

Effect of yogic practice on mental skills of fencing players

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Abstract

The study investigates the effect of yogic practice on mental skills of fencers. Total 20 male fencing players (N=20) with the age of 18-27 were selected as a subject through systematic random sampling from the group of students attending the regular fencing practice sessions at D.A.V College Jalandhar. Experimental group (N=10) have performed eight weeks training program of yogic practice and no training program was assigned to control group (N=10). The participants were tested with the hardy & nelson questionnaire. The data was analyzed by applying paired t-test and the finding of the study revealed that yogic practices of eight weeks have significant effect on mental skills of fencing players.

Keywords: yogic practice, mental skill

Introduction

A one of the important principle in sports performance is mental skill. Mental skills are the important aspect of performance which involve cognitive abilities which an individual learn through mental skill training. The purpose of which is to give a set of psychological strategy for enthusiastic enhancement in performance, effectively overcoming from sport injury, and maintain a positive effect between life and sports and other aspect of life which include our social as well as personal life. Specialized and most of the athletes are very much familiar with the term mental skill. So what the term mental skill basically mental skill are the internal capabilities of athlete which help in improving the performance by the method of controlling mind effectively. Mental training help not only in improving the sports performance but also help an individual to live a well balanced life. There are many skill through which an individual can train his or her mind that skill of training mind is called mental skill training. Mental skill training include many component such as positive self talk, possible short time goal setting visualization these are some of the example through which an individual can develop his mental skill. Kumar, P. *et al.* (2015) observed the mental skill and competitive anxiety level and their relationship on performance level of Indian athlete during competition and the finding of this study shows mental skill helps to make positive approaches in athletes on their performance and measures the significant relationship between mental skills and competitive anxiety. Singh, S. & Singh, M. (2014) compare the mental skills level between medalist and non-medalist football players of schools, colleges and clubs. The result of study shows that medalist players having significant better mental skills as compare to their counterpart's non-medalist football players. Further results of high performing groups conclude that club level football players are significantly better in comparison to school football players.

Objectives of the study

- To find out the effect of yogic training on mental skill of

fencing players.

Hypothesis of the study

- There exists significant effect of yogic practices on mental skills of fencing players.

Methodology

The study evaluates the effect of yogic practice on mental skill of fencers. For this total 20 male fencing players (N=20) with the age of 18-27 were selected as a subject through systematic random sampling from the group of students attending the regular fencing practice sessions at D.A.V College Jalandhar. Experimental group (N=10) have performed eight weeks training program six days in a week of yogic practice and no training program was assigned to control group (N=10). The participants were tested with the hardy & nelson questionnaire and were tested before and after the treatment of eight weeks training.

Tool of the Study

- Hardy and Nelson's Mental Skill Questionnaire (1996)

Statistical Technique

- Paired T-Test

Results and discussion

Table 1: Comparison of treatment and control group on the variable mental skill

		Mean	SD	SEM	t-value
Treatment Group	Pre Test	111.40	2.72	.86	2.61*
	Post Test	114.60	4.03	1.29	
Control Group	Pre Test	111.00	2.67	.84	2.08
	Post Test	111.90	3.18	1.00	

* Significant value at 0.05 t (1, 18) = 2.10

Table 1 depict the values of Mean and SD on Pre-Test and Post-Test scores for both group for the variable of mental

skills. In case of experimental group, the mean score of pre and post test is 111.40 and 114.60 and SD is 2.72 and 4.03. Whereas for the control group, the mean score of pre and post test of control group is 111.00 and 111.90 and SD is 2.67 and 3.18. The t value of treatment group 2.61* and Control group 2.08. The treatment group shows significant improvement at 0.05 level of significance when compare to control. Hence the hypothesis “There exists significant effect of yogic practices on mental skills” is accepted.

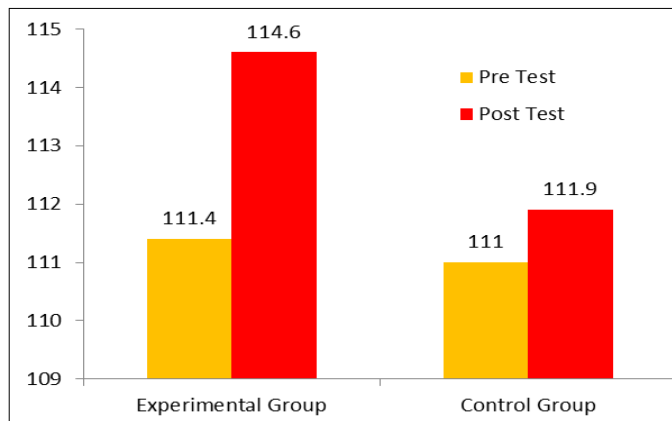


Fig 1: Presentation of Mean of Treatment and Control on the variable of mental skill

Conclusion

In the present study it was concluded from the findings of the study that the yoga practices groups showed significant improvement in mental skills when compared with a control groups as well as with pre test.

Reference

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