

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

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Abstract

The purpose of the study was to find out the effects of psycho-tonic training with and without yogic practices on aggression 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 five. Among various psychological parameters aggression selected for this research study. Aggression was assessed by Bryant Smith's Aggressive Questionnaire. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variable. The data obtained from the experimental groups before and after the experimental period were statistically analyzed with dependent 't'-test. 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 controlling aggression.

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

INTRODUCTION

Sports psychology science is the investigation of how brain research impacts sports, athletic execution, work out, and physical action. A few games analysts work with proficient competitors and mentors to improve execution and increment inspiration. Different experts use exercise and sports to improve individuals' lives and prosperity all through the whole life expectancy. Elite athletics therapists frequently assist competitors with adapting to the extraordinary weight that originates from rivalry and conquer issues with center and inspiration. They likewise work with competitors to improve execution and recuperate from wounds. In any case, sports analysts don't simply work with first class and expert competitors. They likewise assist customary with peopling figure out how to appreciate sports and figure out how to adhere to an activity program.

Autogenic preparing (Psychological readiness) is likewise one of the strategies used to create best execution. The term mental planning showed up in Russian writing in the mid 1960's. Terms, for example, 'psycho-tonic preparing' 'autogenic preparing' and 'mental preparing' were likewise used to show the term mental readiness. Mental arrangement is also called 'volitional-moral planning. Vanek and Cratty(1970) proposed that mental planning alludes to both quick and long haul general and explicit mystic preparing of unrivaled competitors. Autogenic preparing was figured by J.H. Schultz and Luthe(1969) in Switzerland. The object is to oversee the automatic sensory system by homeostatic self-guideline

Autogenic preparing is a desensitization-unwinding method created by the German therapist Johannes Heinrich Schultz (1969) by which a psycho-physiologically decided unwinding reaction is obtained.[2] The procedure was first distributed in 1932. Considering oneself reports of individuals inundated in a sleep inducing state, J.H. Schultz noticed that physiological changes are joined by specific sentiments. Abbé Faria and Émile Coué are the precursors of Schultz. The strategy includes reiterations of a lot of representations that incite a condition of unwinding and depends on aloof convergence of substantial recognitions (e.g., largeness and warmth of arms, legs), which are encouraged without anyone else proposals. The procedure is utilized to lighten many pressure incited psychosomatic issues.

Yoga is an antiquated Indian lifestyle, which remembers changes for mental demeanor, diet, and the act of explicit methods, for example, yoga asanas (stances), breathing practices (pranayamas), and reflection to achieve the most significant level of cognizance.

In any case, the generally rehearsed Yoga Sadhanas (Practices) are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi/Samyama, Bandhas and Mudras, Shat-karmas, Yukta-ahara, Yukta karma, Mantra japa, and so forth. Yama's are restrictions and Niyama's are observances. These are viewed as pre-requisites for the Yoga Sadhanas (Practices).

Asanas, equipped for achieving steadiness of body and brain comprises in receiving different psycho-physical body designs, offering capacity to keep up a steady attention to one's auxiliary presence for an extensive length and timeframe too.

Pranayama comprises in creating consciousness of one's breathing trailed by resolute guideline of breath as the practical or essential premise of one's presence. It helps in creating familiarity with one's brain and assists with building up power over the psyche. In the underlying stages, this is finished by creating attention to the 'progression of in-breath and out-breath' through nostrils, mouth and other body openings, its inner and outer pathways and goals. Afterward, this phenomenon is adjusted, through directed, controlled and checked inward breath prompting the attention to the body space/s getting filled (puraka), the space/s remaning in a filled state (kumbhaka) and it's getting discharged (rechaka) during managed, controlled and observed exhalation.(National Health Portal, 2015).

METHODOLOGY

The present study was to find out the effects of psycho-tonic training with and without yogic practices on aggression 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 five. Among various psychological parameters aggression selected for this research study. Aggression was assessed by Bryant Smith's Aggressive Questionnaire. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variable. All the subjects of the three groups were tested on selected criterion variables at prior to and immediately after the training programme.

ANALYSIS OF THE DATA

The results of the dependent 't'-test on the data obtained for Aggression of the subjects in the pre-test and post-test of the Experimental groups and control group have been analyzed and presented in Table-1.

