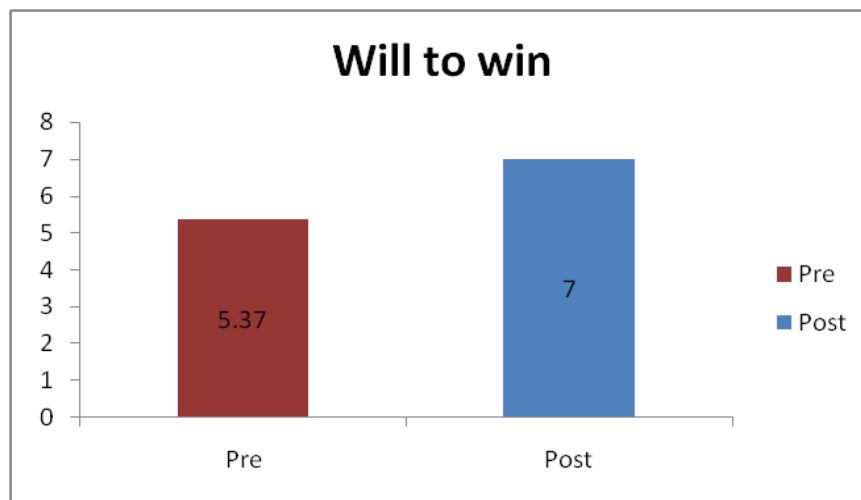


Figure 4.2 shows the mean value effect of managing strategies on will to win

Table and figure 4.2 shows the effect of managing strategies on will to win of hockey players. The total numbers of subjects in this study are 30. The mean value of will to win of hockey players in pre and post test was found to be 5.37 and 7, respectively. Standard deviation is computed 3.02 and 1.19, respectively. The statistically result were found to be t = 2.80. The t value is significant at 0.01 levels. So result was found managing strategies help the players to reduce the will to win level of hockey players. . The hypothesis no-2 there exist significant effects of managing strategies on will to win is accepted.

Table 4.3 shows the effect of managing strategies on systolic blood pressure of hockey players

Group	Number	Mean	S.D.	df	't' Value
Hockey players (Pre test)	30	128.07	6.25	29	2.03
Hockey Players (Post Test)	30	124.77	6.77		

t= 2.04 at 0.05 level

t=2.76 at 0.01 level

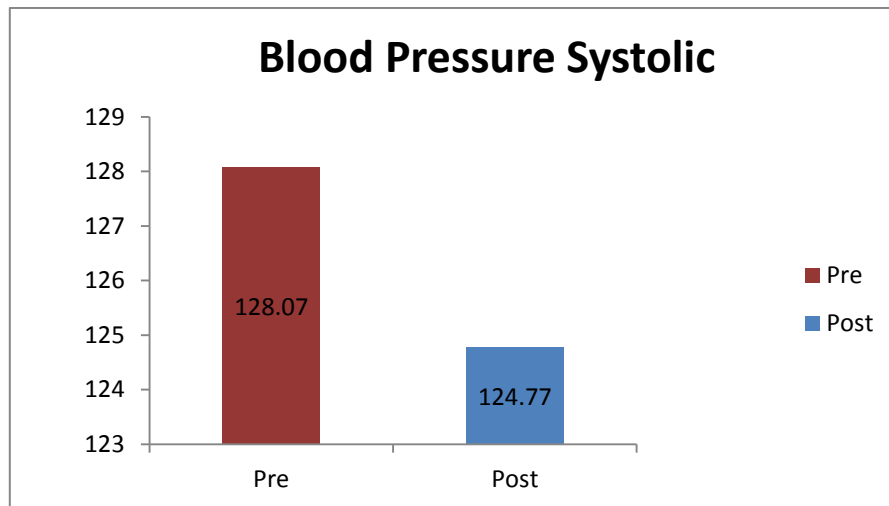


Figure 4.3 shows the mean value effect of managing strategies on systolic blood pressure

Table and figure 4.3 shows the effect of managing strategies on systolic blood pressure of hockey players. The total numbers of subjects in this study are 30. The mean value of systolic blood pressure of hockey players in pre and post test was found to be 128.07 and 124.77Hg/mm respectively. Standard deviation is computed 6.25 and 6.77, respectively. The statistically result were found to be $t = 2.03$. This t value is insignificant at 0.05 levels. So result was found managing strategies decrease the systolic blood pressure level of hockey players. The hypothesis no-3 there exist significant effects of managing strategies on blood pressure is rejected.

