

The Effect of Yoga Practices on Anxiety Among Boxers of Mahatma Gandhi University, Nalgonda, Telangana, India.

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Abstract— *This study was conducted to find out the effect of yoga practices on anxiety among boxers of Mahatma Gandhi University, Nalgonda, Telangana. Twenty male Boxers were selected 18 to 21 year's age group and also considered as experimental group. Data were considered before and after six-week training program of Yoga practices the collected data were statistically analyzed dependent 't' test, it was found that there was significant changes on Anxiety due to practice of Yoga. I used SCAT (Sports Competition Anxiety Test) test to find out anxiety levels.*

Indexed Terms— *Yoga, Boxer's, Anxiety.*

I. INTRODUCTION

Yoga: Yoga is our Indian heritage handed down through ages by the Rishis and their disciples. In the past, it has been the tradition in our country to initiate children into yoga by the rishis at their tender age. It should necessarily be made a part of curriculum in the schools, colleges and universities. Knowledge is virtue the knowledge of body and the mind should be given top priority. Any progress in life neglecting the physical fitness of the body, the alternate of the mind and the equilibrium of the emotions is incomplete like constructing a building without strong foundation. Yoga meets equally the requirements of all persons. The knowledge acquired should be propagated for the benefit of the progeny. This is like money circulation. If the money is in circulation, it is beneficial to the humanity. Similarly, knowledge of yoga should be disseminated. Yoga should be taught, practiced so that it becomes a living subject.

Yoga as exercise

Yoga is a physical activity consisting of asanas (often connected by smooth transitions, sometimes accompanied by breathing exercises and usually ending with a period of relaxation or meditation. It is often known simply as "yoga", despite older Hindu

traditions (some dating to the Yoga Sutras) in which asanas played little or no part asanas were not central to any tradition.

Yoga as exercise is part of a modern yoga renaissance,^[223] a 20th-century blend of Western gymnastics and hatha yoga pioneered by Shri Yogendra and Swami Kunalayananda. Before 1900, hatha yoga had few standing poses the Sun Salutation was pioneered by Bhawanrao Shrinivasrao Pant Pratinidhi, the Rajah of Aundh, during the 1920s. Many standing poses used in gymnastics were incorporated into yoga by Krishnamacharya in Mysore between the 1930s and the 1950s. Several of his students founded schools of yoga. Pattabhi Jois created ashtanga vinyasa yoga, which led to Power Yoga; B. K. S. Iyengar created Iyengar Yoga and systematised asanas in his 1966 book, *Light on Yoga* Indra Devi taught yoga to Hollywood actors; and Krishnamacharya's son, T. K. V. Desikachar, founded the Krishnamacharya Yoga Mandalam in Chennai. Other schools founded during the 20th century include Bikram Choudhury's Bikram Yoga and Swami Sivananda of Rishikesh's Sivananda yoga. Modern yoga has spread around the world.

The number of asanas used in yoga has increased from 84 in 1830 (as illustrated in *Joga Pradipika*) to about 200 in *Light on Yoga* and over 900 performed by Dharma Mitra by 1984. The goal of hatha yoga (spiritual liberation through energy) was largely replaced by the goals of fitness and relaxation, and many of its more esoteric components were reduced or removed. The term "hatha yoga" also refers to gentle yoga, often for women.

Yoga has developed into a worldwide, multi-billion-dollar business involving classes, teacher certification, clothing, books, videos, equipment, and holidays. The ancient, cross-legged lotus

position and Siddhasana are widely-recognized symbols of yoga. The United Nations General Assembly established 21 June as the International Day of Yoga, and it has been celebrated annually around the world since 2015. On 1 December 2016, yoga was listed by UNESCO as an intangible cultural heritage. The effect of postural yoga on physical and mental health has been a subject of study, with evidence that regular yoga practice is beneficial for low back pain and stress. In 2017, a Cochrane review found that yoga interventions designed for chronic low back pain increased function at the six-month mark, and modestly decreased pain after 3–4 months. The decrease in pain was found to be similar to other exercise programs designed for low-back pain, but the decrease is not large enough to be deemed clinically significant. Theories of the mechanism underlying these changes include the increase in strength and flexibility, physical and mental relaxation and increased body awareness.

