



## A STUDY ON EFFECT OF SELECTED PRANAYAMA ON SPORTS COMPETITION ANXIETY OF INTER-COLLEGIATE HANDBALL PLAYERS

Ashwini K. N.<sup>1</sup> and Chethan Ram P<sup>2</sup>

<sup>1</sup>Physical Education Teacher , Govt. High School, Vanivilasapura ,  
Hiriyur Taluk, Chitradurga District , Karnataka.

<sup>2</sup>Assistant Hockey Coach , Sports Authority of India , NSNIS, Patiala, Punjab.

### ABSTRACT:-

**A**n attempt has been made to know the effect of selected pranayama on sports competition anxiety of inter-collegiate handball players. Forty intercollegiate female handball players were selected as subjects and a pre and post control group design was used. Sport Competition Anxiety Test (SCAT, Martens et al., 1990) questionnaire was used as tool to find out the competition anxiety. Result shows that selected pranayamas had positive effect in the management of anxiety in experimental group where as control group did not shows any significance difference.

**KEYWORDS:**Pranayama, Anxiety, Handball.

### INTRODUCTION :

Anxiety is a mood state characterized by marked negative affect and somatic symptoms of tension in which a person apprehensively anticipates future danger or misfortune (Barlow, 1988). Verma (1997) reported that yoga practice was as effective as drug therapy in treating psychological disturbance. The medical definition of anxiety describes that, anxiety is a state consisting of psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It also state that the anxiety can differ according to the situation and also according to individual.

Pranayama means control and regulation of breath. It is the control of vital force by concentration and regulated breathing. The objective of pranayama is to inspire, motivate, regulate and balance the vital force prevailing in the body.

### METHODOLOGY:

The objective of the study was to investigate the effect of selected pranayama on sports competition anxiety among inter-collegiate handball players. To achieve this objective of the study forty inter-collegiate level female handball players were selected from keladi chennamma handball club, sagara. There age ranged between 18-21 years. Sport Competition Anxiety Test (SCAT, Martens et al., 1990) questionnaire was used as tool to find out the competition anxiety.



The present study followed a pre and post control group design. As part of the design, the study used an attention control condition, according to which control subjects were given only research attention, while the treatment group actively participated in the pranayama programme. In this study Pranayama was taken as independent variable & anxiety was taken as dependent variable. After selecting 40 subjects they

were divided into two groups:

1. Experimental group: 20 subjects
2. Control group: 20 subjects

**1. Experimental Group:** In this group the Sport Competition Anxiety Test (SCAT, Martens et al., 1990) questionnaire was to be filled two times by the subjects in six weeks (Pre-Position, after six weeks). We trained the subjects with selected pranayama. The questionnaires were distributed to the subject one hour before the competition and explain the procedure of filling the questionnaire.

**Training:** Every subject had to do Pranayama in the early morning or at least with a gap of 5 to 6 hours after taking his meals. The duration was 20-25 minutes.

**2. Control Group:** In this group also our research procedure was for six weeks. Sport Competition Anxiety Test (SCAT, Martens et al., 1990) questionnaire was filled by the subjects two times i.e. before and after the training. Training had not given to Pranayama to the subjects of control group. Applied all conditions of filling up the questionnaire as was done in experimental group.

#### DATA ANALYSIS:

The statistical technique mean, standard deviation and 't' ratio was performed at 0.05 level of significance.

#### RESULTS

The purpose of the study has been to investigate the effect of six weeks pranayama on competition anxiety. In this study the independent variable was pranayama and dependent variable was competition anxiety. This competition anxiety was testes two times during the study, it was symbolized as CA1 and CA2.

**Table 1**

**The following table shows that the mean, standard deviation and 't' ratio of competition anxiety by experimental and control group.**

VARIABLE		EXPERIMENTAL GROUP (N=20)		CONTROL GROUP (N=20)		t-VALUE
		MEAN	S.D	MEAN	S.D	
Competition anxiety	CA1	22.41	2.31	22.40	3.23	.009
	CA2	18.35	2.04	22.26	2.28	7.007*

\*significance level 0.05

#### DICUSSIONS:

Table 1 shows the mean, SD and t value of experiment and control group. In competition anxiety pre-test (CA1), there was not any significant difference between experimental and control group. The obtained scores between experimental and control group in after six weeks (CA2), was highly significance. The obtain results shows that there is a positive effect of pranayama on competition anxiety in the experimental group but control group did not shows any significant difference from the pre position till six weeks.

#### CONCLUSIONS:

**From the present findings the following conclusions were drawn;**

1. There is a significant difference was observed in competition anxiety of inert-collegiate female handball players in experimental group. But there was no significance difference in control group. Hence the effective pranayama practice for minimum six weeks will deferrer in competition anxiety.
2. Further it was also observed that the females who practices pranayama are more confident and relaxed than the control group.

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