Table 4.4

shows the effect of managing strategies on diastolic blood pressure of hockey players

Group	Number	Mean	S.D.	df	't' Value
Hockey players (Pre test)	30	77.67	4.43	29	0.69
Hockey Players (Post Test)	30	76.97	3.13		

t= 2.04 at 0.05 level

t=2.76 at 0.01 level

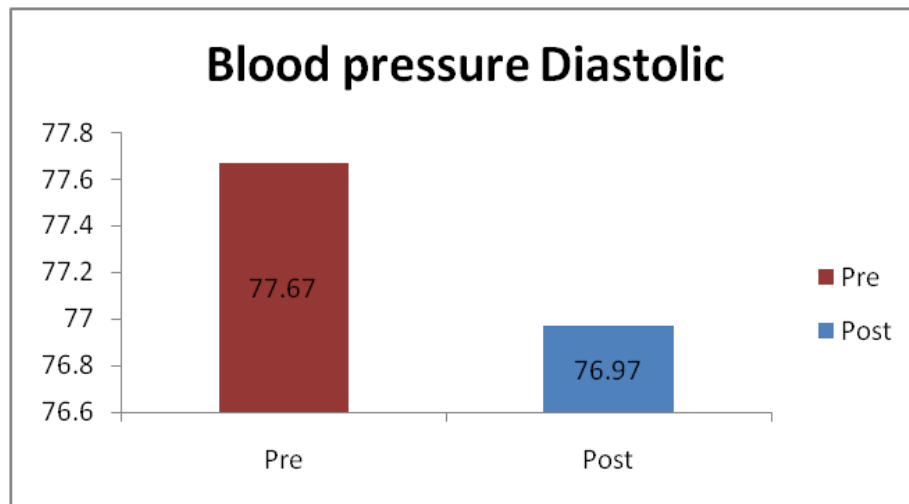


Figure 4.4 shows the mean value effect of managing strategies on diastolic blood pressure

Table and figure 4.4 shows the effect of managing strategies on diastolic blood pressure of hockey players. The total numbers of subjects in this study are 30. The mean value of systolic blood pressure of hockey players in pre and post test was found to be 77.67 and 76.97, respectively. Standard deviation is computed 4.43 and 3.13, respectively. The statistically result were found to be $t = 0.69$. This t value is insignificant at 0.05 levels. So result was found managing strategies not effect on the players as related diastolic blood pressure. The hypothesis no-3 there exist significant effects of managing strategies on blood pressure is rejected.

Table 4.5

Show the effect of managing strategies on heart rate of hockey players.

Group	Number	Mean	S.D.	df	't' Value
Hockey players (Pre test)	30	68.13	5.46	29	0.72
Hockey Players (Post Test)	30	67.13	4.30		

