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EFFECT OF YOGIC INTERVENTION ON AGGRESSION AMONG SCHOOL GOING BADMINTON PLAYERS

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Abstract

Among the unexpected human behaviors, aggression appears to be the most prevalent and disturbing one, affecting one and all. Indian traditional texts claim that yoga is one of the important preventive interventions. The objective of this study is to demonstrate the potential of yogic intervention on aggression among school going badminton players' age ranging between 15 to 17 years. For the study, thirty male badminton players (n=30) were selected. They were divided into three equal groups, each group consisted of ten subjects, in which group -I underwent yogic asana practice, the group – II underwent progressive relaxation practice and group III acted as the control group. The training period for this study was five days a week for twelve weeks. Before and after the training period, the subjects were tested for Aggressive behavior through an aggression questionnaire developed by Anand Kumar and P.S. Shukla (1988). One-way ANOVA and posthoc were applied to assess the difference among the groups. The findings of the study determine a statistically significant difference between pre and post-aggression scores among the yogic asana group, progressive relaxation group, and control group. The results showed a significant change in aggression in the progressive relaxation group as compared to the other two groups.

Keywords: Yogic intervention, progressive relaxation, Aggression, Badminton.

Introduction

According to Patanjali, *"Yoga is Chitta vritti nirodha"*. It means that yoga is the removal of the fluctuations of the mind. Yoga can be adopted as a lifestyle practice for promoting our physical and mental health. If yoga can be introduced as a subject at the school level, it would help to inculcate healthy habits and a healthy lifestyle amongst school going children to achieve good health. The aim of yoga, at the school level, will encourage a positive and healthy lifestyle for the physical, mental, and emotional health of children. Practicing yoga helps in the development of strength, endurance, and high energy at the physical level. Furthermore, it also empowers an individual with increased concentration, calmness, peace, and contentment at the mental level leading to inner and outer harmony. For badminton players, yoga can help in improving their neuromuscular system and give power to all their muscles equally where the stretch and strengthening are done simultaneously. With specific yoga postures, players can also learn how to control breathing to ensure enough oxygen intake under the pressurized situation. Yoga may also help them tune, strengthen and create flexibility in the body.

Aggression is any interpersonal behavior intended to cause physical harm or mental distress to a person or individual. In the sports context, aggression can be defined as an unprovoked physical or verbal assault. Aggression

today is part and parcel of any sports because in some sports its acts as a winning technique and some vice-versa. Aggressive behavior could cause a significant toll, equally affecting both involved and the non-involved. This offending human behavior has been well described in Indian yogic scriptures. It provides a framework to understand the causes, ill-effects, needs for peace, harmony, and ways to correct the aggression behavior. In addition, it also claimed that yoga is a way for inner delight and external coherence and it is possible to bring a sense of inner peace and emotional stability, so yoga is having the potential to correct aggressive behaviors.

Despite the number of research on yoga and its benefits, there is a lack of scientific evidence based on the aggressive behavior of male badminton players of this age category. Hence, the research scholar was motivated to undertake this study, "Effect Of Yogic Intervention on Aggression among School Going Badminton Players."

Methodology

The study was conducted on thirty male badminton players (n=30) age ranging between 15 to 17 years. Two neighbourhood schools in Hisar Haryana were identified for this study. The subjects were equally divided into three groups. Group I (n=10) underwent yogic asana practice, Group II (n=10) underwent progressive relaxation practice and Group III remain as control. The training program was carried out five days per week for twelve weeks. The subjects were well informed about the aim of the study and they voluntarily participated. The purposive sampling technique and questionnaire method were used to collect the data. Aggression was measured by a questionnaire developed by Anand Kumar and P.S. Shukla (1988). It consists of 25 items with only yes/no options. Before filling up the questionnaire necessary instructions were given and questions were explained to the subjects. One-way ANOVA and posthoc were applied to assess the difference among the groups.

Findings of the Study

The mean and standard deviation values of pre and post-test of yogic asana, progressive relaxation, and control groups had been analyzed and presented in Table 1.1.

