

### A Survey on the Effect of Yoga Practices on the Psychological Variables of the Weight Lifters

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#### ABSTRACT

The present study intends to assess the impact of yoga practices on the psychological variables of the weight lifters. For this purpose The researcher has selected a sample of 40 weight lifters from Paschim Medinipur district of West Bengal. Trier Personality Inventory there was a section containing 20 statements to assess the mental health. Mukta Rani Rastogi's Self-Concept Questionnaire was used to assess the self concept. Rosenberg's Self-Esteem Scale is used to assess the self esteem. The selected three variables of The Participants were tested before the 12 weeks yoga practices and their score was noted. After the yoga session of 12 weeks again the same variables were tested again and their response was noted. The collected responses were tabulated and analyzed with the help of t test and Mean and SD in the SPSS 20version. It has been indicated that the yoga practices have significant effect on the selected psychological variables of the weight lifters

**Introduction:** In addition to other related sports sciences like anthropometry, sports physiotherapy, massage treatment, etc., yoga asana has emerged as the newest cross-training method to improve athletic performance and lower the risk of injury among a specific group. A few years ago, fitness enthusiasts had limited alternatives if they wanted to include yoga in their training regimen due to lack of knowledge and a shortage of certified and experienced yoga teachers. "Yoga is now a mainstay as a preventive and health promotion tool on the program schedules of most health clubs, personal training studios, and corporate fitness centers. Even as army trainers have recognized yoga as a component of "Boot Camps." A boot camp is a rigorous training program specially designed for the young recruits that involve very high-intensity exercises under inhuman conditions of forests and deserts to improve soldiers' physical and mental tolerance level to survive during the war. Unlike many other forms of training, the practice of yoga may not give instant results. Still, in most cases, it does unfold over time to reveal many layers of physical and emotional benefits. More and more people are discovering how yoga can be used to improve sports performance—from increasing focus, flexibility, and balance to preventing common injuries and improving functional strength".(Singh,2021)

"The yoga is the ultimate technique which produces a marvellous change in the life style. The criminal nature of the unsocial elements can be changed by yoga. The sentiment of dissatisfaction egotism, anger, greediness, attachment etc. are the root cause of crime, when a person being aware and conscious by yoga practice recognizes its basic nature and suffering gained by the ill statement then a change appears in his mind and he live a decent social life, which is full of softness, piousness, friendliness and happiness. As the modern life is full of stress and tension, people are realizing the need of relaxation and mental calm. From ancient times the sages have developed various systems of yoga which is practiced properly give rest to your mind and body

and refresh them. Yoga is universally benefiting all the peoples of all ages. The study is fascinating to those with the philosophical mind as is defined as the silencing of the mind's activities which leads to complete realization of the intrinsic nature of the Supreme Being. It is a practical holistic philosophy designed to bring about profound state of well-being is an integral subject". (Tripathy and Nayak 2022).

### **Review of Literature:**

According to **Brahmananda Nayak and Ramakant Tripathy (2022)**, yoga training and practices are thought to be beneficial for enhancing athletes' physiological and psychological equilibrium. Yoga has a significant role in treating respiratory conditions such as asthma, diabetes, hypertension, and hypertension. Certain types of yoga are beneficial both inside and externally. Yoga has the potential to positively impact people's lifestyles. Yoga may help students become more conscious of their bodies and the importance of their physical and mental well-being throughout their school years. Yoga regulates the senses, which results in an integrated personality. It also allows for appropriate behaviour moulding, which produces balanced personalities. Yoga will improve the efficiency of both the body and the mind by addressing any imbalance in muscle development. Yoga asanas promote focus and poise while strengthening muscles and releasing physical strain. Strong and relaxed limbs are the result of yoga. The standing positions increase muscular flexibility and balance. After physically demanding sports, participants may unwind and regain energy by engaging in yogic practice. Additionally, it encourages clear, calm thinking even in circumstances that demand quick responses. Yoga calms and relaxes the mind and soul while strengthening and stretching every muscle in the body.

**Akhilesh Kumar Gautam and Mr. Anil Kumar** conducted their study to discuss the role of some yoga elements in physical education and sports. Yoga is a philosophical system from India that emphasizes the importance of developing healthy behaviours and thoughts through the body. Sanskrit calls its physical postures asana. They are the ones that got the most attention out of all the techniques. The scope of Physical Education includes sports and gymnastics. During a time when competitions were sacred and respect was essential between competitors, people used to say that winning was not everything; it was competing nobly that was important. There are many interpretations of Physical Education in modern society. Those who promote "education of the body" argue that one should educate the body to achieve certain abilities and skills, as is done in sports, for example. Those who champion "education to the body" say one should work out only to appear better. The primary reason for joining gyms is to lose weight, especially before summer. The term Physical Education originally implied that exercise was a form of education through the body. Through the work with the body, we foster autonomy and ethical relationships between humans and the environment. It includes sports and gymnastics under the heading of Physical Education. People used to say that winning itself was not important, but competing nobly at a time when competition places were sacred and respect between competitors was paramount. A key component of Yoga and Physical Education has always been to develop attitudes and abilities that contribute to mental and physical wellbeing. In today's world, both subjects can be considered complementary. The East focused more on relaxation and concentration to achieve the same goals as the West, which focused on aerobic conditioning and sports training.

