Reviews of Literature
Impact Factor : 1.4716 (UIF)
Volume 2 , Issue 1 / Aug 2014 ISSN:-2347-2723

THE EFFECT OF YOGIC TRAINING AND AEROBIC TRAINING ON SELECTED MANAGERIAL MOOD-STATES AMONG WOMEN UNIVERSITY PLAYERS.

N. Madhavan

Assistant Professor , Business Administration Wing, Directorate of Distance Education, Annamalai University.

Abstract:

Forty five women players were selected as subjects at random from Department of Physical Education Women University Players, Annamalai University at chidambaram and their age was 18-25 years. They were divided in to three groups such as Control, Yogic Training, Aerobic Training groups prior to the experiment, all the subjects were medically tested and found physically fit. In this article here only one variable was selected, Dependent Variable: Managerial Mood states- Mc Nair Questionnaire tool was evaluated the players Managerial mood states. Analysis of Covariance statistics technique was used to analyse the main and interaction effects of study. There was significant difference in the Effect of Yogic Training and Aerobic Training among Women University players.

Key words: Yogic Training, Aerobic Training managerial interaction experiment

1.1 INTRODUCTION

The uniqueness of yoga and its phenomenal popularity evoked the attention of scientists to this ancient system. Some scientific information is available at the present time. Misconception still seem to shroud the yoga system in mystery, and a comprehensive assessment of the nature and value of yogic asanas remain yet to be made by scholars trained in modern methods of scientific research.Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Mental health and physical energy are difficult to quantify, but virtual everyone who participates in yoga over a period of time reports a positive effect on outlook and energy level. Moya-Albiol Luis et.al, (2001) Studied, Physical fitness moderates the psycho physiological responses to stress. This study attempts to determine whether the degree of fitness could affect the response to physical and psychological stress after comparing two groups of men with good physical fitness. Heart rate and skin conductance level were continuously recorded before, during, and after a modified version of the Stroop Color-Word Task. With similar scores in trait anxiety and mood, elite sportsmen had lower basal salivary testosterone, testosterone/cortisol ratio, and HR before an ergometric session than physically active subjects, but no differences were found in salivary

cortisol and blood pressure. Salivary testosterone and cortisol responses were lower and testosterone/cortisol ratio responses higher in elite sportsmen. During the Stroop Task, elite subjects showed lower heart rate and skin conductance level over the entire measurement period, and greater heart rate recovery with respect to the baseline values than physically active subjects. The effects of two standardized laboratory stressors on a set of psycho physiological variables were different when elite sportsmen and physically active subjects were compared.

Schell and others (1994) Physiological and psychological effects of Hatha-Yoga exercise in healthy women. Hatha-Yoga has become increasingly popular in western countries as a method for coping with stress. Significant differences between both groups were found in psychological parameters. Significant differences could also be observed concerning coping with stress and the mood at the end of the experiment. Moris (1994) studied the dimensional structure of mood following strenuous physical exercise. Subjects were 123 members of the London Road Runners Club. All were approached 15- 30 minutes before they began their run, and they were asked to complete a POMS questionnaire immediately after their race registration and the end of the run also. Positive mood was increased after running. Improvement in Managerial mood was greater in women than in men, largely because women experienced a worse Managerial mood state than did men before running.

1.2 MATERIALS AND METHODS

Forty five women University players were diagnosed free from diseases and disorders were participated in this study. The subjects were divided in to three groups namely as Group –I acted as Control group, Group- II under went in (Experimental) Yogic Training , Group – III underwent as Aerobic Training, fifteen subjects in each group. The purpose of the research was to analyze the effect of yogic asanas training and aerobic training on Managerial Mood states of women university players.

The duration of the training programme were weekly 5 days of forty five minutes in morning session to 8 weeks. Their ages between 18 and 23 years participated in the investigation with written informed consent. Physical activity, Yogic practices patterns were assessed through Mc. Nair ‘s A profile of Managerial Mood states questionnaire were used . Before and After the training programme the pre and post test were conducted.

1.3 STATISTICAL ANALYSIS

Differences between the three groups for Managerial Mood states, Analysis of Covariance were used. There was a significant difference so Post Hoc test were used.

1.4 RESULTS AND DISCUSSION

Psychological character such as Mood states values for the three groups are shown in Table- I. There was a significant improvement in Managerial Mood states due Yogic training and

Aerobic training. However the result was favor in Aerobic training group when compare to yogic training.