t= 2.04 at 0.05 level

t=2.76 at 0.01 level

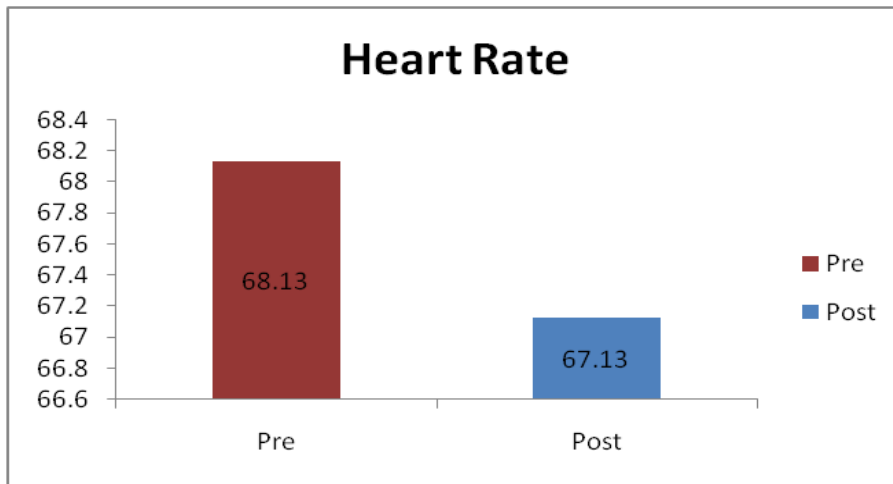


Figure 4.5 shows the mean value effect of managing strategies on heart rate.

Table and figure 4.5 shows the effect of managing strategies on heart rate of hockey players. The total numbers of subjects in this study are 30. The mean value of heart rate of hockey players in pre and post test was found to be 68.13 and 67.13, respectively. Standard deviation is computed 5.46 and 4.30, respectively. The statistically result were found to be t = 0.72. This t value is insignificant at 0.05 levels. So result was found managing strategies not effect on the players as related to their heart rate. The hypothesis no-4 there would be significant effects of managing strategies on heart rate is rejected.

Table 4.6**Show the effect of managing strategies on physiological changes**

Sr. no	Questions	Low pre 30	Low post 30	Moderate pre 30	Moderate post 30	High pre 30	High post 30	Extreme pre 30	Extreme post 30
1	Do you feel cold clammy hands before the competition?	20	23	08	07	02	00	00	00
2	Do you feel dazed look in eyes before the competition?	24	27	06	03	00	00	00	00
3	Do you feel constant need to urinate before the competition?	3	5	15	22	12	02	00	01
4	Do you feel ill feeling before the competition?	24	28	06	02	00	00	00	00
5	Do you feel profuse sweating before the competition?	1	03	14	26	15	01	00	00
6	Do you have negative self talk before the competition?	15	28	14	02	01	00	00	00
7	Do you feel headache before the competition?	13	21	16	08	01	01	00	00
8	Do you feel dry mouth before the competition?	1	05	19	25	10	00	00	00
9	Do you feel difficulties sleeping before the competition?	2	20	09	09	19	01	00	00
10	Do you feel increase in muscle tension before the competition?	00	08	09	22	19	00	02	00
11	Do you feel butterflies in stomach before the competition?	00	03	12	23	17	03	01	01
12	Do you feel having inability to concentrate before the competition?	1	23	12	07	16	00	01	00

Table 4.7**Show the effect of managing strategies in percentile on physiological changes**

Sr. no	Questions	Low pre %	Low post %	Moderate pre %	Moderate post %	High pre %	High post %	Extreme pre %	Extreme post %
1	Do you feel cold clammy hands before the competition?	66.67	76	26.67	24	6.67	00	00	00
2	Do you feel dazed look in eyes before the competition?	80	90	20	10	00	00	00	00
3	Do you feel constant need to urinate before the competition?	10	16	50	73.3	40	6.66	00	3.33
4	Do you feel ill feeling before the competition?	80	93.33	20	6.67	00	00	00	00
5	Do you feel profuse sweating before the competition?	3.33	10	46.7	86.67	50	3.33	00	00
6	Do you have negative self talk before the competition?	50	93.33	46.67	6.67	3.33	00	00	00
7	Do you feel headache before the competition?	4.34	70	53.33	26.67	3.33	3.33	00	00
8	Do you feel dry mouth before the competition?	3.33	16	63.33	84	33.34	00	00	00
9	Do you feel difficulties sleeping before the competition?	6.67	66.67	30	30	63.33	3.33	00	00
10	Do you feel increase in muscle tension before the competition	00	26.67	30	73.3	63.33	00	6.67	00
11	Do you feel butterflies in stomach before the competition?	00	10	40	76.67	56.67	10	3.33	3.33
12	Do you feel having inability to concentrate before the competition?	3.33	76	40	24	53.34	00	3.33	00

