

	Think India (Quarterly Journal) ISSN: 0971-1260 Vol-23, Special Issue-03 in collaboration with Indira Gandhi Government Girls Degree College, Rae Bareli, -229001, Uttar Pradesh, India Sponsored by Dept. of Higher Education , Govt. of U.P.	
---	---	---

NATIONAL SEMINAR ON YOGA FOR WELLNESS AND POSITIVE HEALTH
14th - 15th December, 2019 (Saturday-Sunday)

PSYCHOLOGICAL FACTORS, SPORTS PERFORMANCE AND YOGA

Dr.Arvind Kumar

Assistant Professor (Physical Education)

Dr.Ambedkar Govt P.G.College Unchahar Raebareli u.p.

Abstract

Although Psychological preparation is a component that has often neglected by athletes and coaches alike, studies have shown that mental readiness is the most significant statistical link with high level of sports performances. Athletes have frequently been quoted to state how the mental aspect is the most important part of one's performance. As Arnold Palmer, a professional golfer suggested that the game is 90% psychological. The 'thinking time' in a game of golf is much more than the total time spent by the golfer in actually swinging and striking the ball during those 72 holes. Within the parameters of psychological aspects of athletic performance, it is interesting to note that more than 70 percent questions raised, discussed and debated at the International conferences and seminars on sport psychology pertain to anxiety and aggression as performance to the genre of emotions. Although in every sports the mental preparation required but some sports like Archery, Shooting and boxing where concentration and control over emotions demands more. Psychological factors like stress, anxiety, Aggression, tension etc. significantly affected sports performances. Physical fitness may gain by conditioning; high level of training and by the means of many exercises but Yoga practices is the best for psychological

preparation. With the help of Yoga practices, an athlete may overcome over psychological factors, which affect the sports performances. Yoga practices improve control over emotions, nerves and high level of concentration.

Keywords: Sports Performance, Psychological Factors, Stress, Aggression, Tension, motivation, Yoga practices.

Introduction

The word psychology refers to the study of human behavior, and sports psychology denotes sub category of psychology that deals with the behavior of athletes and teams engaged in competitive sports. Sports psychology is that branch of psychology which is intimately connect with human behavior on the play field, both under practice and competitive situations. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. Sports performance is not simply a product of physiology and biomechanical but psychological factors play a crucial role in determining performance. Performance in sports is no longer dependent on physiological well-being of the athlete. It is clear now that there are numerous psychological factors, which affect and improve the physical performance. There are two different views about anxiety. The first, the state anxiety and trait anxiety, Trait anxiety refers to anxiety in the aspect of personality. Trait anxiety refers to anxiety in the aspect of personality. Yoga has multiple benefits, including; injury prevention and increased performance, body awareness, balance, core strength, breath awareness, mental focus, stress relief, recovery time, and endurance (LaMeaux, 2011). With the many benefits derived from the practice of yoga, it is important for athlete to exercise yoga. The benefits of yoga include: injury prevention, increased performance, body awareness, balance, core strength, breathe awareness, mental focus, stress relief, recovery time, and endurance.

Definition of Terms

Aggression: Is defined as any behaviour directed toward intentionally harming or injuring another living being.

Anxiety: Is a negative emotional state characterized by nervousness, worry and apprehension and associated with activation or arousal of the body.

Emotion: An intense mental state that arise subjectively rather than through conscious effort and is accompanied by physiological changes related to autonomic activation.

Performance: Is an observable behaviour that demonstrates skill. **Self-confidence:** Is the belief that you can successfully perform a desired behaviour.

Stress: Is a process, it occurs when people perceive an imbalance between the physical and psychological demands of them and their ability to respond.

Meditation: is a verb. It is doing. It is a practice of concentration. we may concentrate on our breath, a sound, object, visualization, movement, or sensations in the body. The goal of

meditation is to increase the sense of well-being, reduce stress, activate the relaxation response, and enhance personal and spiritual growth.

Regular yoga practice can help athletes to stay calm and relaxed in daily life, and can also give the strength to face events as they come without getting restless. Yoga practice ideally includes the complete package of asanas (body postures), pranayamas (breathing techniques), meditation, and the ancient yoga philosophy, all of which has helped several anxiety patients recover and face life with new positivity and strength.

[Assanas](#) and [pranayamas](#) help to overcome psychological factors like anxiety, stress and tension to enhance sports performances.

[Dhanurasana \(Bow Pose\)](#)

This pose is so called because it looks like an archer's bow, the torso and legs representing the body of the bow, and the arms the string. Lie on your belly with your hands alongside your torso, palms up. (You can lie on a folded blanket to pad the front of your torso and legs.) Exhale and bend your knees, bringing your heels as close as you can to your buttocks. Reach back with your hands and take hold of your ankles (but not the tops of the feet). Make sure your knees aren't wider than the width of your hips, and keep your knees hip width for the duration of the pose.

[Matsyasana \(Fish Pose\)](#)

Lie on your back on the floor with your knees bent, feet on the floor. Inhale, lift your pelvis slightly off the floor, and slide your hands, palms down, below your buttocks. Then rest your buttocks on the backs of your hands (and don't lift them off your hands as you perform this pose). Be sure to tuck your forearms and elbows up close to the sides of your torso.