Boxing: Boxing is a deceptively difficult sports at first glance boxing looks like it entails merrily moving around and throwing punches quit the contrary boxing requires absolute control of the body, mind, breathe emotions and surrounding atmosphere it demands deep concentration excellent mind body coordination and exceptional physical and cardiovascular strength. Boxing is one of the oldest combative sports on the earth and boxing sport introduced in Olympic games in 1904 there are some rules to decide the winner in the contest ex. Knockout, Technical Knockout, Winning by Points and Walkover the opponent there is also draws in the boxing contest when the contests undergo an accidental cut or an accidental wounds like head butt. Competitors wear protective headgear and gloves with a white strip or circle across the knuckle. There are cases however; where white ended gloves are not required but any solid color may be worn. The white end is just a way to make it easier for judges to score clean hits. Each competitor must have their hands properly wrapped, pre-fight, for added protection on their hands and for added cushion under the gloves. Gloves worn by the fighters must be twelve ounces in weight unless the fighters weigh under 165 pounds (75 kg), thus allowing them to wear ten-ounce gloves. A punch is considered a scoring punch only when the boxers connect with the white portion of the gloves. Each punch that lands cleanly on the head or torso with

sufficient force is awarded a point. A referee monitors the fight to ensure that competitors use only legal blows. A belt worn over the torso represents the lower limit of punches – any boxer repeatedly landing low blows below the belt is disqualified. Referees also ensure that the boxers don't use holding tactics to prevent the opponent from swinging. If this occurs, the referee separates the opponents and orders them to continue boxing. Repeated holding can result in a boxer being penalized or ultimately disqualified. Referees will stop the bout if a boxer is seriously injured, if one boxer is significantly dominating the other or if the score is severely imbalanced. Amateur bouts which end this way may be noted as "RSC" (referee stopped contest) with notations for an outclassed opponent (RSCO), outscored opponent (RSCOS), and injury (RSCI) or head injury (RSCH). **Anxiety:** Anxiety is an emotion which is characterized by an unpleasant of inner turmoil and it includes subjectively unpleasant feelings of dread over anticipated events. It is often accompanied by nervous behavior such as packing back and forth, somatic complaints and rumination.

Sports Anxiety: Sports anxiety occurs when individuals view competitive situations as threatening and respond to these situations with apprehension and tension. Pressure causes our motor skills that are usually automatic to become impaired due to the additional tension.

Hypothesis: It was hypothesized that yogic exercise will have a significant effect on anxiety among Boxers.

Delimitation: The subjects were restricted to Men Boxers, 18 to 21 age group on a random sampling 20 Boxers were selected from Mahatma Gandhi University, Nalgonda affiliated Colleges.

Methodology: 20 male boxer's of 18 to 21 years of age from Mahatma Gandhi University were selected as the subjects the selected subjects were gone under six weeks Yogic practices (Sukshma Vyayama, Asanas, Pranayama, Meditation and Yoga nidra) before the Six weeks yogic practices we collect data with using of Anxiety test and record the scores and after six

weeks yogic practices we collect data again SCAT test and record.

Test Administration: Anxiety Test (SCAT) Sports Competition Anxiety Test.

Result and Discussions: The mean, standard deviation, standard error and "t" ratio of Anxiety test (SCAT) Scores pre test and post test are presented in the following tables.

Variables	Test	Mean	S.D	S.E	"t" Ratio
SCAT Test	Pre	21.4	2.54	0.56	7.63
	Post	17.55	1.53	0.34	

Table 1

from the table 1 the dependent "t" value of Decreasing Anxiety levels between the pre and post test means of after Practice of Yogic exercises less than the table value of **7.63** level due to the effect of Yogic practices the experimental group had significant development (Decreases) on Anxiety Levels.

II. CONCLUSION

1. Six week of Yogic Practices Reduce male boxers Anxiety levels
2. Six week of Yogic Practices improves male boxer's concentration on fight and performance in the ring.

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