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Academic Sports Scholars

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YOGA TO REDUCE ACADEMIC ANXIETY AMONG ATHLETE AND NON-ATHLETE

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ABSTRACT

Academic performance refers to how a student deals with their studies and how they cope up or finish the task given by the teacher. academically if the student success his life will be positive outcome and if the student perceives high academic he will be easily linked with

employment these academics performance is related to academic anxiety during the examination . Which is a state anxiety these state anxiety which is aroused by the temporary condition of the environment such as examination, accident, punishment, etc. relates to impending danger to the

academic institute. Many students suffer from school related anxiety but severe anxiety can be a serious problem which leads to deterioration in academic performance and also has a negative effect on the classroom behavior of the child .very few students have a positive effect when they have a higher level of anxiety. The main cause for academic anxiety is examination system, the burden of homework and parents and teachers attitude. academic anxiety is a key factor which decides the performance of the student when there is a high level of anxiety affect the results of the students, when there is a moderate level of anxiety it helps in academic motivation .the main aim of the study is to identify the level of anxiety of school children and how it effect their performance.

KEYWORDS :*Academic performance , yogic Techniques , academic anxiety .*

INTRODUCTION

Yoga is a boon to the student in this modern world, yogic Techniques helps in reducing anxiety disorder and helps to learn managing fear controlling anger mind facing mental challenges and turns negative thoughts to positive thoughts. The present study is to identify the academic anxiety among

sports and nonsports children and give yogic practice to reduce academic anxiety. Yogic practice Purify the mind leads to positive thoughts regular yogic practice in the right direction, will lead the child to enhance concentration.

PURPOSE OF THE STUDY:
The purpose of the study is how yoga helps in reducing the academic anxiety.

METHODOLOGY:
Yogic practice like pranayama, Surya namaskar was assigned to the age group of 13-16 years for a period of 8 weeks from St. German's high school Bangalore south region and the students were randomly picked on the basis of athletes and non-athletes. Athletes were selected from various games and those who have participated in cluster level, district level, state level and national level. Students were divided into two equal groups, experimental and another control group. Athletes are experimental group and Non-Athletes are the control group. Totally 60 samples were considered for the study in that 30 sports person from various streams and thirty Non-sports person picked randomly. To assess' academic anxiety, ACADEMIC ANXIETY SCALE FOR CHILDREN (AASC) by A.K. SINGH and Dr. SEN GUPTA questioner was used. In pre-test, academic anxiety scale for children (AASC) was tested among Athlete and Non-Athlete. After Eight weeks of training again post-test was conducted by issuing anxiety scale for children (AASC) during this period yogic activities were not assigned to control group. The statistics used to identify the academic anxiety is percentile method.

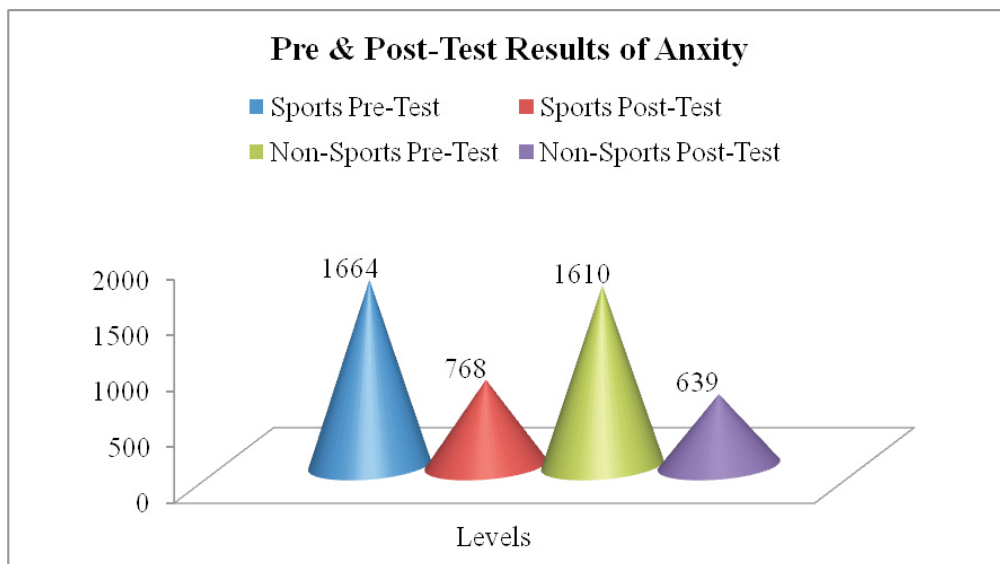### GRAPH-1
GOA CONFERENCE GRAPHS AND TABLE

