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A Study on Effect of Yoga and Cyclic Meditation on Selected Psychological Variables Among Volleyball, Basketball, Judo and Boxing Players

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Man has created a good number of highly sophisticated machines as his slaves. But he faces difficulty to control the thought process of his own mind. Controlling the mind is not as easy as controlling the body. There is no exception for sports person too. Eventually as the days go by, the intensity of competition is getting more and tougher and the sports arena has become a battlefield for the sports persons. Hence, no competition leaves the sports persons without creating mental turmoil in their minds, as a matter of fact steadiness and the presence of mind are two essential prerequisites for excellence in performance in sports and games. Hence the present study was intended to find out how the application of the ancient wisdom of *Vedas* and Yoga could be helpful to the sports persons. In the pursuit of excellence in sports, the great hurdle that a sports person should overcome is his or her own functions of the mind. This investigation focuses on the effect training of the ancient wisdom of Yoga based Cyclic Meditation on sports persons for better performances in sports competitions. Sports persons should learn how to relax and harmonize their body and mind to be successful in sports.

Objectives of the study

- 1) Find out the effect of training on Yoga and Cyclic meditation among sports persons of two major games Volleyball and Basketball and two martial arts Judo and Boxing
- 2) Compare the Cognitive Anxiety, Somatic Anxiety, Self-confidence of different sports persons

Yoga and Cyclic Meditation programme

Cyclic Meditation is a meditative programme based of *Taittiriya* and *Mandukya Upanishads* and consisting of a combination of successive stimulation and relaxation techniques in order to solve the complex problems of the mind (Nagendra 2003). It consists of combination of successive stimulations and relaxation techniques. Seven *asanas* such as Tadasana, Ardhakati Chakrasana, Pada Hastasana, Ardha Chakrasana, Vajrasana, Sasankasana and Ustrasana are used for stimulation and three relaxation programme such as Instant Relaxation Technique (IRT), Quick Relaxation Technique (QRT), Deep Relaxation Technique (DRT) are used for relaxation.

Selection of variables and tools

The following psychological variables were selected for the study and standard questionnaire were used for collecting the data. Competition State Anxiety Inventory (CSAI2) developed by Martens et.al. were used to measure the psychological variables and standard medical procedures were used to measure the physiological variables. The selected variables and their respective tests and instruments used are presented in table 1.