



## IMPACT OF SELF-REGULATIVE AND YOGA PRACTICE ON MOOD STATUS AND ANXIETY AMONG MALE HANDBALL PLAYERS

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### ABSTRACT

The purpose of the present study was to find the impact of self-regulative and yoga practice on mood status and anxiety on mood status and anxiety among male handball players. For this purpose, sixty male handball players studying in various colleges in and around Trichur town, Kerala state, in the age group of 18 – 25 years were selected as subjects. They were divided into four equal groups, each group consisted of fifteen subjects, in which group – I underwent self-regulative technique, group – II underwent yogic practices, group – III underwent combined self-regulative and yogic practices and group – IV acted as control group. The training period for this study was five days in a week for twelve weeks. Prior to and after the training period the subjects were tested for mood status, and anxiety. Mood status was assessed by administering POMS (Profile of Mood Status) questionnaire and anxiety was assessed by Taylor's Manifest Anxiety Scale. Analysis of covariance (ANCOVA) was used to find out the significant differences if any, among the groups for each variable separately. The Scheffé S test was applied as post-hoc test whenever the 'F' ratios of the adjusted post-test means were found to be significant at 0.05 levels of confidence. All the data were analyzed using (SPSS) statistical package in the computer. It was concluded from the results of the study that all the training groups have decreased their mood status and anxiety.

**KEYWORDS:** Self-regulative technique, yogic practices, mood status and anxiety.

### INTRODUCTION

Training represents a long term endurance athletes are not developed overnight and a coach cannot create miracles by cutting corners through overlooking scientific and methodical theories (Bompa, 1997). Self-regulation technique is the core emotional intelligence capacity that we all call upon in our daily lives in any situation that causes discomfort. These conscious or unconscious mechanisms reduce our level of distress and pain and re-establish our equilibrium (Johnson, 2019). Self-Regulation refers to the self-directive process through which learners transform their mental abilities into task related skills". (Zimmerman, 2008)

According to Swami Satyaand Saraswathi (1999) "Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow". The word Yoga comes from the Sanskrit root "Yuj" which means "to join." Yoga is the science that teaches us the method of uniting the individual soul with the Supreme Soul, of merging the individual will in the Cosmic Will. Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner's body, mind, and spirit. It originated in India several thousand years ago, and its principles were first written down by a scholar named Patanjali in the second century B.C. (Retrieved from <http://www.minddisorders.com/Py-Z/Yoga.html> on 24-04-2012).

According to Freeman (1982) sports psychology is concerned with studying human behaviour in the sports setting. In the realm of sports studies, psychology is often employed for studying motor skill learning and performance.

In psychology, a mood is an emotional state. In contrast to emotions, feelings, or affects, moods are less specific, less intense and less likely to be provoked or instantiated by a particular stimulus or event. Moods are typically described as having either a positive or negative valence. In other words, people usually talk about being in a good mood or a bad mood. The term anxiety is used to describe the combination of intensity of behaviour and direction of effort, or emotion. The direction of effort is the characteristic of anxiety in negatives. In that, it describes subjective feelings that are unpleasant.

Team handball is also known as European or Olympic handball. The object is to score goals by passing and throwing a ball (slightly smaller than a soccer ball) into the opponents' goal. The game was introduced in Germany in the 1890s but did not become popular until after WWI, when it adopted many rules from soccer.

### METHODS

In this study it was to find out the impact of self-regulative, yoga practice and combination of self-regulative and yoga practices on mood status and anxiety

on mood status and anxiety among male handball players. To achieve the purpose, sixty male handball players studying in various colleges in and around Trichur town, Kerala state, in the age group of 18 – 25 years were selected as subjects. They were divided into four equal groups, each group consisted of fifteen subjects, in which group – I underwent self-regulative technique, group – II underwent yogic practices, group – III underwent combined self-regulative and yogic practices and group – IV acted as control group.

For every training programme there would be a change in various structure and systems in human body. So, the researcher consulted with the experts then selected the following criterion variables: 1. Mood states, and 2. anxiety. The selected criterion variables such as,

Mood status was assessed by administering POMS (Profile of Mood Status) questionnaire and anxiety was assessed by Taylor's Manifest Anxiety Scale.

#### ANALYSIS OF THE DATA

Analysis of covariance was used to determine the differences, if any, among the adjusted post test means on selected criterion variables separately. Whenever the 'F' ratio for adjusted posttest mean was found to be significant, the Scheffé *S* test was applied as post-hoc test. The level of significance was fixed at .05 level of confidence to test the 'F' ratio obtained by analysis of covariance.

