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**Role of Yoga in Augmentation of Problem-Solving Ability among
selected University Players.**

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Abstract

The aim of the present study was to find out the Role of Yoga in augmentation of problem-solving ability among selected University Players i.e., Chaudhary Devi Lal University (CDLU) and Maharishi Dayanand University (MDU). Fifty (N-50) University level male and female yoga players were selected as subjects and they were further divided into two groups as per the University they played for namely Chaudhary Devi Lal University (CDLU) and Maharishi Dayanand University (MDU). Each group comprised 25 players each. The single group pre and post design was used for data collection. Problem Solving Ability of the players was measured by using Problem Solving Ability Test (PSAT- d) developed by L.N. Dubey. Problem Solving Ability of players were measured before and after 4 weeks. The result of the study revealed that there is a significant difference found between pre and post yoga camp in university players ($p=0.001$) on Problem Solving Ability of all selected University players.

Key words: Yoga, Problem solving ability, University players.

Introduction

Yoga is one of the most important heritages of India. The term 'YOGA' is derived from the Sanskrit word YUJ. The most acceptable meaning is "YUJ SAMADHU" which means integration, that is to put things in their proper order and perspective. Yoga is a traditional and cultural science of India. Ayurveda includes yoga as a part of an ideal lifestyle and maintenance of health (swastha vritta). Yoga is an experiential science (M.M.Gore 2012.) It helps us to improve our problem-solving abilities.

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Presently a day yoga or yogic Lifestyle overall is acknowledged as probably the best means for wellness. The graph of yogic practices is rising quickly all throughout the planet. Yoga is a way of life. It is beyond any religion, cast and country. Yogic practices are for the entire mankind.

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Today yogic practices have become famous all throughout the world. Yogic practices are accepted to have tremendous mental and helpful qualities. Yoga has the surest solutions for men's mental health just as actual illnesses.

To have good problem-solving ability one has to be relaxed first, this can be achieved by yoga. The relaxation response of yoga can improve problem solving ability. Players are generally trained to acquire the knowledge of physical fitness, overall development of human beings and gain knowledge about effective work done with less energy. Infact problem solving ability is the core of physical activities.

Problem solving ability helps us to solve issues quickly and effectively. It helps us determine why an issue is happening and how to solve that issue. Well-defined problems have specific end goals and clearly expected solutions, while ill-defined problems do not. Well-defined problems allow for more initial planning than ill-defined problems Beckmann (1995). A mental function involving collection of knowledge and processing it for thinking, problem solving etc. is nothing but cognition. Cognitive abilities in sports are required to make quick and effective decisions, choose the right tactics at the right time, and anticipate movement respectively. Cognitive ability also encompasses perceptual and psycho-motor ability. Working memory, reasoning and cognitively flexible response are higher order cognition. All these factors are essential in problem solving. Logue and Gould (2014) incorporated problem solving ability as part of the execution function of the human brain. In every aspect of life, we encounter problems and try to solve them by different means and methods. It is therefore mandatory to cope with the problems in every sphere of life by possessing good problem-solving skills. In daily life, there are a variety of problems in the world and everybody can encounter these problems. New techniques, strategies and planning to overcome obstacles and solve problems in order to achieve goal is problem solving ability (Thornton, 1998).

D'Zurilla et al. (2007) contended that self-confident individuals possess more magnitude of problem-solving skills which gives them belief that they can solve any problem. A mental process which discovers, analyses and solves an issue is nothing but problem solving. The major objective of problem solving is to remove obstacles or circumstances that come in the

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way of attaining desired outcome or goals. Problem solving includes identification of problems, defining a problem, obtaining information regarding problematic situations, allocating resources to solve the problem and monitoring the progress.