Pre & Post-Test Results of Anxity

TABLE-1

Groups		N	Total	Mean	SD	T-Test
Sports	Pre-Test	30	1664	55.47	16.580	1.2404
	Post-Test	30	768	25.6		
Non-Sports	Pre-Test	30	1660	55.33	18.134	4.0205
	Post-Test	30	639	21.3		

From Table -1

It shows that there is a significant difference in anxiety between athletes and non-athletes. Hence, the hypothesis is accepted. Anxiety discussion the analysis of the hypothesis shows that mean of athletes is (55.47, 25.6) and mean of non-sports men is (55.33, 21.3) and the standard deviation is 16.580 and 18.134 and t- value is 4.0205 shows that there is a significant difference. As the values were more than the 0.05 level.

TABLE- 1 DISCUSSION:

The Study shows that there was a significant decrease in the level of anxiety among sports athlete and non-athlete in Speed levels. It May be due to the regular yogic training. Hence, there was a Significant Improvement. From the above table, it is concluded that the mean score of sportsmen is 55.47, 25.6 and mean score of a non-sports person is 55.33, 21.3. The standard deviation is 16.580 for sports person and 18.134 for a non-sports person. t- Value is 4.0205 shows that there is a significant difference. As the values were more than the 0.05 level.
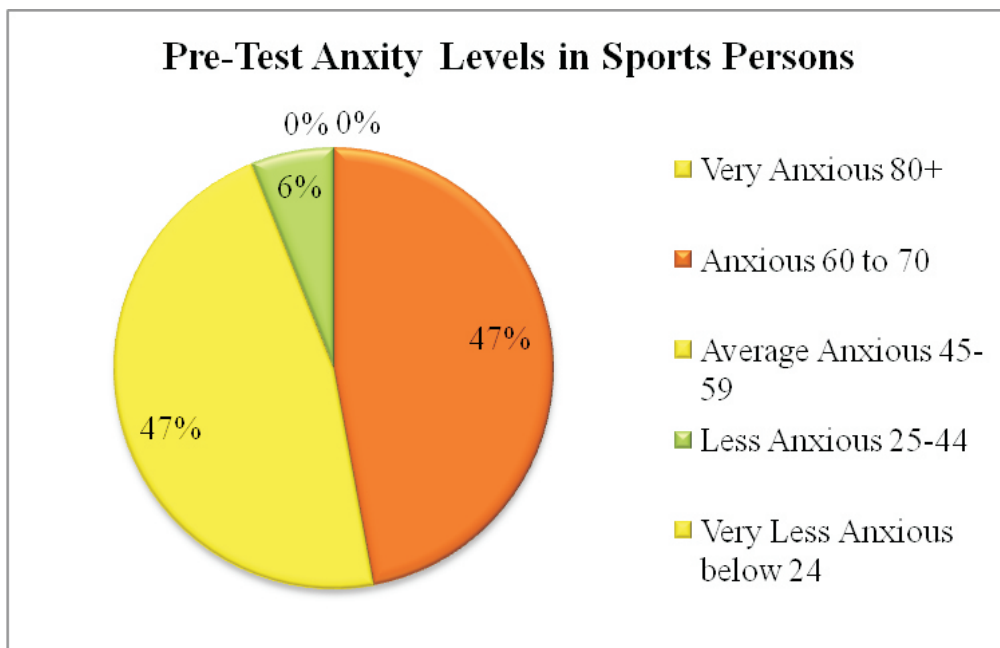
GRAPH-2