Table 4.6 and 4.7 Show the effect of managing strategies in percentile on physiological changes. The effect of managing strategies decrease the level of cold clammy hands, dazed look in eyes, constant need to urinate, ill feeling, profuse sweating, negative self talk, headache, dry mouth, difficulties sleeping, increase in muscle tension, butterflies in stomach and having inability to concentrate. So statistically results were found to be good effect of managing strategies on all physiological parameters.

Discussion

The present study assessment of competition stress and its management strategies found the result significant effects of managing strategies on sports competitive anxiety and will to win.

But in blood pressure and heart rate insignificant. So result show effect of managing strategies help to improve psychological parameters also supported by benavides, S (2009).

CHAPTER V

SUMMARY, CONCLUSIONS, SUGGESTIONS AND RECOMMENDATIONS

SUMMARY

Where there are sports there will be competition and competition always brings stress among the participants. Stress level always differs according to the capability of the individual. At school level, zone level or district level there will be a low level of stress and in national level and international level there will be a high level of stress on individual as per the performance level of the individual. Stress level also depends upon the opponent players and teams if your opponent is tough then you always feel more pressure and stress otherwise you feel comfortable and relaxed. So competition always brings stress whether it is high level or low level. What is stress? Stress is the situation when someone is unable to cope up with the demands of any task or situation and feel extra burden. In sports when players feel that their opponents are tough or they are going to be defeated then they feel our self in stress. It can be during competition and before competition. In games and sports players whom use to perform well in the practice sessions they find it difficult to perform well in real tough situations. So competition pressure really affects player's performance.

5.1 SIGNIFICANCE OF THE STUDY

In this study researcher found the causes of competition stress and how it affects the players, physiologically and psychologically. Researcher found the physiological and psychological variables which are affected by the competition stress. After that researcher made the questionnaire and used tests and other equipments to measure the physiological and psychological changes. Researcher took the pre test of the players for measuring their competition stress level. After that researcher made a training schedule of different types of stress reducing techniques, meditation exercises, recreational activities and yoga asana for reducing the stress among the players and then a post test have been conducted. In this way this study will further be helpful for managing physiological and psychological condition before the competition. It will also be helpful to the coaches for giving mental training

program for different level players of different games. It will also be helpful to increase the level of performance among athletes.

5.2 STATEMENT OF THE PROBLEM

To measure the competition stress and to make the strategies for reducing the competition stress. So the title is, “**Assessment of Competition stress and its management strategies.**” **An exploratory study.**

5.3 OBJECTIVES OF THE STUDY

1. To find out the effect of managing strategies on sports competitive anxiety.
2. To find out the effect of managing strategies on will to win.
3. To find out the effect of managing strategies on blood pressure.
4. To find out the effect of managing strategies on heart rate.
5. To find out the effect of managing strategies on physiological parameters.

5.4 HYPOTHESES

1. There exist significant effects of managing strategies on Sports competitive anxiety.
2. There exist significant effects of managing strategies on will to win.
3. There would be hypothesized that significant effect of managing strategies on blood pressure.
4. There would be hypothesized that significant effect of managing strategies on heart rate.
5. There would be hypothesized that significant effect of managing strategies on physiological parameters.

5.5 DELIMITATIONS

1. The study was delimited to only male hockey players.
2. The study was delimited to district and state level hockey players.
3. The study was delimited to only seventeen to twenty one age group players.
4. The study was also delimited to only Mata Sahib Kaur Academy Jarkhar Ludhiana.

5.6 OPERATIONAL DEFINITIONS OF THE TERMS USED

Stress: - Stress is the situation when someone unable to cope up with the demands of any task or situation and feel extra burden.

Anxiety: -. Anxiety is a negative response may relate to cognitive events such as feeling of worry or physiological occurrence such as feeling of muscle tension.

