

Effects of Psycho-Tonic Training with and without Yogic Practices on Dribbling Performance among College Women Handball Players

Rini Susan Alexander, Ph.D Research Scholar (Part Time), Department of Physical Education, Thiruvalluvar University, Vellore, Tamilnadu, India.

*Dr.P.V.Shelvam, Professor and Director, Department of Physical Education, Annamalai University, Chidabaram, Tamilnadu, India.
appumay1@gmail.com*

Abstract

The purpose of the study was to find out the effects of psycho-tonic training with and without yogic practices on dribbling performance among college women handball players. To achieve this purpose of the study, forty five (N=45) women Handball players who were participated in the inter Collegiate Handball tournament, in Chennai during the year 2018-2019 were randomly selected as subjects. Their age ranged from 18 to 21 years. The subjects were divided at random into three groups of fifteen in each (n=15) namely Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and control group. Group-I underwent Psycho-tonic Training with Yogic Practices, Group-II underwent Psycho-tonic Training without Yogic Practices and group-III acted as the Control group. The experimental groups underwent the respective training for 12 weeks duration and the number of the session was restricted to three. Handball dribbling performance only selected as dependent variable and it was assessed by subjective rating scale. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables. The data obtained from the experimental groups before and after the experimental period were statistically analyzed with one way analysis of covariance(ANCOVA). Scheffe's Post hoc test was applied whenever the f-test was significant. The level of confidence was fixed at 0.05 level for all the cases. The results of the study showed that Psycho-tonic Training with Yogic Practices has been found to be better than the Psycho-tonic Training without Yogic Practices and Control group in increase the performance of handball dribbling.

Key words: Psycho-tonic Training, Yogic Practices, Dribbling

I. INTRODUCTION

Autogenic preparing (AT) is a mental and physiological strategy created by nervous system specialist J. H. Shultz in 1932. Notwithstanding restorative uses (Bruton, 2008) (Knapen et al., 2003), it has likewise been bolstered by various logical examinations in training, psychohygiene and sport (Deckro et al., 2002).

The primary motivation behind AT is to create a general change of the subject by utilizing certain mental and physiological activities, prompting an unwinding state like intriguing proclamations. At the point when the unwinding status is accomplished the subject encounters sentiments of quietness, wellbeing and "eudaimonic" prosperity. It produces in useful impacts on the control of feelings and disposition.

The vital thought behind this procedure is the psyche body association. One thought spoke to with enough power, in a circumstance of assimilation on its own drive (selfhypnosis), decides an "automatic" change in body physiology (muscle unwinding or adjustment of pulse and relaxing). It can by one way or another be, a modulator instrument on the general wellbeing and physical execution during sports.

The objective of most unwinding methods, including autogenic preparing, is to empower the normal unwinding reaction in your body by easing back breathing, bringing down circulatory strain, and, at last, creating a sentiment of expanded prosperity.

"Yoga" is gotten from the Sanskrit root "Yuj" which implies association, joining, tackling, contact, or association. It is joining between the individual self and the general self. It is the combination of a solid body with a trained brain with the end goal of otherworldly turn of events. Yoga is likewise delighted contact with the preeminent component, higher than the most elevated of the known components. It is the outfitting of one's characteristic inward force, just as the more extensive common powers from which one have developed. Yoga is an indistinguishable piece of the Indian life and culture. It has come down to us from olden times with a solid custom. Combination incorporates assembling and controlling the equivalent wisely. This is predictable with the meaning of Yoga in "Bhagavad Gita" which says, "Smatvameva Yoga Uchyate" that is poise is called Yoga. It implies that yoga remains equipoise in progress and disappointment, addition and misfortune, triumph and imperfection and so forth. The term 'Samatva' may likewise be deciphered as balance, which prompts amicable improvement of the physical, mental and profound parts of human character. Serenity and balance are along these lines the basic qualities of Yoga. They help in the Skillful execution of an action (Vishnu Raj, 2017).

II. METHODOLOGY

The present study was to find out the effects of psycho-tonic training with and without yogic practices on dribbling performance among college women handball players. To achieve this purpose of the study, forty five (N=45) women Handball players who were participated in the inter Collegiate Handball tournament, in Chennai during the year 2018-2019 were randomly selected as subjects. Their age ranged from 18 to 21 years. The subjects were divided at random into three groups of fifteen in each (n=15) namely Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and control group. Group-I underwent Psycho-tonic Training with Yogic Practices, Group-II underwent Psycho-tonic Training without Yogic Practices and group-III acted as the Control group. The experimental groups underwent the respective training for 12 weeks duration and the number of the session was restricted to three. Handball dribbling performance only selected as dependent variable and it was assessed by subjective rating scale. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables. The data obtained from the experimental groups before and after the experimental period were statistically analyzed with one way analysis of covariance(ANCOVA). Scheffe's Post hoc test was applied whenever the f-test was significant. The level of confidence was fixed at 0.05 level for all the cases.

III. ANALYSIS OF THE DATA

The analysis of covariance on dribbling of the adjusted test scores of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group have been analyzed and presented in Table – 1.

Table - 1
Computation of Analysis of Covariance of pre test, post test and adjusted post test on Dribbling of Experimental groups and Control group

Test	Psycho-Tonic Training with Yogic Practice Group	Psycho-Tonic Training without Yogic Practice Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Adjusted Post-Test Mean	35.70	32.98	27.86	Between sets	474.16	2	237.08	99.18*
				Within Sets	98.01	41	2.39	

* Significant at 0.05 level of confidence
Table value for df (2, 41) at 0.05 level = 3.23
(Dribbling scores are in Points)

Table-1 shows that the adjusted post test means on Dribbling for Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group are 35.70, 32.98 and 27.86 respectively. The obtained F-ratio value is 99.18, which are higher than the required table value of 3.23 for significance with df 2 and 41 at 0.05 level of confidence.