Pre-Test Anxiety Levels in Sports Persons

- Very Anxious 80+
- Anxious 60 to 70
- Average Anxious 45-59
- Less Anxious 25-44
- Very Less Anxious below 24

TABLE-2
Pre-test anxiety level in sports person

DESCRIPTION OF ANXIETY PRE-TEST AMONG sports person	PERCENTAGE OF ANXIETY AMONG SPORTS MEN	OVER ALL PERCENTAGE OF ANXIETY
very anxious	NIL	
Anxious	47%	47%
average anxious	47%	47%
less anxious	6%	6%
very less anxious	NIL	
TOTAL		100%

TABLE- 2 DISCUSSION:

The table clearly shows the percentage of anxiety among sports person. In Pre-test the anxious

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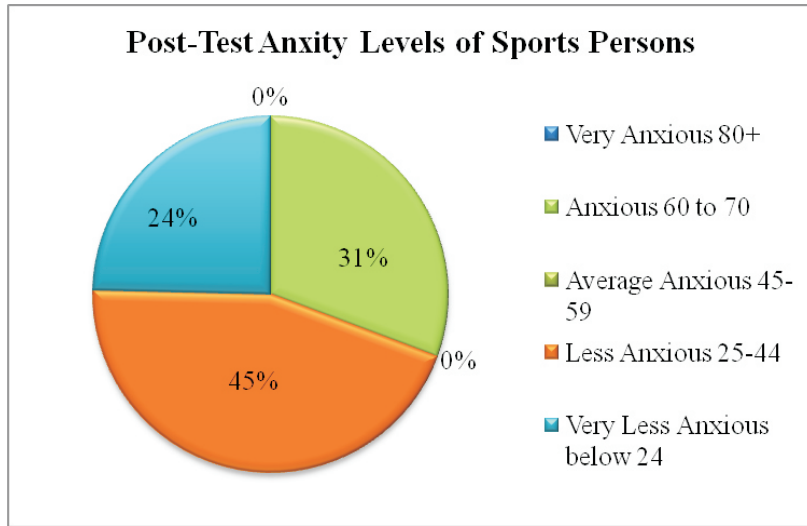level is 47% and average anxious is 47% they have very less anxious i.e. 6%.

CHART-3

Post-Test Anxity Levels of Sports Persons

- Very Anxious 80+
- Anxious 60 to 70
- Average Anxious 45-59
- Less Anxious 25-44
- Very Less Anxious below 24

TABLE-3

Description Of Anxiety Post-Test Among Sports Person	Percentage Of Anxiety Among Sports Men	Over All Percentage Of Anxiety
very anxious	NIL	
Anxious	31%	31%
average anxious	NIL	-
less anxious	45%	45%
very less anxious	24%	24%
TOTAL		100%

TABLE- 3 DISCUSSION:

After 8 weeks of pranayama the percentage very less anxious has increased from 6% to 45% there was no "very less an anxious in pre-test in post-test there is 24% of very less anxious". In pre-test anxiousness was 47% which has reduced to 31%
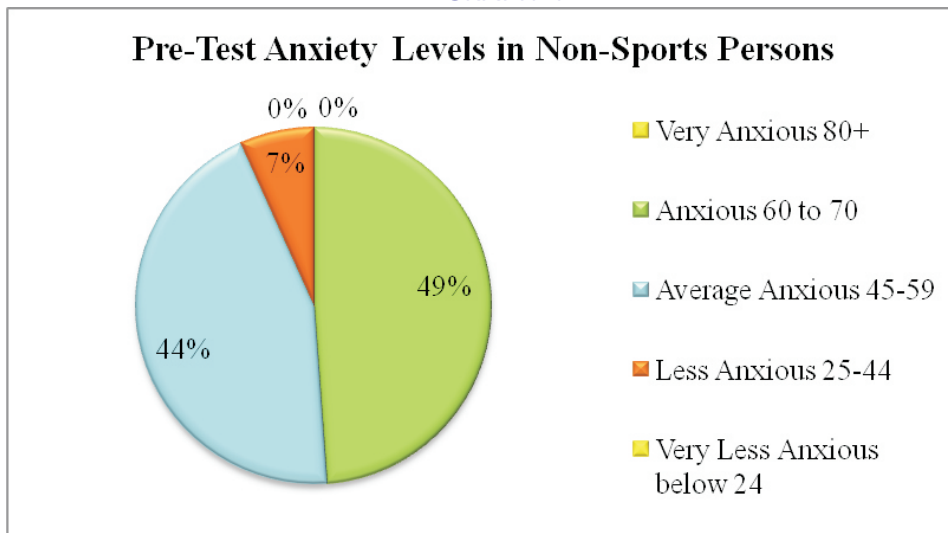
GRAPH-4