Blood pressure: -. It is the pressure exerted on the walls of the arteries as the heart pumps blood through the body. Systolic blood pressure is obtained when blood is ejected into the arteries. Diastolic pressure is obtained when the blood drains from the arteries.

Heart rate: - Heart rate is the number of times heart beats per minute.

Will to win: -The will to win, the desire to succeed, the urge to reach your full potential these are the keys that will unlock the door to personal excellence.

5.7: TOOLS

The following tools were used by investigator to collect data:

Tools are the ways and means to conduct research and the conduct of the research could be justified the method and techniques means for it. The collected evident is called data and the tools used for collecting data are called tools or data collecting device. In order to collect data in following tools has been used by the Investigator:-

- Sports competition anxiety test (Hypnosisworks 2006)
- Sphygmomanometer
- Will to win questionnaire (Prof. Ananda Kumar)
- Check list (Self made)

5.8: ADMINISTRATION OF THE TEST

5.8.1 Sports Competitive Anxiety test

5.8.2 Will to win test

5.8.3 Heart Rate

5.8.4 Physiological Parameters

5.9 Managing Strategies for stress

5.9.1 Selected Leisure Time Activities.

Table- Details of selected Leisure Time, Yogic exercises and motivational techniques.

Sr. No.	Leisure Time Activities	Cultural Asana	Relaxative	Pranayama	Meditation	Motivational technique
1.	Dodge Ball	Sarvangasana	Vajrasana	Anulom-Vilom	Tratak Candle Meditation	Goal Sitting
2.	Chain-Chain	Halasana		Bhastrika	Shav Asana	Self talk
3.	Leg Cricket	Shalabhasana		KapalBhati	Yoga Mudra	Pep talk
4.	Crow Crane	Dhanurasana		Bharmari		
5.	One bone two dog	Naukasana				
6.	Carrom	Paschimottanasana				
7.	Stapu	Vrikshasana				
8.	Dance	Trikonasana				
9.	Standing Kho-Kho	Tadasana				
10.	Gardening	Shashankasana				
11.		Gomukhasana				
12.		Suryanamaskar				

5.10: PROCEDURE OF THE STUDY

The investigator used Questionnaire of sport competitive anxiety test and will to win. Researcher also took blood pressure and heart rate of the players. Before conducted the pre-test investigator had given a brief description about the objective of the study and their role or contribution to complete the task, After getting consent from all the subjects investigator explained the procedure, the investigator started the filling of questionnaire and explain each question one by one to all the participants. The investigator advised them to write their responses on the questionnaire. After the pre-test the activity schedule for 8-week were given to 30 hockey players. After completion of experimental period of 8-week once again post-test was conducted with the help of SCAT questionnaire, will to will questionnaire, blood pressure and heart rate has been taken by the investigator before the competition. The pre and post test scoring were compared with the help of statistical tool.

5.11: STATISTICAL TECHNIQUES

‘t’ test statistics was used to describe the main features of collected data in qualitative form.

CONCLUSION:

1. There exist significant effects of managing strategies on sports competitive anxiety is accepted.
2. There exist significant effects of managing strategies on will to win is accepted.
3. There exist significant effects of managing strategies on blood pressure is rejected.
4. There would be significant effects of managing strategies on heart rate are rejected.

RECOMMENDATIONS:

Research is never ending process. Every investigator after completing his research becomes aware of areas in which further research is needed and naturally feels motivated to indicate area which may be taken up for research by other investigator. The researcher by the virtue of his experience in the field of the study offers the following suggestions for further research that could be undertaken by perspective researcher.

1. The similar study can be conducted on female subjects.
2. The study can be conducted on other games.
3. The similar study can be conducted on different age groups.
4. The similar study can be conducted by increasing number of subjects.