The results of the study indicated that there is a significant difference between the adjusted post-test means of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Dribbling.

Since, three groups are compared and whenever the obtained 'F' ratio for adjusted post test is found to be significant, Scheffe's test is used to find out the paired mean difference and it is presented in Table-2.

Table - 2
Scheffe's test for the difference between paired means on Dribbling

Psycho-Tonic Training with Yogic Practice Group	Psycho-Tonic Training without Yogic Practice Group	Control Group	Mean Difference	Confident Interval Value
35.70	32.98	---	2.72*	1.43
35.70	---	27.86	7.84*	1.43
---	32.98	27.86	5.12*	1.43

**Significant at 0.05 level of confidence.*

Table-2 shows that the mean difference values of Psycho-tonic Training with Yogic Practices group and Psycho-tonic Training without Yogic Practices group, Psycho-tonic Training with Yogic Practices group and Control group and Psycho-tonic Training without Yogic Practices group and Control group are 2.72, 7.84 and 5.12 respectively, which are greater than the confidence interval value of 1.43 on Dribbling at 0.05 level of confidence.

The results of the study showed that there was a significant difference between Psycho-tonic Training with Yogic Practices group and Psycho-tonic Training without Yogic Practices group, Psycho-tonic Training with Yogic Practices group and Control group and Psycho-tonic Training without Yogic Practices group and Control group on Dribbling.

The above data also reveal that Psycho-tonic Training with Yogic Practices group, had shown better performance than Psycho-tonic Training without Yogic Practices group and Control group p in Dribbling.

The adjusted post mean values of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Dribbling are graphically represented in the Figure -1.

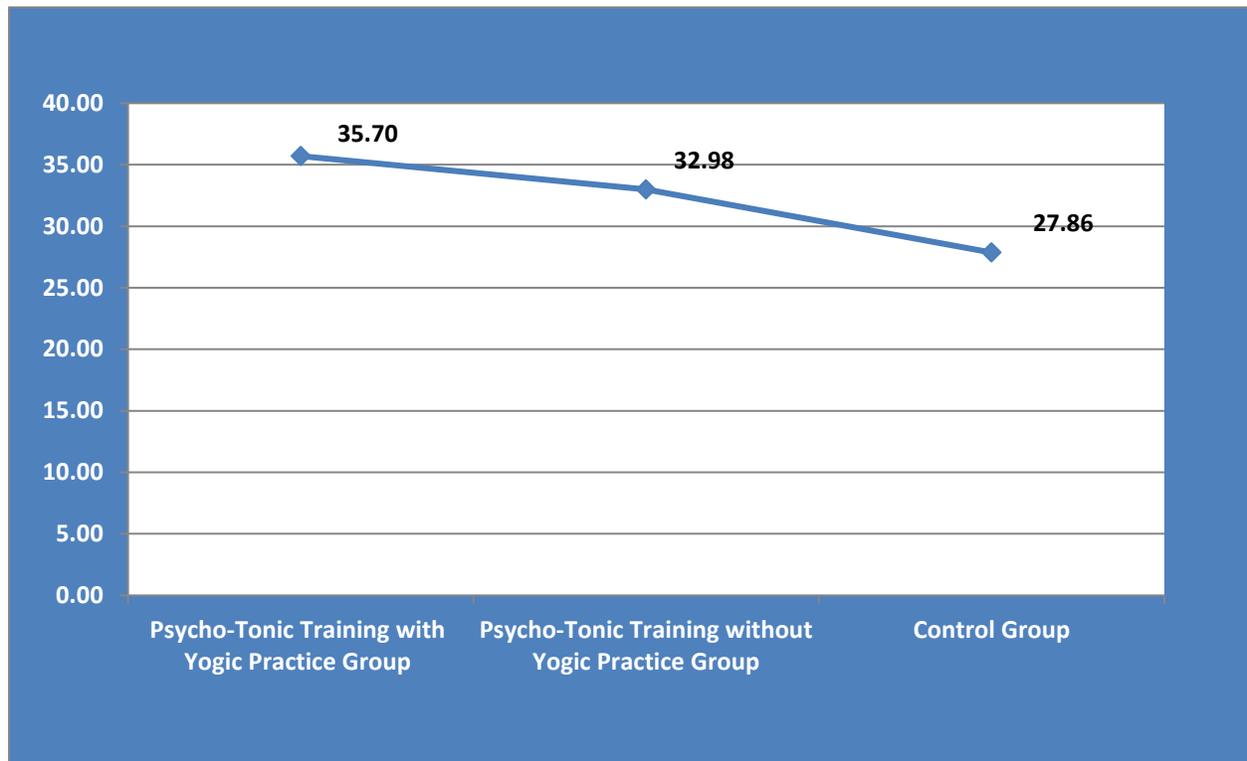


Figure-1: The Adjusted Post test means of Psycho-Tonic Training with Yogic Practice Group, Psycho-Tonic Training without Yogic Practice Group and Control group on Dribbling

IV. CONCLUSIONS

From the analysis of the data, the following conclusions were drawn.

1. The Psycho-Tonic Training with Yogic Practice Group and Psycho-Tonic Training without Yogic Practice Group had registered significant improvement on Dribbling.
2. When the Experimental groups were compared with each other, the Psycho-Tonic Training with Yogic Practice Group was found to be greater than the Psycho-Tonic Training without Yogic Practice Group and Control group on increase the performance of Handball Dribbling.

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