Pre-Test Anxiety Levels in Non-Sports Persons

- Very Anxious 80+
- Anxious 60 to 70
- Average Anxious 45-59
- Less Anxious 25-44
- Very Less Anxious below 24

TABLE-4

Description Of Anxiety PRE--Test Among NON-Sports Person	Percentage Of Anxiety Among NON-Sports Men	Over All Percentage Of Anxiety
very anxious	NIL	-
Anxious	49%	49
average anxious	44%	44
less anxious	7%	7
very less anxious	NIL	NIL
TOTAL		100%

TABLE- 4 DISCUSSION:

The table clearly shows the percentage of anxiety among sports person. In pre-test the anxious level is 49% and average anxious is 44% they have very less anxious i.e. 7%.
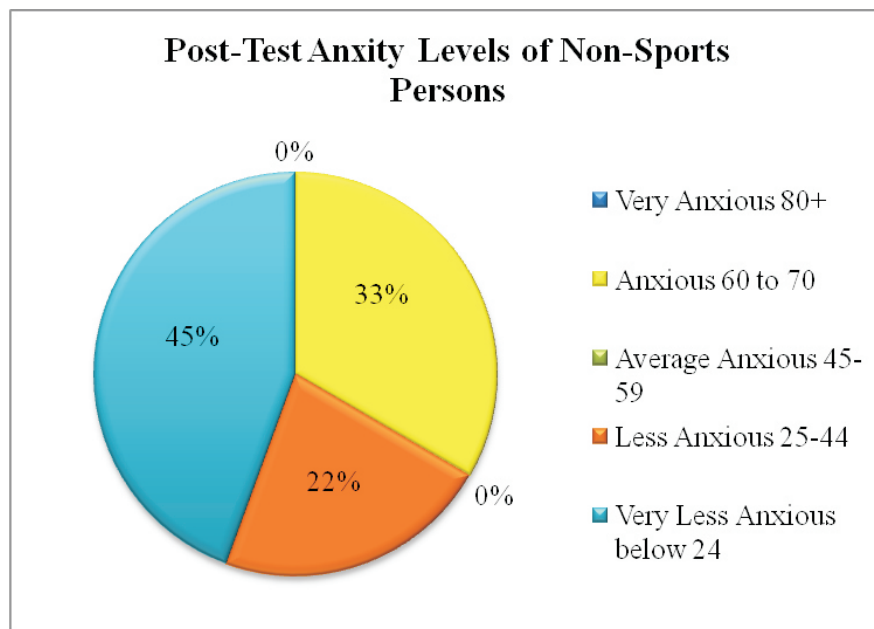
GRAPH-5

TABLE-5

Description Of Anxiety PRE--Test Among NON-Sports Person	Percentage Of Anxiety Among NON-Sports Men	Over All Percentage Of Anxiety
very anxious	NIL	-
Anxious	33%	33%
average anxious	NIL	-
less anxious	22%	22%
very less anxious	44%	44%
TOTAL		100%

TABLE- 5 DISCUSSION:

After 8 weeks of Pranayama the percentage very less anxious has increased from 7% to 44%

there was no "very less an anxious in pre-test in post-test t it clearly represents 44% of very less anxious". In pre-test anxiousness was 49% which has reduced to 33%

RECOMMENDATION:

Coaches should regularly conduct the anxiety test to assess the anxious level in sports person to perform well in academics.

Coaches should conduct anxiety before the competition and after the completion of competition.

Teachers should conduct regular anxiety test at least monthly once to assess the anxiousness of sports person to improve his academic

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