



## **A Study of Mental Health and Yoga Among Intercollegiate Kabaddi Players**

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### **Introduction**

Physical activity has a positive impact on increasing mood and self-esteem. Physical activity can improve self-image, self-confidence, mood, relieve stress tension and premenstrual tension, increased alertness, increased energy and increased ability to cope with stress (Greenberg & Oglesby). According to Horn and Clayton (1993) found exercise as a therapeutic intervention had the greatest positive impact on the self-esteem of emotionally disturbed youth. 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. Yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise. It is also useful against physical stress like cold exposure and stress due to diseases like epilepsy.

### **Methodology:**

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

To examine the effect of yoga on mental health.

#### **Hypothesis:**

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



**Sampling:**

Sixty Intercollegiate Kabaddi Players were included for the study which were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 8 weeks assigned with some yoga exercises and asanas whereas Control Group did not participate in any sessions. All the subjects were evaluated through the mental health inventory for pre-and post-session which is concluded in the result table.

**Tools**

**Mental Health Inventory (MHI):**

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 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.

**Variable**

**Independent variable 1) Type of Yoga group**

- a) Experimental
- b) Control

**Dependent Variable 1) Mental Health**

**Statistical Analysis and Discussion**

Experimental group and control group of Intercollegiate Kabaddi Players shows the mean S.D and t value of mental health

Dimensions	Experimental group		Control Group		DF	t
	Mean	SD	Mean	SD		
Mental Health	180.44	7.45	142.85	6.76	78	13.52



### Results Analysis:

Table of final results shows that, mean of experimental group of Intercollegiate Kabaddi Players 180.44 and control group of Intercollegiate Kabaddi Players 142.85 dimension on mental health the difference between the two mean is highly significant  $t(78) = 13.52, P < 0.01$ . It indicates that, hypothesis has been accepted. It means that experimental group of Intercollegiate Kabaddi Players have significantly high mental health than the control group of Intercollegiate Kabaddi Players. It proves the positive effect of yoga on our mental health.

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