**Nirlep Kaur,2022** concluded that yoga is an ancient Indian practice. The world has accepted the importance of yoga exercises. Yoga has proved to be very effective in much health related serious issues. Sports are no different. Players need more concentration and focus while performing. They go through lots of stress during competitions. It is yoga that helps players keeping them cool and calm in these kinds of situations. So although yoga itself is a sport yet it helps in improvement of players of other kind of games. It would be no exaggeration if yoga is called basic for all other games.

**Statement of the Problem:** After reviewing the related literatures it has come to notice that yogic

practices can influence the performance of the sports person since it has a great influence on the physical, physiological and psychological variables of the sports persons. There are so many studies which stated that yoga can impact the different variables of the sports person in different fields of sports and games like the football, cricket, volleyball etc. But there is no study on the impact of yoga on the psychological variables of the weight lifters. Since the researcher has stated the problem as “A survey on the Effect of Yoga practices on the psychological variables of the Weight Lifters”.

**Objectives:** The present study intends to assess the impact of yoga practices on the psychological variables of the weight lifters.

**Hypothesis:**

- There will be a noteworthy impact of yoga on weightlifters' self-perception.
- The practise of yoga will have a noteworthy impact on the weightlifters' self-esteem.
- There will be a noteworthy impact of yoga on the mental well-being of weightlifters.

**Methodology:**

**Yoga Practices:** The yoga practice was given for 12 weeks, on weekly five classes in the morning between at 7.00 am to 7.45 am. Training program details given in the below.

Yoga	Duration
Asanas (yoga postures)	30 mins
Pranayama (Breath-control Exercise)	10 mins
Savasana (Relaxation)	5mins
Total	45mins

**Selection of variables:**

- Self Concept
- Mental Health
- Self Esteem

**Samples:** The researcher has selected a sample of 40 weight lifters from Paschim Medinipur district of West Bengal. In this regard the purposive sampling method has been followed.

**Tools:** There was a portion of the Trier Personality Inventory with 20 statements to gauge mental health. Both positive and negative comments are included in this list, which was presented in an erratic sequence. For the purposes of this study, the twenty statements that made up the Trier Mental Health Inventory (TMHI) were chosen one at a time. Each sentence on the four-point scale had four possible answers: "Always," "Often," "Sometimes," and "Never."

To evaluate the self-concept, Mukta Rani Rastogi's Self-Concept Questionnaire was used. There are 51 items in all, with the options to Strongly Agree, Agree, Disagree, and Strongly Disagree as responses.

The self-esteem is evaluated using Rosenberg's Self-Esteem Scale. Ten items with the options to Strongly Agree, Agree, Disagree, and Strongly Disagree are also included.

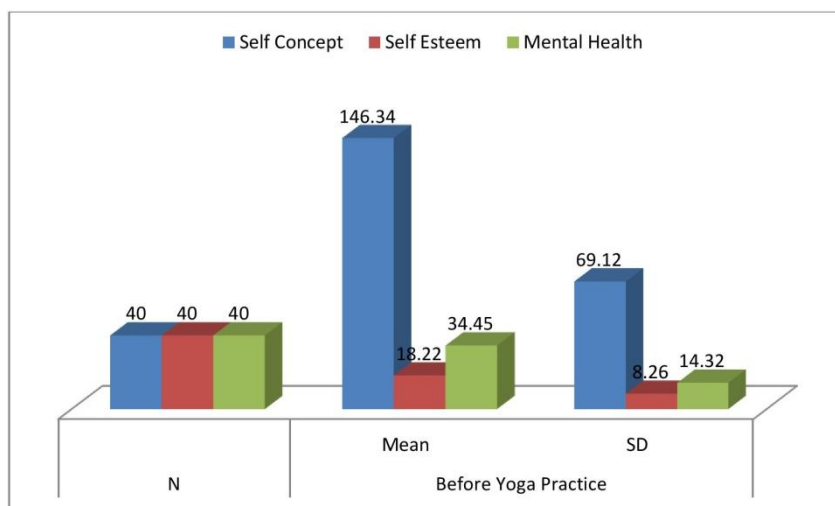
**Data Collection and Statistical Techniques:** The selected three variables of The Participants were tested before the 12 weeks yoga practices and their score was noted. After the yoga session of 12 weeks again the same variables were tested again and their response were noted. The collected responses were tabulated and analyzed with the help of t test and Mean and SD in the SPSS 20version.

