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Impact of Pranayam on the Performance of Players

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ABSTRACT
India is credited with being the birthplace of yoga thousands of years ago. In today's day and age, an alarming awareness has been noted in health and natural treatments among people as a result of yoga and pranayama, which has been demonstrated to be an efficient approach for enhancing health in addition to preventing and managing ailments. The scientific study of yoga is expanding, and with it comes investigation into the therapeutic elements of yoga. Practicing yoga is associated with a reduction in stress and anxiety, an improvement in autonomic functioning via the activation of neurohormonal processes, and a suppression of sympathetic activity. More recent research has also shown that yoga may be useful for the physical health of cancer patients. The fact that yoga is gaining popularity all around the world is more evidence of India's expanding cultural impact.
Keywords: *Pranayama and Sports competition anxiety*

I. INTRODUCTION

"Controlling one's breath" is what pranayama refers to. "Prana" may refer to either the breath or the vital energy that flows throughout the body. On more subtle levels, prana refers to the pranic energy that is responsible for life, also known as the life force, and "Ayama" denotes control. Therefore, "Control of Breath" refers to Pranayama. Through the practise of pranayama, one may learn to master the cycles of pranic energy and cultivate a healthy body and mind.

Patanjali, the author of the Yoga Sutras, highlighted pranayama as a way to gain higher levels of consciousness. He also noted the practise of retaining one's breath as a vital practise for achieving Samadhi. In addition, the eight different forms of pranayama that are discussed in the Hatha Yoga may help keep both the body and the mind in good condition.

Prana, Apana, Vyan, and Udana&Samana are the five different forms of prana that are responsible for the many different pranic actions that occur in the body. Prana and apana are the two that have the greatest weight in this context. Prana moves in an upward direction, whereas Apana moves in a downward direction. The cultivation of a healthy body and mind is the end goal of the practise of pranayama, which brings about a balance in the activity of the pranas. The most reliable treatments for the psychological and physiological ills that plague man may be found in yoga.

It stimulates the organs of the body, allowing them to perform their functions more effectively in the human body. Anxiety associated with sports competition is a mental state in which a person reacts with discomfort to an event that has happened or is likely to occur in the future. (kauss 1980). Anxiety brought on by sports competitions is caused by the worry that the problem's anxieties about events, both their existence and the repercussions in general. However, the nature of sports competition anxiety may either be physical or cognitive. The mental anxieties and fears that accompany somatic sports competition anxiety are the symptoms that manifest themselves.

One of the most important factors in sports is the participant's capacity to successfully manage their anxiety during athletic competition. Every athlete, at some point in their career, will need to learn how to deal with the anxiety that comes along with competing in sports. The many behaviours that indicate sports competition anxiety are diverse, and it may be difficult to recognise them as a reaction to sports competition anxiety. Similarly, the numerous actions that an athlete could take in response to sports competition anxiety are also diverse.

This study by Gharote (1971) indicates that yoga controls the parasympathetic system, which in turn helps for improving inward awareness, introspection tranquility, a spirit of development, and inner satisfaction. In an experiment, Gharote (1971) explains that yoga can easily control the functions of the parasympathetic nervous system within two months of regular practises and that this improves autonomic balance. This naturally contributes to controlling the autonomic response pattern and, as a result, minimises the anxiety associated with sports competition. As was said before, yoga has the ability to bring one's consciousness inside and create a more harmonious interaction between the environment's stimuli and their own internal mechanisms. Relaxation is produced by such a balanced interplay, which in turn lessens the anxiety associated with athletic competition.

Objective:
1. To study was to find out Effect of Pranayama on Sports.
2. To study Impact of Pranayam on the performance of players

Selection of Subject:
For the purposes of the research, twenty male taekwondo players who have competed in competitions for their separate disciplines were purposefully chosen for the sample. The participants were randomly assigned to one of two groups: either the Pranayama group or the Control group.

Selection of Variable:
The following sets of variables were considered for inclusion in the independent and dependent categories, depending on how their meaning was interpreted in the context of this research.
Pranayama, including Kapalbhati Pranayama, NadiSodhana, and Bhastrika Pranayama, was selected to serve as the independent variable, while trait sports competition anxiety was selected to serve as the criteria variable. Pranayama Therapy was administered to the individuals for a total of eight weeks. (5 days in a week).

Criterion Measures:
Martin was chosen as the subject for the questionnaire (SCAT) that was designed to assess the amount of sports competition anxiety experienced by the subject as a reaction to the influence of two experimental treatments.
There were thirty participants used in the collection of data. The sports competition anxiety questionnaire A from (SCAT) was presented to the participants, and the grading of the questionnaire was completed using the key that was provided by Renier Martens.

Administration of Questionnaire:
Before and after they received the therapy, the researcher gave the participants an explanation of the goal of the study. The SCAT questionnaire was handed out to the participants, and instructions were provided so that the participants would have a clear understanding of what it was that was expected of them. The time limit for the inventory was never specified; nonetheless, in order to reply to all fifteen questions, you needed around five minutes. The Sports Competition Anxiety Test (SCAT) consisted of fifteen different questions. The participants were given the instruction to reply to each item based on how they typically felt while participating in competitive sports settings.

