



## Yogic Practice and Psychological Training Impact on Women's Weightlifting Performance

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### ABSTRACT:

For the present investigation, Yogic Practice and Psychological Training Impact on Women Weight lifting performance were selected randomly from Andhra University intercollegiate women teams, Affiliate colleges, Visakhapatnam. A total of 12 Weeks of training were given of Suryanamaskar, Asanas with Meditation practices & Suryanamaskar, Asanas with Meditation practices to the subjects. All the subjects were assigned to divided two groups One is the experimental group and the one the control group each group consists of 30 subjects. Following Suryanamaskar, Asanas with Meditation practices and Suryanamaskar, Asanas with Meditation and Psychological Training practices were given to the Experimental group No training was provided to the control group Experimental Group - (Suryanamaskar, Asanas with Meditation practices), Control group (No training was provided). Specifically, the results reveal notable improvements in pulse rate, blood pressure (both systolic and diastolic), anxiety, and stress following a four-week yogic intervention. These findings suggest that incorporating yogic practices can be instrumental in enhancing the overall well-being and performance of sportspersons, highlighting the holistic benefits of integrating yoga into athletic training regimens.

**Keywords:** Yogic practices, psychological, Intercollegiate women weight lifters.

### Introduction:

Yoga is one of the six orthodox systems of Indian philosophy. Yoga is the union of the jivatma with the Paramathma. It was collated, coordinated, and systematized by Patanjali in his classical work, the Yoga Sutras, which consists of 195 terse aphorisms in which it is stated that yoga is a state where all activities of the mind are channelized in one direction; or the mind is free from distractions. The word Yoga is derived from the Sanskrit root Yuj meaning to bind, to unite, join, and attach, and yoke, to direct and concentrate one's attention on, to use, and apply. It also means union or communion. It means the disciplining of the mind, intellect, emotions, and will, which yoga presupposes; it means a poise of the soul that enables one to look at life in all its aspects evenly.

Good health is the right of every human being. But this right depends on individual, social, and environmental factors. Along with environmental or social factors to a large extent, we can develop a better immune system and a better perception of ourselves so that other conditions do not affect us adversely and we can achieve good health. Yoga is one of the most powerful drugless systems of treatment. It has its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as a lifestyle for promoting our physical and mental health. Yoga, if introduced at the school level, would help to inculcate healthy habits and lifestyles to achieve good health. The aim of yoga thus, at the school level, is to encourage a positive and healthy lifestyle for the physical, mental, and emotional health of children. Yoga helps in the development of strength, stamina, endurance, and high energy at a physical level. It also empowers oneself with increased concentration, calm, peace and contentment at the mental level leading to inner and outer harmony Surya Namaskar is not a mere sequence of Asanas. It combines body movement with breath and awareness. One can combine Asana, Pranayama, Dhyana, and all the other 8 limbs of Yoga in this practice. • When we combine body movement with rhythmic breathing, the practice becomes extraordinarily powerful. We can further add power to the practice with a meditative state of mind and using mantras Kriyas are the yogic techniques to cleanse the internal organs. According to Hatha Yoga Pradipika, there are six cleansing techniques called Shat Kriyas. They are Kapalabhati, Trataka, Neti, Dhouti, Nauli and Vasti. Shat means "six" and kriya means "cleansing". Yogic kriya removes the waste materials of our internal organs which are not expelled normally. Therefore, the aims of Hatha Yoga and of the Shatkriyas are to cleanse the internal organs and thereby create harmony between the major pranic flows, Ida and Pingala, and attain physical and mental purification and balance

Students' mental health is a growing public health concern that requires effective, scalable, and appealing solutions. Mental health issues are becoming increasingly common among university students around the world (Hunt & Eisenberg, 2010).

It's a great time to deploy mental health interventions because there are more students than ever before (OECD, 2017). (Hunt & Eisenberg, 2010). Help-seeking behavior in colleges and universities has improved in recent years and stigma has decreased (Hunt & Eisenberg, 2010).