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Table 1.1
Mean and Standard Deviation of Pre & Post Test among Yogic Asana Group, Progressive Relaxation Group, and Control Groups

Groups	Pre-Test		Post Test	
	Mean	Std. Dev	Mean	Std. Dev
Yogic Asana	12.10	1.37	8.00	2.26
Progressive Relaxation	12.20	1.68	5.20	1.54
Control	12.10	2.02	12.10	1.85

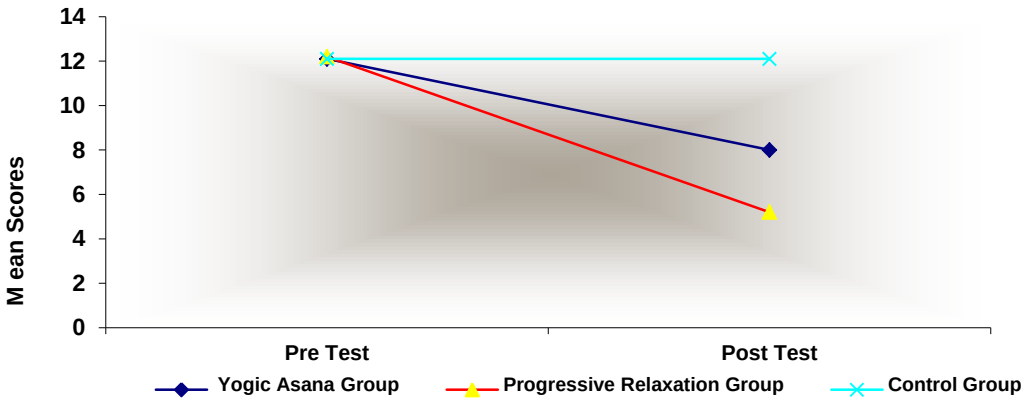

Figure 1.1: Mean Scores of Pre and Post Test among Yogic Asana, Progressive Relaxation, and Control Groups

Pre-Aggression Group Analysis

Table 1.2

One-way ANOVA of Pre-Test among All three Groups

Groups	Sum of Squares	df	Mean Square	F
Between Groups	.067	2	.033	.011#
Within Groups	79.400	27	2.941	
Total	79.467	29		

Significant at 0.05 level, #No Significant

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Table 1.2 demonstrates the analysis of one-way ANOVA of pre-test among all three groups. It represents that the obtained F-ratio is 0.11 *(table values required for significance at 0.05 level with df 2 and 27 is 3.35 respectively)* which is less than the required table value of 3.35 for significance at a 0.05 level of confidence. Therefore the result indicates that there is no significant difference was found among the paired means of yogic asana, progressive relaxation, and control groups at pre aggression stage.

Post-Aggression Group Analysis

Table 1.3

One-way Anova of Post-test among All Three Groups

Groups	Sum of Squares	Df	Mean Square	F
Between Groups	240.867	2	120.433	**33.012***
Within Groups	98.500	27	3.648	
Total	339.367	29		

Significant at 0.05 level, #No Significant

Table 1.3 demonstrates the analysis of one-way ANOVA of post-test among all three groups. It represents that the obtained F-ratio is 33.012 (table values required for significance at .05 level with df 2 and 27 is 33.012 respectively.) which is greater than the table value of 3.35 with df 2 and 27 required for significance at a .05 level of confidence. The result indicates the significant difference among the paired means of yogic asana, progressive relaxation, and control groups at the post aggression stage.

Table 1.4

Scheffe's Posthoc Test of Paired Means of Post Test among Yogic Asana, Progressive Relaxation, and Control Groups

Mean Values			Mean difference	Sig
Yogic Asana Group	Progressive Relaxation Group	Control Group		
8.0000		12.1000	-4.100*	.000
	5.2000	12.1000	-6.900	.000
8.0000	5.2000		2.800	.011

Significant at 0.05 level

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Table 1.4 represents Scheffe's Posthoc Test of paired means of post-test among yogic asana, progressive relaxation, and control groups. It indicates that the mean difference among yogic asana and control groups; yogic asana and progressive relaxation groups; and progressive relaxation and control groups is -4.100, 2.800, and -6.900 respectively, which is significant at .05 level of confidence.

On the basis of the findings of the study, it is clear that there was no significant was found in the pre mean comparison among yogic asana group and progressive relaxation groups; yogic asana group and control groups and progressive relaxation groups and control groups on aggression. Therefore it is clear that all three groups were homogenous at the beginning of the study. After the post mean comparison significant difference was found between the yogic asana group and progressive relaxation groups; yogic asana group and control groups; and progressive relaxation groups and control groups on aggression. Therefore we can say that experimental groups demonstrated significantly lower aggression scores when compared with the control group (Barbara A. Bornmann MA. 2007).

Conclusion

The overall picture that emerged from the result shows that both yogic asanas and progressive relaxation techniques have significantly decreased aggression (M. Saradha and Dr. A. Rajan, 2017) among the badminton players. However, based on the findings and analysis it was found that the progressive relaxation training group was better in reducing aggression when compared to the yogic asana and control group respectively (Saleem M K et.al.,2013). So, it is recommended that progressive relaxation training should be administered to the badminton players as well as other sportspersons who experience aggression in their respective sports.

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