Research aimed to determine the effect of problem-solving training on decision-making skill and critical thinking in emergency medical personnel. The finding revealed that decision-making and critical thinking score in emergency medical personnel are low and problem-solving courses positively affected the personnel's decision making skill and critical thinking after the educational yoga programme. (Heidari,2016)

Problem solving occurs when an organism or an artificial intelligence system needs to move from a given state to a desired goal state. Problem solving activities get students more involved in the process of learning and enhance the use of higher-level thinking processes. Problem solving involves the application of principles and facts to explain new phenomena or predict consequences from known conditions. The task of problem solving requires prediction, analysis of facts and principles to develop cause and effect relationships in physical phenomena. Generally, our daily life activities are followed in routine and we do not face any problem to perform our routine duties. But this is not always so, sometimes we are confronted with a problematic situation which acts as an obstacle to reach the goal. These obstacles may be physical, social and economic which may hinder the progress of an individual towards the goals. Problem solving is an alternative to assessments and diagnostic categories as a means to identify students who need special services (Andrea Canter, 2004). Problem solving is the framework pattern within which creative thinking and reasoning takes place. It is the ability to think and reason on given levels of complexity. The state of tension created by unsatisfied wants and drives enable the individual to exercise his greatest effort and to use his best language techniques, observations, predictions and inferences to control the difficulties that hinder the progress towards his goal of wants and satisfaction.

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Material and methods

This study was conducted on fifty (N=50) University level yoga players (age between 20-25 years) of two groups i.e., Group 1- Chaudhary Devi Lal University Sirsa, Group 2- Maharishi Dayanand University players. The data was collected randomly from the yoga camp of different participants who came there for participating in inter University yoga camp. The aim of the study was explained to each participant. The problem-solving abilities of university players was assessed by the problem-solving abilities test by L.N. Dubey 1971. The tools were administered to each subject of groups individually in pre test and post test. There were two variables independent variable Yoga and dependent variable Problem solving ability. They were tested when they were performing yoga exercises. To analyze the collected data paired t test was applied on said variable at pre test and after post yoga interventions among University Yoga players. The statistical analysis of data was done by using SPSS software and significance level was set at 0.05.

Table 1:

Pre-Post-test mean comparison in selected University Yoga players i.e., CDLU and MDU on PSAT in mean, SD and t- value with p- values.

University	N	Variable (Test Condition)	Mean	SD	t-value	p-value
CDLU	25	PSAT (Pre-test)	7.92	1.94	11.07	0.001**
	25	PSAT (Post-test)	10.96	2.01		
MDU	25	PSAT (Pre-test)	9.04	2.51	10.87	0.001**
	25	PSAT (Post-test)	13.04	1.91		

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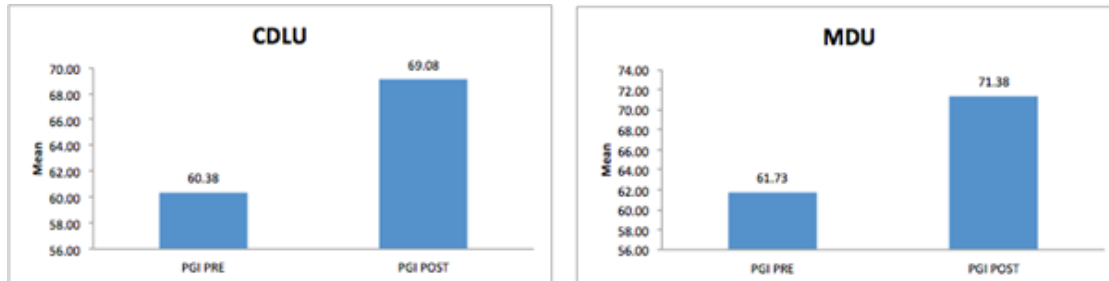


Figure 1: Effect of Yoga on PSAT on selected University players.

The result of the present study revealed that after 4 weeks of attending Yoga camp selected University players showed statistically significant ($p=0.001$) difference at pre-test and post-test as shown in Table 1 and Figure 1. Interestingly, all the selected university players i.e., CDLU, and MDU show significant improvement on the PSAT level.

Discussion:

In our study we collect pre- and post-admission data from a player from the University of Haryana camping camp at PSAT. Indian Yoga is a precious gift and a wonderful gift in the world, with many benefits. Yoga works for the perfect well-being of the individual. It helps every aspect of the individual. Yoga works well for physical, mental, emotional and psychological well-being. The results of the current study revealed that the 4-week yoga camp has shown significant improvement in the level of PSAT athletes. Various studies have been shown to improve problem-solving skills. M.hooda read that Skinner (1984) explained, "problem solving as a framework or pattern in which old thinking and learning occurs", in addition, yoga practices contribute to the inner healing of a person. Yoga also helps to improve the attention, concentration and mental health of the individual. Therefore, the results of the study support the fact that Yoga can be used effectively as an effective treatment for improving the physical and mental health of athletes.



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