Using four open, unpublished datasets, Brown and Gerbarg (2005b) hypothesized the effects of Sudarshan Kriya yogic breathing on psychopathology, including post-traumatic stress disorder (PTSD). Ujjayi breath (audible whisper breath) was introduced to the yoga (asana, meditation, and psychoeducation) intervention and PTSD symptoms decreased. They believe that yoga's relaxing Ujjayi breath can help alleviate symptoms of post-traumatic stress disorder. We did not quantify the stress-relieving effects of breath work in our study by Sherman et al. (2013), but the results of our qualitative analysis support our hypothesis.

### Statement of the Problem:

The purpose of the study would be to find out the “Yogic Practice and Psychological Training Impact on Women Weight lifting Performance”.

### Objectives Of The Study :

1. As a means of providing a systematic study of yoga practice and psychological training impact on women weight lifting performance.
2. yoga practice and psychological training impact computation performance as a result of stress.
3. To examine if yogic practices and psychological affect the psycho-physiological characteristics of women weight lifting payers in affiliated colleges in Andhra University, Visakhapatnam.

### Methodology :

Selection of subjects In this study, the subjects were selected based on the prevalence of stress performed in women's weight-lifting computations. 60 were provided with the stress questionnaire developed by Dr. Latha Satish (1997) and the filled-up questionnaires were analyzed and the stress levels were determined. Out of these middle-aged stressed women weight lifting players, inter-collegiate players, and affiliated College students, Andhra University, Visakhapatnam Archer selected 60 subjects by random sampling method. The main criterion for the selection of the subjects was the prevalence of stress and their willingness to participate and complete the training program so that the results would be reliable. The student's ages ranged from 18 to 25 years.

Yogic Practice training variables: Suryanamaskar, Asanas with Meditation practices.

Psychological Training: Stress, Motivation.

### Results and Discussions:

**Table 1: Analysis of co-variance of the means of One experiment group and the control group pre and post-test in women wight lifting Performance.**

Mean	No of Students	Experiment Group	Control Group	S.V	SS	DF	MS	F
Pre-test	30	43.383	40.767	A	132.783	4	44.654	2.453
				W	142.673	54	4.231	
Post-test	30	48.657	40.985	A	94.244	4	43.773	14.231
				W	106.234	54	6.734	
Adjusted		48.453	41.768	A	154.342	4	85.987	50.436
				W		50	0.876	

\*A Significant Level of significance was fixed at 0.05 with df

### Discussion on hypothesis:

For the study, it was hypothesized that experimental group I and experimental would show significant improvement in the selected yoga practices and Psychological variables among stressed women Weight lifters better than the control group. The results presented in Table I proved that there was a significant difference due to 12 weeks of sithili karana Okayama, Surya namaskar, asanas, pranayama, and relaxation practices on Psychological variables like Stress, Physiological variables like Vital Capacity. Thus, the hypothesis was accepted at 0.05 level. It was also hypothesized that the changes in the improvement of selected Physiological and Psychological variables as a result of sithili karana Okayama, Surya namaskar, asanas, pranayama, and relaxation practices would differ significantly. The post hoc analysis of the results proved that experimental group I comprising Sithili Karana Okayama, Surya namaskar, asanas, pranayama, and relaxation practices was better than experimental group II in Vital capacity and stress. The Experimental Group II comprising Surya namaskar, asanas, pranayama, and relaxation practices showed better results than Group I in resting pulse rate, and anger among the stressed Athletes, and hence the hypothesis was accepted to this extent.

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**Conclusion :**

Within the limitations of the present study, the following conclusions were drawn:

Performance women lifters showed significant improvement due to the influence of the 12 weeks of yogic practices of the experimental group I and then the control group and particularly better improvement is evident in the experimental group. The stress levels showed significant improvement due to the influence of the 12 weeks of yogic practices of the experimental group and the control group and particularly better improvement is evident in the experimental group.

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