**TABLE – I**  
**ANALYSIS OF COVARIANCE AND 'F' RATIO FOR MOOD STATES AND ANXIETY OF SELF-REGULATIVE GROUP, YOGA PRACTICE GROUP AND COMBINATION OF SELF-REGULATIVE AND YOGA PRACTICES GROUP AND CONTROL GROUP**

Variable Name	Group Name	Self-regulative Technique Group	Yoga Practice Group	Combination of Self-regulative Technique and Yoga Practice Group	Control Group	'F' Ratio
Mood States (in Points)	Pre-test Mean $\pm$ S.D	136.40 $\pm$ 9.57	139.47 $\pm$ 10.9	143.60 $\pm$ 9.58	142.87 $\pm$ 10.8	1.58
	Post-test Mean $\pm$ S.D.	131.4 $\pm$ 10.6	134.27 $\pm$ 10.7	130.1 $\pm$ 10.2	144.0 $\pm$ 10.1	5.45*
	Adj. Post-test Mean	135.58	135.49	127.23	141.89	70.11*
Anxiety (in Points)	Pre-test Mean $\pm$ S.D	17.07 $\pm$ 1.43	16.53 $\pm$ 1.06	16.40 $\pm$ 1.35	17.07 $\pm$ 1.53	1.01
	Post-test Mean $\pm$ S.D.	15.73 $\pm$ 1.39	14.80 $\pm$ 0.91	14.40 $\pm$ 1.55	17.60 $\pm$ 1.92	13.70*
	Adj. Post-test Mean	15.478	14.999	14.712	17.345	22.56*

\* Significant at .05 level of confidence. (The table value required for significant at .05 level with df 3 and 36 and 3 and 35 are 2.85 and 2.87 respectively).

The analysis of data are presented in the above table – I and the result shows that there was a significant decrease was found on all criterion variables such as, mood states and anxiety after the self-regulative, yoga practice and combination of self-regulative and yoga

practices when compared with the control group. Further to determine which of the paired means has a significant improvement, Scheffé *S* test was applied as post-hoc test. The result of the follow-up test is presented in Table - II.

**TABLE - II**  
**SCHEFFÈ S TEST FOR THE DIFFERENCE BETWEEN THE ADJUSTED POST-TEST**  
**MEANS OF MOOD STATES AND ANXIETY**

Adjusted Post-test Mean of Mood States					
Self-regulative Technique Group	Yoga Practice Group	Combination of Self-regulative Technique and Yoga Practice Group	Control Group	Mean Difference	Confidence Interval at 0.05 level
135.58	135.49			0.09	2.34
135.58		127.23		8.35*	2.34
135.58			141.89	6.31*	2.34
	135.49	127.23		8.26*	2.34
	135.49		141.89	6.40*	2.34
		127.23	141.89	14.66*	2.34
Adjusted Post-test Mean of Anxiety					
15.478	14.999			0.479	0.805
15.478		14.712		0.766	0.805
15.478			17.345	1.867*	0.805
	14.999	14.712		0.287	0.805
	14.999		17.345	2.346*	0.805
		14.712	17.345	2.633*	0.805

\* Significant at .05 level of confidence.

## RESULTS

Table – II shows that the Scheffè S test for the difference between adjusted post-test mean on mood states of self-regulative group and combination of self-regulative and yoga practice group (8.35), self-regulative group and control group (6.31), yoga practice group and combination of self-regulative group (8.26), yoga practices group and control group (6.40) and combination of self-regulative and control group (14.66) which were significant at .05 level of confidence. But there was no significant difference was found between self-regulative group and yoga practice group (0.09) on mood states.

Table – II also shows that the Scheffè S test for the difference between adjusted post-test mean difference on anxiety of self-regulative group and control group (1.867), yoga practices group and control group (2.346) and combination of self-regulative and control group (2.633) which were significant at .05 level of confidence. But there was no significant difference was found between self-regulative group and yoga practice group (0.479), self-regulative group and combination of self-regulative and yoga practice group (0.766), yoga practice group and combination of self-regulative group (0.287).

## CONCLUSIONS

1. It was concluded from the results of the study, the mood states has decreased significantly after the respective training programme (Hashim and Yusof (2011) and Rosie Robson (2011)).

2. When compared with the control group, all the training groups has significantly improved in mood states. But there was significant difference was found between the self-regulative and yoga practice group, self-regulative group and control group, yoga practice group and combination of self-regulative group, yoga practices group and control group and combination of self-regulative and control group on anxiety, in which, combination of self-regulative and yoga practice group has significantly decrease the mood states. But the result of the study shown that there was no significant difference found between self-regulative group and yoga practice group.
3. It was also concluded from the results of the study, that there was a significant decrease in anxiety (Nadja Walteret al, (2019) and Subramanya and Tellas, (2009)) after the respective training period. But there was no significant difference was found between the self-regulative group and yoga practice group, self-regulative group and combination of self-regulative and yoga practice group, yoga practice group and combination of self-regulative group.

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