Table – 1

Summary of mean standard deviation and dependent 't' test for the pre and post tests on Aggression of Experimental groups and Control group (Aggression is expressed in Points)

Test	Descriptive Statistics	Psycho-tonic Training with Yogic Practices Group	Psycho-tonic Training without Yogic Practices Group	Control Group
Pre Test	Mean	22.07	22.73	22.27
	SD (\pm)	1.34	1.77	1.24
Post Test	Mean	16.40	18.73	22.47
	SD (\pm)	1.31	1.65	1.54
"t" Test		11.73*	6.40*	0.39

* Significant at 0.05 level.

The table value required for 0.05 level of significance with df 14 is 2.15.

Table-1 shows that the pre-test mean and standard deviation of Aggression values of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group are 22.07 ± 1.34 , 22.73 ± 1.77 and 22.27 ± 1.24 respectively. The post-test mean and standard deviation are 16.40 ± 1.31 , 18.73 ± 1.65 and 22.47 ± 1.54 respectively.

The obtained dependent t-ratio values between the pre and post test means on Aggression of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic

Practices group and Control group are 1.31, 1.65 and 1.54 respectively. The table value required for significant difference with df 14 at 0.05 level is 2.15. It was concluded that aerobic training group and anaerobic training group had registered significant decrease in Aggression.

The analysis of covariance on Aggression of the pre, post, and 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 – 2.

Table – 2

Computation Analysis of Covariance of pre test, post test and adjusted post test on Aggression of Experimental groups and Control group

Test	Psycho-tonic Training with Yogic Practices Group	Psycho-tonic Training without Yogic Practices Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Pre-Test Mean	22.07	22.73	22.27	Between groups	3.51	2	1.76	0.76
				Within groups	96.80	42	2.30	
Post-Test Mean	16.40	18.73	22.47	Between groups	280.93	2	140.47	57.69*
				Within groups	102.27	42	2.43	
Adjusted Post-Test Mean	16.58	18.49	22.52	Between sets	275.73	2	137.87	89.75*
				Within Sets	92.98	41	1.54	

* Significant at 0.05 level of confidence

Table value for df (2, 42) at 0.05 level = 3.22 Table value for df (2, 41) at 0.05 level = 3.23
(Aggression scores are in Points)

Table-2 shows that the obtained F-ratio value 0.76 for pre test mean of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Aggression is lesser than the required table value of 3.22 for significance with df 2 and 42 at 0.05 level of confidence.

The obtained F-ratio value of 57.69 for post test mean of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Aggression is more than the required table value of 3.22 for significance with df 2 and 42 at 0.05 level of confidence.

The obtained F-ratio value of 89.75 for adjusted post test mean of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Aggression is 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 Aggression.

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-3.

Table – 3
Scheffe's test for the difference between paired means on
Aggression

Psycho-tonic Training with Yogic Practices Group	Psycho-tonic Training without Yogic Practices Group	Control Group	Mean Difference	Confident Interval Value
16.58	18.49	---	1.91*	1.15
16.58	---	22.52	5.94*	1.15
---	18.49	22.52	4.03*	1.15

**Significant at 0.05 level of confidence.*

Table-3 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, Psycho-tonic Training without Yogic Practices group and Control group are 1.91, 5.94 and 4.03 respectively, which are greater than the confidence interval value of 1.15 on Aggression 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, Psycho-tonic Training without Yogic Practices group and Control group on Aggression.

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 in Aggression.

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

The adjusted post mean values of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Aggression are graphically represented in the Figure -2.

