

THE EFFECT OF YOGA TRAINING ON THE TACTICS OF THE COLLEGE LEVEL FEMALE SOCCER PLAYERS

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Abstract:

The main focus of the study is the significance of yoga training for female soccer players. Therefore the main objective of the study are To find out the effect of yoga training on the tactics of the female college level soccer players and to study whether yoga training has any influence on the tactics of the female college level players. For this purpose total seventy five football players were selected randomly from the Ghatal Rabindra Satabarsiki Mahavidyalaya, Ghatal, Paschim Medinipur, West Bengal age ranging between 17 to 22 years. They were given the special yoga training for 6 months in the residential camp of Ghatal Rabindra SatabarsikiMahavidyalaya. The selection of the players was made by three expert coaches who would give the training to the players. These thirty selected subjects would be the probable players of the Ghatal college team. This study will help the players to understand the importance of yoga training properly. The result of the study will help the coaches to modify the training schedule as per the competitive demands of the players. It has been found that that the female college level player has much improvement in their tactics through six months yoga training. So it has been proved that the female soccer players have improved their tactics by the yoga training.

Keywords: *Players, Yoga Training, Training Properly, Female College, Improvement.*

Introduction: Now-a-days, this game is played in almost all the countries having some differences in abided rules. The game which is played abided with the similar rules all over the world is known as “SOCCER”. Most of the countries play soccer and participated in the international competitions. These competitions brought a consciousness among the players and coaches, as well that they keenly trying to develop the skills and performances of the player. We can develop our strength and endurance and improve our soccer playing ability with the involvement of soccer. What-ever may bath standard of competitions, the shooting and kicking of footballs one of the unavoidable skills in the game situation.

It is essential to improve all the factors affecting the playing ability of football players; the researcher thought that the kicking ability is important. The football is kicked by legs, it is concerned with the power of leg, and this power can be developed by both the isometric and isotonic exercise which will be more effective

for this purpose.

In yoga, asanas are non-violent physical exercises that provide gentle stretching that relaxes the tendons, joints, muscles, tendons as well as various parts of the body. Asanas also help to coordinate the nervous system, improve blood circulation, relieve stress and increase flexibility. When performed relaxed and slow, it is portrayed as more than just a physical structure. It helps in expanding mental abilities as well as enhancing spiritual abilities. Asanas are designed to promote good health or physical well-being as well as mental health. Repairing, regenerating and bringing the entire system to a state where the physical body is performed. Asanas also have powerful effects on the spiritual body. Asana initially focuses on increasing and maintaining the flexibility of the spine and it also helps in restoring the nervous system. Gentle stretching, twisting and bending movements provide flexibility to the joints and other muscles by supplying the flexion with nutrients and oxygen to all the cells in the body. Asanas work similarly to acupuncture or shiatsu.

Background of the Study: Performance in sports as well as games is dependent on both, the physical as well as mental abilities. The Body along with the mind has equal contributions in human success. According to the great thinkers Aristotle and John Locke human body is a temple where the soul and the spirit and this body reside makes harmony between the body and the soul. Hence a sound body that must be fit is required to have a sound mind.

Sports ought to be a positive happening for both, our body as well as our mind. Outdoors unstructured activities and games are essential for one. Let an individual explore and go trekking with his buddies, he should be encouraged to play, run around as well as jump etc. These activities are an essential way out physical energy. Sports acquires its origin from disport which means to divert oneself. It contains the true meaning of burning up of bad psychic imprints on the mind and heart.

An effective performance of sports is the result of various physical as well as mental features found within an athlete. Anthropometric characteristics among all have a significant role when compared to other traits when any sports performance is taken into consideration. Anthropometry means the measurement of a human individual. It turns out to be an primary tool belonging to physical anthropology. Anthropometry has been utilized for the purposes of identification, for understanding the individual physical variation, in the field of paleoanthropologist as well as in different attempts to link the physical and the racial as well as the psychological traits. It also incorporates the systematic measurement pertaining to the physical human body properties, which are primarily dimensional labels of body size as well as shape. Gymnastics refers to a sport comprising the execution of exercises which require balance, control, endurance, agility, flexibility as well as strength. The movements that are involved in gymnastics also helps in the development of abdominal muscles groups, legs, arms, chest and shoulders. Gymnastics developed from certain exercises made use of by the prehistoric Greeks which consisted of the skills for mounting as well as dismounting a horse, along with circus performance skills.

Review of Literature

Singh.P (2020) in his study indicates that in case of Flexibility, Agility there is a significant impact of yogic practice on Male Football Players. In Balance shows a difference but it is not significant. So, we can say that yogic practice is superlative in the components of physical fitness for football players. This study shows that why yoga has simply started in India and now has been spread everywhere throughout the world.