**DATA ANALYSIS AND INTERPRETATION:**

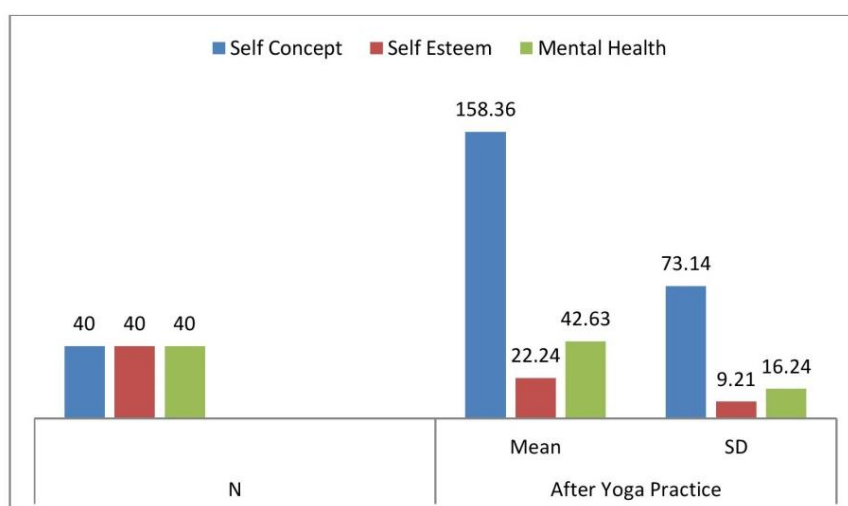
**Table 1- Mean and SD of the Selected Psychological Variables Before yoga Practice and after Practice**

Selected Variables	N	Before Yoga Practice		After Yoga Practice	
		Mean	SD	Mean	SD
<b>Self Concept</b>	40	146.34	69.12	158.36	73.14
<b>Self Esteem</b>	40	18.22	8.26	22.24	9.21
<b>Mental Health</b>	40	34.45	14.32	42.63	16.24

As can be seen from the above table, the weight lifters' self-concept grew from a mean score of 146.34 and an SD of 69.12 before to the 12-week yoga instruction to a mean score of 158.36 and an SD of 73.14. The mean score for self-esteem was 18.22 with a standard deviation of 8.26 before to training, however these values increased to 22.24 and 9.21 after the programme. Similar to the first two factors, weightlifters' mental health is also dramatically altered. The SD of 14.32 is altered to 16.24, and the mean score of 34.45 is adjusted to 42.63.



**Fig. 1, showing the mean and sd of the variables before yoga practice.**



**Fig 2, showing the mean and SD of the variables after the yoga practice.**

**Table2-Difference of Self Concept Between before yoga practice and after yoga practice.**

Groups	N	Mean	SD	SEM	t
Before Practice	40	146.34	69.12	10.92	0.75
After Practice	40	158.36	73.14	11.56	

T test has been used to determine how the self-concept changes between before and after practice. The aforementioned table makes it clear that even if the mean scores vary, the computed t value is 0.75, which is below the essential value. As a result, the original hypothesis—that yoga would have a substantial impact on weightlifters' self-concept—remains valid. Thus, it can be said that the weight lifters' self-concept is significantly impacted by their 12-week yoga practice.

**Table 3-Difference of Self Esteem Between before yoga practice and after yoga practice**

Groups	N	Mean	SD	SEM	t
Before Practice	40	18.22	8.26	1.30	2.05
After Practice	40	22.24	9.21	1.45	

T test has been used to determine the difference in self-esteem between the before and after practice. The aforementioned table makes it clear that even if the mean scores vary, the computed t value is 2.05, which is below the threshold value. As a result, the original hypothesis—that yoga would have a major impact on weightlifters' self-esteem—remains valid. Thus, it can be said that the weight lifters' self-esteem is greatly impacted by their 12-week yoga practice.

**Table 4-Difference of Mental Health Between before yoga practice and after yoga practice**

Groups	N	Mean	SD	SEM	t
Before Practice	40	34.45	14.32	2.26	2.38
After Practice	40	42.63	16.24	2.56	

T test has been used to determine the difference in Mental Health between the pre- and post-practice periods. Although there is a variation in the mean scores, as can be seen from the above table, the computed t value is 2.38, which is below the crucial threshold. As a result, the original hypothesis—that yoga would have a major impact on weightlifters' mental health—remains valid. Thus, it can be said that the weight lifters' mental health is significantly impacted by their 12-week yoga practice.

**Findings:** After analyzing the obtained data the following has been found in the present study-

- 12 weeks yoga training have much influence on the psychological variables of the weight lifters.
- The scheduled yoga practices have increased the self concept, self esteem of the weight lifters.
- Yoga training has improved the mental health of the weight lifters.

**Conclusion:** The researcher's main goal was to examine how certain psychological factors related to weightlifters were affected by yoga practices. The group that practiced yoga had shown a major improvement in their mental health, self-esteem, and self-concept. Yoga may assist correct any imbalance in a person's muscular development and improve the efficiency of both their body and mind. Yoga poses help to reduce physical stress, strengthen muscles, and enhance composure and focus.

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