TABLE – I
ANALYSIS OF COVARIANCE OF DATA ON MANAGERIAL MOOD STATES BETWEEN PRE AND POST TEST OF CONTROL, YOGIC ASANAS TRAINING AND AEROBIC TRAINING GROUPS

Test	Control Group	Yogic asanas Training Group	Aerobic Training group	Source of variances	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre test								
Mean	93.13	92.20	92.93	**Between**	7.244	**2**	3.62	0.09
SD	4.57	5.85	8.17	**Within**	1705.07	**42**	40.60	
Post test								
Mean	92.80	96.80	100.80	**Between**	480.00	**2**	240.00	7.04*
SD	4.33	5.41	7.36	**Within**	1431.20	**42**	34.08	
Adjusted Post test								
Mean	92.48	97.27	100.65	**Between**	505.05	**2**	252.53	44.91*
				Within	230.55	**41**	5.62	

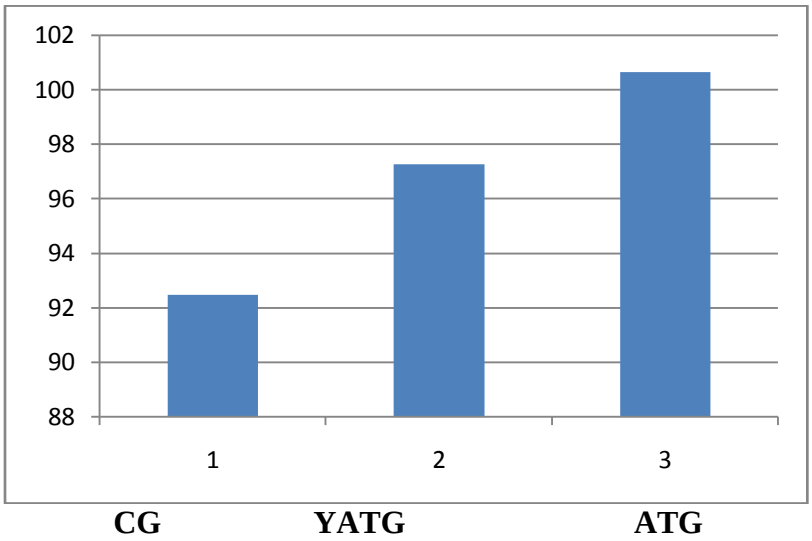
*Significant at 0.05 level of confidence.

TABLE – II
SCHEFFE'S POST HOC TEST FOR THE DIFFERENCE BETWEEN THREE PAIRED ADJUSTED POST TEST MEANS OF MOOD STATES

ADJUSTED POST TEST MEANS			MEAN DIFFERENCE	CONFIDENCE INTERVAL
CONTROL GROUP	YOGASANAS TRAINING GROUP	AEROBIC TRAINING GROUP		

92.48	97.27	-	4.79*	2.20
92.48	-	100.65	8.17*	2.20
-	97.27	100.65	3.38*	2.20

THE ADJUSTED POST TEST MEAN VALUES ON MANAGERIAL MOOD STATES FOR CONTROL, YOGIC ASANAS TRAINING AND AEROBIC TRAINING GROUPS ON MANAGERIAL MOOD STATES



As far as the Managerial mood state is concerned, the effect is evident after the yogic asanas training and aerobic training. Hatha yoga become increasingly popular in western countries as a method for coping with stress and is now being practiced in India also. SCHELL et.al, (1994), studied psychological effects of Hatha yoga exercise in healthy women and found significant difference in Managerial mood state. The yoga group had significant higher scores in high spirits and extravertedness. KENNEDY (1997) conducted a study to examine how aerobic exercise and exercise intensity affect transient Managerial mood states. He concluded that tension, depression, and anger decreased while vigor increased. These results are also supported by the studies of MORRIS (1994) .

1.5 CONCLUSION

The purpose of the study was intended to find out the significant differences on selected Managerial Mood states variable of women University players through Yogic Asanas Training and Aerobic Training. Exercise is fashionable, but unlike most fashions it is also good; it is great

fun and makes life much more enjoyable with exercise, like everything else. Variety is the spice of life, and so cannot stick to one sort. Paralleling these findings, another study concluded that women who exercised for reasons of weight, tone and attractiveness experienced lower self-esteem and body satisfaction than women who exercised for improved Managerial mood, health and enjoyment (Strelan, Mehaffey & Tiggemann 2003). There was a significant improvement on selected Managerial mood states variable.

1.6 REFERENCE

1 American Psychological Association: (1991) Publication Manual of the American Psychological Association (3 rd ef). Washington.
2. Biddle, Stuarty.H. and Mutrie, Nanette (2001) psychology of physical Activity, Newyork : Curran Publishing Servers.
3. David S.Shannahoff-Khalsa.(2004),"An Introduction to Kundalini Yoga Meditation Techniques that Are Specific for the Treatment of Psychiatric Disorders" The Journal of Alternative and Complementary Medicine.10(1)91-101.
4. Davis, Paul A, Sime, Wesley E. (2005), Toward a psychophysiology of performance: Sport psychology principles dealing with anxiety. International Journal of Stress Management. Vol. 12(4), 363-378.

N. Madhavan
Assistant Professor , Business Administration Wing, Directorate of Distance Education, Annamalai University.