Baker, G et.al (2019) provides a review of the actual potential for well-being and the effects of yoga on subjective satisfaction. This close observation and the after-effects of meta-examination show that yoga operates in a different real scope and leads to HRQoL in experienced adults who are not explained by a specific disease or condition. Contrary to controls for laziness, some major yoga-specific effects have been found to bring balance, reduced body flexibility, reduced extra strength, sadness, emotional health, actual well-being, quality of rest and inevitability. Whenever an association was made between yoga and dynamic controls, a small direct effect on grief, decreased body flexibility and even lower body strength were observed. Yoga is a multimodal movement in nature that improves flexibility, balance and muscle strength in more settled adults and this approach to action promotes yoga as an activity that enhances mental and physical well-being in people.

Najah and Rejeb (2015) examined a survey on the selected psychological skills owned by male youth players of soccer in various playing positions. The aforementioned study surveyed a total of 180 male players of soccer from Tunisia, belonging to the age group of 15 to 19 years from various clubs of the first and the third Youth Class partitions. The study observed all of their possible positional differences.

Statement of the Problem: It is an undeniable fact that today's lifestyle exacerbates mental tensions, worries and personal interrelationships. Advancements in technology and automation make works sedentary in nature. Of course this gave rise to a condition in which the mental as well as physical health is declining. Life tends to become unhappy as well as insecure. Physical along with mental cleansing and strengthening comprises to be one of yoga's vital achievements. The therapy of yoga is slowly and steadily emerging to be a clinical discipline within the Limitations of the mind and medicine of the body. University studies in Wisconsin show that prefrontal cortex shows increased activity in meditators. It is the result of higher levels of immunity and improved immunity. By improving blood circulation in the endocrine glands, consistent yoga practice helps the hormones to function more smoothly, which plays a vital role in physiology of depression. From the result it was evident that those who practice yoga on the regular basis can have relaxation every after the practice and have the better realization of the subconscious world. It is not replaced with physiotherapy or medication but it can be considered as a blending of medication and physiotherapy which facilitate the cure of both physical and

psychological. Research on mindfulness meditation has also increased substantially over the last decade and displayed that it also promotes indistinguishable psychological as well as physical health advantages.

SIGNIFICANCE OF THE STUDY:

1. The study will help to train the competitive players properly.
2. The study will help the trainers to design their training schedule properly.
3. This study will help the players to understand the importance of yoga training properly.
4. The result of the study will help the coaches to modify the training schedule as per the competitive demands of the players.
5. The result of the study will help the trainers and the coaches to prepare the module of training schedule where they can understand the amount of technique and tactical trainings should be given.

Objectives: The researcher has set the objectives as mentioned below-

- To find out the effect of yoga training on the tactics of the female college level soccer players.
- To study whether yoga training has any influence on the tactics of the female college level players

Methodology

Selection of subjects: Total seventy five football players were selected randomly from the Ghatal Rabindra Satabarsiki Mahavidyalaya, Ghatal, Paschim Medinipur, West Bengal age ranging between 17 to 22 years. They were given the special yoga training for 6 months in the residential camp of Ghatal Rabindra Satabarsiki Mahavidyalaya. The selection of the players were made by three expert coaches who would give the training to the players.

Experimental Design: Random group design and purposive design will be followed for this research project as all the subjects will be randomly selected. Six (6) months training will be applied on the subjects. The data will be collected before and after the training.

Collection of Data : The data was collected for each variable administering their respective tests. The test was administered at gymnasium hall and specific sports ground of Ghatal Rabindra Satabarsiki Mahavidyalaya, Ghatal, Paschim Medinipur, West Bengal.

Statistical Technique: Collected data were analyzed with descriptive statistics. T test has also been used in the study.

Data Analysis and Interpretation

Table-1: Before Training Female Tactics frequency distribution

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid3.33	1	1.3%	1.3%	1.3%
3.66	5	6.7%	6.7%	8.0%
4.00	9	12.0%	12.0%	20.0%
4.33	5	6.7%	6.7%	26.7%
4.50	2	2.7%	2.7%	29.3%
4.66	8	10.7%	10.7%	40.0%
5.00	13	17.3%	17.3%	57.3%
5.33	12	16.0%	16.0%	73.3%
5.50	1	1.3%	1.3%	74.7%
5.66	9	12.0%	12.0%	86.7%
6.00	6	8.0%	8.0%	94.7%
6.33	3	4.0%	4.0%	98.7%
7.33	1	1.3%	1.3%	100.0%
Total	75	100.0%		

The table 1 shows that maximum candidates score for tactics between 5.00 to 6.00 out of 10. The candidates who score above 6 are 4 out of total female N(75). It proves that who score average should be trained and their score in tactics can be improved after training

