



# **Impact of Yogic Practice on Mental Health Among Sportsmen**

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## **Introduction**

Yoga is an ancient Indian science which helps to improve physical, mental, social and spiritual health. According to David Gordon White, from the 5th century CE onward, the core principles of "yoga" were more or less in place, and variations of these principles developed in various forms over time. Yoga, is a meditative means of discovering dysfunctional perception and cognition, as well as overcoming it for release from suffering, inner peace and salvation; illustration of this principle is found in Hindu texts. Yoga, as the raising and expansion of consciousness from oneself to being coextensive with everyone and everything; these are discussed in sources such as in Hinduism Vedic literature. Yoga, as a path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusory, delusive) and permanent (true, transcendent) reality; examples are found in Hinduism Nyaya and Vaisesika school texts as well as Buddhism Mādhyamaka texts, but in different ways.

Yoga, as a technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments. James Mallinson, however, disagrees and suggests that such fringe practices are far removed from the mainstream Yoga's goal as meditation-driven means to liberation in Indian religions.

Yoga definitely counts as exercise. It's been shown to increase strength, flexibility.. But more than that, it's got mental and spiritual benefits you may not be able to get from other workouts. Plus, there are several types of yoga worth trying. yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility,



muscle strength and body tone. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise.

The psychological benefits of yoga include an increase in somatic and kinesthetic awareness, positive mood, subject well-being, self acceptance, self-actualization, social adjustment, decrease in anxiety, depression and hostility.

### **Methodology:**

#### **Objectives of the study:**

To examine the effect of yogic practice on mental health.

#### **Hypotheses:**

There was no significant difference between experimental group and control group of sportsmen dimension on mental health.

#### **Sample:**

As sample, 50 sportsmen were considered for the study which were randomly divided into two groups, i.e. experimental group and control group. These groups were assigned same various yogic practices for a week.

### **Tools**

#### **Mental Health Inventory (MHI):**

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav has been used. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure.

### **Variable**

#### **Independent variable**

1) Type of Yogic practice group a) Experimental b) Control

#### **Dependent Variable**

1) Mental Health

## Statistical Analysis and Discussion

Table 1 : Mean, S.D and t value

| Dimensions    | Experimental group |      | Control Group |      |    |         |
|---------------|--------------------|------|---------------|------|----|---------|
|               | Mean               | SD   | Mean          | SD   | DF | t       |
| Mental Health | 170.86             | 5.65 | 145.18        | 5.71 | 78 | 12.60** |

Table 1 shows that, Mean of experimental group of sportsmen 170.86 and control group of sportsmen 145.18 dimension on mental health the difference between the two mean is highly significant  $t(78) = 12.60$ ,  $P < 0.01$ . It reveals that, the hypothesis i.e. there was no significant difference between experimental group and control group of sportsmen dimension on mental health has been rejected. It proves the positive effect of yogic practice on mental health.

### Conclusion:-

Experimental group of sportsmen have significantly high mental health than the control group of sportsmen. It proves the positive effect of yogic practice on mental health on sportsmen.

### References:

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