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APPENDICES

Questions	Low	Moderate	High	Extreme
1. Do you feel cold clammy hands before the competition?				
2. Do you feel dazed look in eyes before the competition?				
3. Do you feel constant need to urinate before the competition?				
4. Do you feel ill feeling before the competition?				
5. Do you feel profuse sweating before the competition?				
6. Do you have negative self talk before the competition?				
7. Do you feel headache before the competition?				
8. Do you feel dry mouth before the competition?				
9. Do you feel difficulties sleeping before the competition?				
10. Do you feel increase in muscle tension before the competition?				
11. Do you feel butterflies in stomach before the competition?				
12. Do you feel having inability to concentrate before the competition?				

INDIAN ADAPTATION
WILL TO WIN QUESTIONNIRE

BY
Prof. ANAND KUMAR
Department of Psychology
M.G. Kashi Vidyapeeth University
VARANASI

नाम..... उम्र..... शिक्षा..... लिंग.....
व्यवसाय..... खेल..... खेल स्तर अथवा उपलब्धि.....
टीम में खेलने की स्थिति..... निवास.....
शहरी/ग्रामीण..... जिला तथा राज्य..... दिनांक.....

निर्देश

इस प्रश्नावली में कुल 14 कथन (Statements) हैं, जो खेल से सम्बन्धित आपकी इच्छा एवं अनुभूतियों को प्रकट करते हैं। प्रत्येक कथन का उत्तर, कथन के सामने 'हाँ, या 'नहीं, के रूप में दिया गया है जिसका उद्देश्य मात्र आपकी प्रतिक्रियाओं को जानना है। जो उत्तर आपको अपने लिए सर्वधिक उपयुक्त लगे उस पर (√) का निशाल लगा दें। आप प्रत्येक कथन को पढ़कर उससे सम्बन्धित आपना उत्तर निशान के रूप में अंकित करते जायें। ध्यान रहे आपको सभी कथनों के प्रति आनी अभित्यक्ति देनी है, अतः अन्त में कृपया यह भी देख लें कि आपने सभी कथनों के प्रति अपना उत्तर दे दिया है।

- | | |
|---|----------|
| (1) मुझे पराजय से घृणा है। | हाँ/नहीं |
| (2) जब मैं खराब खेलता हूँ तब अपने आप पर झुँझला उठता हूँ। | हाँ/नहीं |
| (3) जीतने की अपेक्षा हारने की स्थिति में मैं अच्छा खेलने के लिए दृढ़-प्रतिज्ञ होता हूँ। | हाँ/नहीं |
| (4) खेल की विभिन्न व्यूह-रचनाओं की परख पर मैं ध्यान देता हूँ चाहे हार ही क्यों न जाऊँ। | हाँ/नहीं |
| (5) मैं खेल में यह सोचकर भाग लेता हूँ कि मैं जीतने जा रहा हूँ। | हाँ/नहीं |
| (6) मैं विरोधी को हारते देखकर दुःख महसूस करता हूँ। | हाँ/नहीं |
| (7) खराब खेल प्रदर्शन पर मैं बुरा नहीं मानता हूँ। | हाँ/नहीं |
| (8) पराजित खिलाड़ी भी सफल माना जा सकता है। | हाँ/नहीं |
| (9) विजय ही प्रतियोगिता का मुख्य उद्देश्य होता है। | हाँ/नहीं |
| (10) मैं खेल में जीतने की अपेक्षा आनन्द-प्राप्ति में अधिक विश्वास रखता हूँ। | हाँ/नहीं |
| (11) अच्छी तरह खेला गया खेल हारने पर भी संतोषजनक होता है। | हाँ/नहीं |
| (12) खेल के अभ्यास का मुख्य उद्देश्य ही जीतना है। | हाँ/नहीं |
| (13) मैं कोच के पूर्ण सहयोग न देने पर बुरा नहीं मानता हूँ। | हाँ/नहीं |
| (14) जीत सकने वाले खेल को हारने पर वास्तव में बहुत कष्ट होता है। | हाँ/नहीं |

सहयोग हेतु धन्यवाद ?

Prasad Psycho Corporation

J 1/58, Dara Nagar- VARANASI-01

Phone: 0542 2441111, 3091721