[Bhujangasana](#)

This asana improves menstrual irregularities, elevates mood firms and tones the buttocks. Stimulates the heart and organs in the abdomen, like the kidneys. This yoga also relieves stress and fatigue thus, helps in opening the chest to clear the passages of the heart and lungs.

[Setu Bandhasana \(Bridge Pose\)](#)

Setu Bandha Sarvangasana stretches the chest, neck, spine, and hips. This asana strengthens the back, buttocks, and hamstrings which in turn helps in improves circulation of blood. This yoga is beneficial for preventing arterial blockages or cardiac arrest. It also reduces anxiety, fatigue, backache, headache, and insomnia.

[Paschimottanasana \(Two-Legged Forward Bend\)](#)

This asana calms the mind and also relieves mild depression and stress. Menopause and menstrual discomfort can be combatted with this asana. The kidneys, liver, uterus, and ovaries are activated by practising this asana regularly.

[Sirsasana \(Headstand\)](#)

The brain is the controlling centre of the body that helps to function the physical and mental aspects of the body efficiently and effectively. The headstand yoga pose allows revitalizing the entire brain with the supply of blood to the brain cells. As a result of which the billions of cells receive more nourishment.

[Shavasana \(Corpse Pose\)](#)

With this asana, the body relaxes and goes into a deep meditative state, which in turn helps repair the cells and tissues and releases stress. As the body relaxes and calms down, the blood pressure also drops, and this provides relaxation to the heart.

[Kapal Bhati Pranayama \(Skull-Shining Breathing technique\)](#)

Kapalabhati consists of alternating short, explosive exhales and slightly longer, passive inhales. Exhales are generated by powerful contractions of the lower belly (between the pubis and navel), which push air out of the lungs. Inhales are responses to the release of this contraction, which sucks air back into the lungs. Focus on your lower belly. Many beginners aren't able to isolate and contract this area. If needed, cup one hand lightly in the other and press them gently against your lower belly.

[Bhastrika Pranayama](#)

Sit in Padmasana (Lotus Pose). Take a deep breath and fill your lungs with air. Release the breath after counting till five. Now begin practicing the technique by inhaling and exhaling with force and mimicking the panting activity. You can take breaks and continue doing it for three minutes. Gradually increase the count and the duration as the stamina increases. Those who suffer from low BP, depression or anxiety can perform it during summers and benefit from it. Bhastrika should never be done on a full stomach or at night.

[Nadi Shodhan Pranayama \(Alternate Nostril Breathing\)](#)

Alternate nostril breathing is a yogic breath control practice. In Sanskrit, it's known as **nadi shodhana pranayama**. This type of breath work can be done as part of a yoga or meditation practice. Alternate nostril breathing can also be done as its own practice to help you quiet and still your mind. Alternate nostril breathing may help to: relax your body and mind, reduce anxiety, promote overall well-being

[Bhramari Pranayama \(Bee Breath\)](#)

Sit up straight in a quiet, well ventilated corner with your eyes closed. Keep a gentle smile on your face. Place your index fingers on your ears. There is a cartilage between your cheek and ear. Place your index fingers on the cartilage. Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers, while making a loud humming sound like a bee. You can also make a low-pitched sound but it is

a good idea to make a high-pitched one for better results. It is instant way to relieve tension, anger and anxiety. It is a very effective breathing technique for people suffering from hypertension as it calms down the agitated mind.

Conclusion

M.Javnbakht, R.Hejazi Kenari and M.Ghasemi (2019) conducted a study on “Effect of yoga on depression and anxiety of women” and found that participation in a two-month yoga class can lead to significant reduction in perceived levels of anxiety in women who suffer from anxiety disorders. This study suggests that yoga can be considered as a complementary therapy or an alternative method for medical therapy in the treatment of anxiety disorders.

Tomar A, Dhunna Kapil Dev (2018) published a paper on “The role of psychological factors in sports” and concluded that the psychological factors affect the sports performances. So we can conclude that the sports performances is significantly lies on psychological factors and those psychological factors may takeover positively by the practice of yoga.

REFERENCES

1. Ashwani Bali (2015). *Psychological Factors Affecting Sports Performance*. International Journal of Physical Education, Sports and Health;1(6)
2. Donny Wira Yudha Kusuma, Wang Bin (2017). *Effect Of Yoga Program On Mental Health: Competitive Anxiety In Semarang Badminton Athletes*, KEMAS 13 (1) (2017) 121-130
3. <http://journal.unnes.ac.id/nju/index.php/kemas>.
4. <https://www.artofliving.org/>
5. Kamlesh ML.(1972). *Psychology of Physical Education and Sports*, London: Boston Routledge and Kagan Paul.
6. M.Javnbakht, R.Hejazi Kenari and M.Ghasemi (2009).*Effect of yoga on depression and anxiety of women*.Complementary Therapies in Clinical Practice Volume 15, Issue 2, 102-104.
7. *Orv Hetil.* (2010)16;151(20):815-21. doi: 10.1556/OH.2010.28890
8. P. Raghuraj and shirleytelles(1997). *Muscle power,dexterity skill and visual perception in community home girls trained in yoga or sports and in regular school girls*. Indian J Physiol Pharmacol;41 (4): 409-415.
9. Tomar A, Dhunna K.Dev(2018).*The role of psychological factors in sports* ~International Journal of Yogic, Human Movement and Sports Sciences 1049.