Timetable of the Instruction
Take a seat in an asana that allows you to meditate comfortably. Keep the head and back straight without putting too much effort on yourself. Put your eyes out and try to relax your whole body. Pay attention to how you are breathing.

Day	**Schedule**		**Time**
	Control Group	**Experimental Group**	
1st Day	Controlgroupdidnotparticipateinthe trainingprogram.	**Preparatory Exercises** - Prayer - Threeroundof breathing, ohm... **PRANAYAMA** .Kapalabhati-50strocks/Minutesx1time 2. Bhastrika-40strocks/Minutesx1time 3. NadiSodhana-1:4:2:1x1time 4. Ujjayi-1:4:2:1x1time 5. Sitali- 1:4:2:1/Minutesx1time 6. Sitakari-1:4:2:1time **MEDITATION**	(5minutes) (30minutes) (10minutes)
	Same schedule was repeated for Eight weeks Sunday rest		Total45min.

The gathering of information:
The information required for the research was gathered at the Banaras Hindu University in Varanasi. Both before the beginning of the experiment (also known as the pre-test) and after the completion of the training period, the data were gathered. (i.e. post-test).

Statistical Technique:
A one-way analysis of variance (ANCOVA) was performed at a level of significance of 0.05 so that the hypothesis of the research could be tested and the goal of the investigation could be accomplished.

Table1 The mean levels of sports competition anxiety experienced by the two experimental groups and the control group both before to and after the test

	TrainingGroups	**Mean**
PreTest	PranayamaGroup	18.425
	ControlGroup	19.625
PostTest	PranayamaGroup	19.750
	ControlGroup	20.243

Table2 A Comparison of the Means of the Experimental Group with the Control Group After the Post-Test Adjustments

	SumofSquares	**Df**	**MeanSquare**	**F**
Contrast	9.560	1	9.62	.844
Error	234.908	17	14.127	

Significantat.05level

Fvaluerequiredtobesignificantat1,17df=4.49
Table-2 demonstrated that the acquired CF value of the modified post-test was found to be insignificant at the 0.05 level, as this value was found to be lower than the tabulated value of 4.49 at 1, 17 df. This was the case since this value was found to be less than the tabulated value.

II. DISCUSSION OF FINDINGS:

In order to determine the influence that pranayama has on the characteristic of sports competition anxiety in individuals, an analysis of covariance was carried out. According to the results of this research, practising pranayama for an extended period of time (eight weeks) did not have a significant impact on trait levels of sports competition anxiety. The fact that pranayama is a highly specialised sort of technique is probably the explanation behind this. On the other hand, one might practise it for a very long time; to perfect the technique down to the minutest details, significant practise over a large period of time is required. To have a noticeable impact, the length should be close to roughly three months. It is possible, from this vantage point of understating, to assign the cause for the minor impact to the shorter length of the training session. Anxiety related to sports competition is a psychological component that is relatively constant in the natural world. It is a widespread propensity to apply a heightened sense of peril to everyday circumstances. It is a propensity, not necessarily an occurrence in direct connection with the circumstance, but in connection with the situation. Therefore, this quality is more dependent on fundamental aspects of a person's psyche. Because of this, the effects of the eight weeks spent doing pranayama were negligible at best. It's possible that it would have taken at least a few more months than that.

These findings are also corroborated by gupta, n. et.al. in 2006, he evaluated the effectiveness of a short-term comprehensive yoga-based lifestyle intervention in lowering anxiety, enhancing subjective well-being, and altering personality characteristics.A tertiary care hospital is now conducting this research as part of a bigger investigation that is still underway. Participants (n=90) comprised patients with chronic illnesses who attended a 10-day, yoga-based lifestyle intervention programme for the prevention and treatment of chronic diseases, and healthy controls (n=45) who did not attend any such intervention, and the study was developed at the University of Massachusetts Medical School. Following the implementation of the intervention, the STAI-Y scores dropped considerably (P 0.001) at Day 10 (66.7 13.0), as compared to Day 1 (72.5 14.7). Additionally, positive SUBI scores increased considerably (P 0.01) from Day 1 to Day 10 when compared. These scores were F1–F6. Similar to what was shown with the NEO-FF PI-R, scores dramatically improved (P 0.001) from Day 1 to Day 10. It was concluded that a short-term, yoga-based lifestyle intervention may significantly reduce anxiety and improve subjective well-being and personality in patients with chronic diseases. The control group showed an increase in STAI-Y while SUBI and NEO-FF PI-R scores remained comparable at Day 10 compared to Day 1.

III. CONCLUSION

According to the hypotheses presented in this paper, mind-body exercises like yoga combine continuous physical activity with inwardly focused attention, which results in a momentary mental state that is characterised by self-contemplation. In addition to this, it activates neurohormonal pathways that are beneficial to one's health, as shown by the reduction of sympathetic activity. As a result, it lessens feelings of stress and anxiety,

enhances the functioning of the autonomic nervous system and higher brain centers, and has even been found in certain studies to improve the physical health of cancer patients. In spite of this, there is an undeniable need for further focused scientific effort to be carried out in order to explicate the effects and the processes of such effects that yoga has on the human body, both when it is well and when it is sick. Given the scientific data that has been shown up to this point, it is reasonable to draw the conclusion that yoga may be helpful in the treatment as well as the avoidance of certain disorders.

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