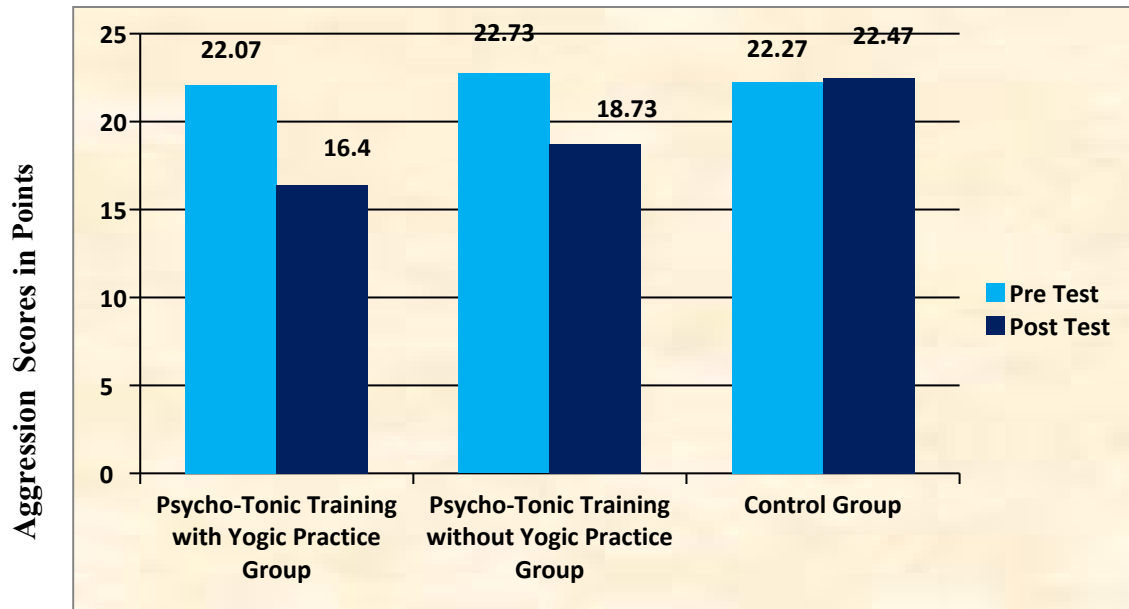


Figure: 1 The Pre and Post test mean values of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Aggression

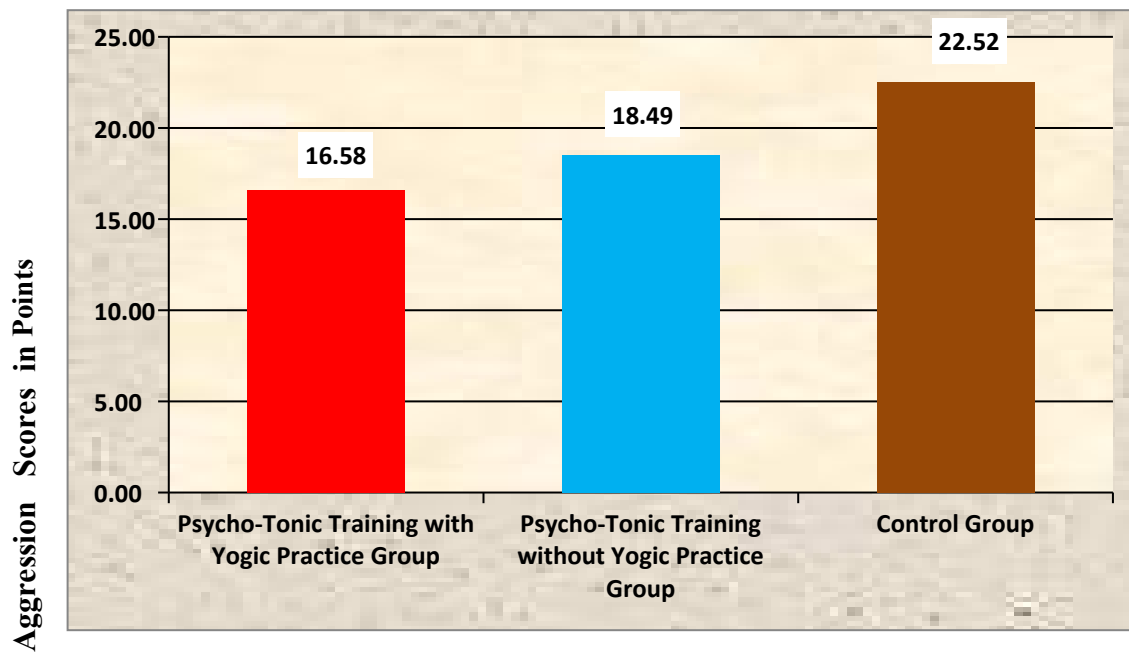


Figure: 2 The Adjusted Post test mean values of Psycho-tonic Training with Yogic Practices group, Psycho-tonic Training without Yogic Practices group and Control group on Aggression

CONCLUSIONS

1. The Psycho-Tonic Training with Yogic Practice Group and Psycho-Tonic Training without Yogic Practice Group had registered significant improvement on Aggression.
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 the decrease of Aggression.

Overall, findings of these studies suggest that Psycho-tonic Training with Yogic Practices group and Psycho-tonic Training without Yogic Practices group may have significant beneficial effects on multiple factors important in Handball Players. These findings are further supported by many authors. Jayaratnam and Dileep found that twelve weeks and six weeks yogic exercises significantly altered anxiety, aggression, self-confidence of the inter university hockey players. Foumany and Salehi found that anger management skills training decrease students' aggression. Tunte and others found effectiveness of a VR intervention targeted at reducing reactive aggressive behavior of forensic patients.

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