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A comparative study of anxiety level between yoga and gymnastic male players at college level

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Abstract

In the present study, an attempt has been made to compare the Anxiety level between Yoga and Gymnastic male players at college level. The study was carried out on 50 male players (25 each). The data was collected by different coaching camps. The age of the selected subjects ranged from 18 to 25 years. Only those male players were selected who had attended the inter-college competition at (M.D.U) university. Only Anxiety level were selected for the study. The data was collected through (Sinha's comprehensive anxiety test (1999) to measure Anxiety at college level. The data was analyzed by t-test. The researcher find that Gymnastic male players having more anxiety level than the yoga male players at college level.

Keywords: Anxiety, Male players, yoga, gymnastic.

1. Introduction

In the modern world of sports, it has become an absolute necessity that right talents are identified for the right game. A sports is no more a hobby it has become a full time profession modern sports. In fact, compel athletes to take-up sports competitions as a full time vocation besides making name and fame. The expression of any form of Anxiety which is not dangerous to the society should have a cathartic effect and reduce the strength of the instigation to other more socially dangerous forms of Anxiety. It would be advantageous to any society, therefore, to permit the expression of certain forms of anxiety. Athlete is who is highly motivated by emotional anxiety should not be confused with the athlete who has primary motivation, but who anxiety because he or she is placed in an athletic situation that demands it. There is need for a more serious attention to understand sports and its social significance. There is also general need to be more precise about the meaning and conceptualization of anxiety. There is a too, after positive approach to anxiety and the genetic approach to sports. Anxiety in sport is most common in competitive sports environment and could also be termed competitive stress. A lack of consensus makes it difficult to clearly define anxiety and stress in sport, but one definition, proposed by sport psychology consultant. The aggressive construct is a complex one, that there are individual differences in the innate potential to aggress and that the aggression can also be learned or stimulated by specific situations. When aggressive energies are expressed within the rules of a sport and channeled into skill by a mature athlete, then one may witness a peaceful and inspiring performance. Aggression for aggression sake should not be sanctioned. It is self defeating and debilitating to others. The outstanding athletes enter competition with control and not with impulse. The aggressive athlete will be more active, eager, strong, highly motivated and likely to seek to vanquish any opponent.

2. Purpose of the Study

A Comparative Study of Anxiety Aggression between Yoga and Gymnastic Male Players At College Level.

3. Methodology

In the present study, an attempt has been made to compare the Anxiety level between Yoga and Gymnastic male players at college level. The study was carried out on 50 male players (25 each). The data was collected by different coaching camps. The age of the selected subjects ranged from 18 to 25 years. Only those male players were selected who had attended the inter-college competition at (M.D.U) university. Only Anxiety level were selected for the study. The data was collected through (Sinha's comprehensive anxiety test (1999) to measure

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Anxiety at college level. The data was analyzed by t-test. The researcher find that Gymnastic male players having

more anxiety level than the yoga male players at college level.

4. Result and Discussion

Table 1: To compare the Yoga and Gymnastic male players on anxiety level at college level

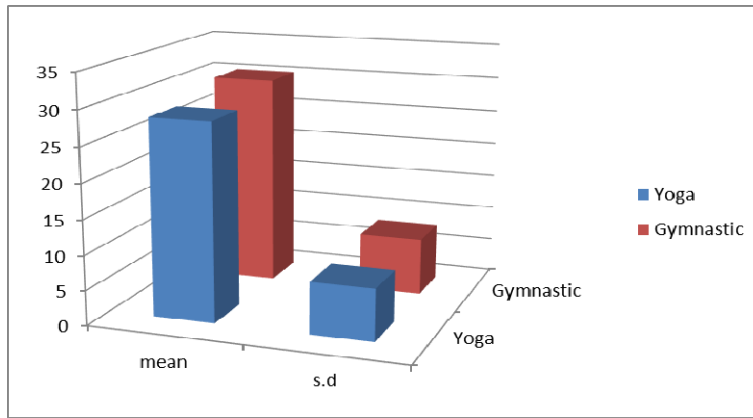
Game	No.	Mean	S.D.	SED	t-value
Yoga	25	28.26	7.44	2.27	1.34
Gymnastic	25	30.29	8.24		

Significant at 0.05 level

The mean value in the case of anxiety between yoga and gymnastic male players is 28.26 and 30.29 respectively and S.D is 7.44 and 8.24 their SED is 2.27 The 't' value obtain

was 1.34. There is no significant at 0.05 level. This table shows that Gymnastic male players having more Anxiety level than the Yoga male players at college level.

Fig 1: Graphical presentation of Yoga and Gymnastic male players at college level



5. Conclusion

It is evident from the table that Gymnastic male players having more anxiety level then the Yoga male players at college level.

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