Tactics

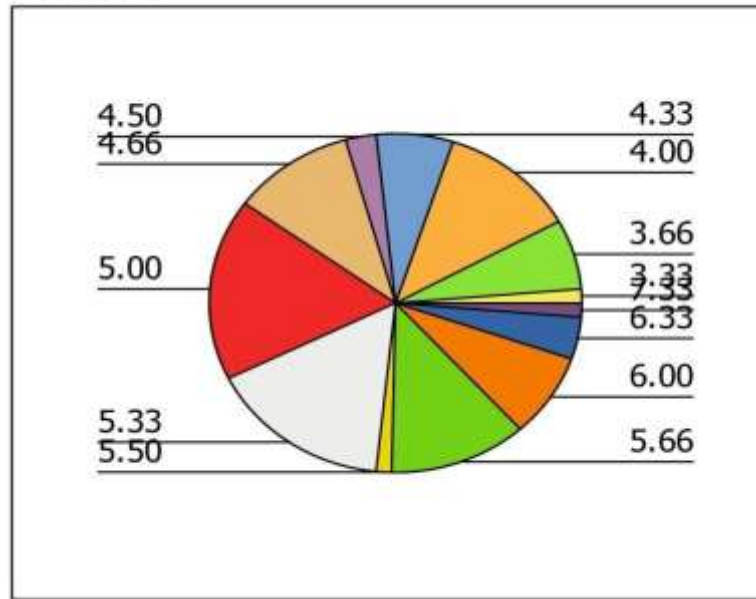


Fig. : Showing Female Tactics Frequency Distribution in the Pie Chart (Before Training)

Table-2: One Sample t Test for Female Technic, Tactics, Fitness and Macdonald Soccer Skill test.

	N	Mean	Std.Deviation	S.E.Mean
Age	75	19.43	1.53	.18
Weight	75	42.92	2.48	.29
Tactics	75	4.98	.79	.09

	Test Value=0.5					
	t	df	Sig.(2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Age	107.40	74	.000	18.93	18.58	19.28
Weight	148.39	74	.000	42.42	41.85	42.99
Tactics	48.85	74	.000	4.48	4.29	4.66

It is evident from the above table that ' t ' value for Tactics, is 48.85, respectively at 74 df for each variable. Mean difference for tactics is high i.e 4.48. For tactics lower score is 4.29 and upper score is 4.66.

Table-3: Female Tactics Frequency Distribution after Training

Valid	Frequency	Percent	ValidPercent	CumulativePercent
5.33	2	2.7%	2.7%	2.7%
5.66	2	2.7%	2.7%	5.3%
6.00	7	9.3%	9.3%	14.7%
6.33	13	17.3%	17.3%	32.0%
6.66	10	13.3%	13.3%	45.3%
7.00	9	12.0%	12.0%	57.3%
7.33	14	18.7%	18.7%	76.0%
7.66	13	17.3%	17.3%	93.3%
8.00	5	6.7%	6.7%	100.0%
Total	75	100.0%		

The table shows that maximum candidates score for tactics between 6.00 to 8.00 out of 10. The candidates who score above 7 are 32 out of total female N(75). It proves that who scored average before training got better improvement through training.

Table-4: One sample t test Female Tactics after training

	N	Mean	Std. Deviation	S.E. Mean
Tactics	75	6.91	.68	.08

	Test Value=0.5					
	t	df	Sig.(2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Tactics	81.03	74	.000	6.41	6.25	6.57

It is evident from the above table that ' t ' value for Tactics, is 81.03 which is far higher than that of before yoga training at 74 df for each variable. Mean difference for tactics is high i.e 6.41. For tactics lower score is 6.25 and upper score is 6.57.

Findings of the Study: By analyzing the data it has been found out that the female college level player have much improvement in their tactics through six months yoga training. So it has been proved that the female soccer players have improved their tactics by the yoga training.

Limitation of the Study: The current study has certain limitations which are as follows-

- Yoga has been practiced only for six months.
- The study is limited to only female soccer players.

Conclusion: To conclude, yoga has a positive effective on an individual and enhances one's health through physically fit, mentally alert, emotionally controlled and socially well being. If a player wishes to achieve success in his life and also improve his performance, he has to follow and respect rules and regulations of the game. Yoga teaches us to think positive and keeps the hope till the last minute and it will not allow us to give up. There is a quote, 'Hard work beats talent when talent fails to work hard – Kevin Durant. Yoga practice explores the hidden talent and makes us to work hard till we reach our goal. When the qualities of fitness like; strength, speed, muscle endurance, agility, flexibility, coordination, cardio-vascular endurance, balance etc. maintained properly, then we can expect high level of performance during the game. This alertness makes player to react in time as per the situation. The negative qualities like anger, stress, anxiety, fear, disliking etc. makes the player to do foul forcibly. Hence, Yoga, fitness and positive energy is the key to get success in the life.

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