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Address for Correspondence & Subscriptions :
Dr.P. Ravi Kumar
C-8/2, NIT Staff Quarters, NIT-Warangal - 506 004 (AP), Cell : 09496 - 39229,
e-mail : prknitw@gmail.com, palaparthirk@yahoo.co.in

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A Study of Anxiety levels and Gender differences of State Volleyball Players before and during competition

Madhavsing Ingle, Asst. Prof., Department of Physical Education, Indraraj College, Sillod. Dist. bad.
Dr. Govind Kadam, ***M.Com., D.B.M., M.P.Ed., N.I.S. Ph.D., SET, FIVB – Level II,*** Head, department of Physical Education & Sports, Vivekanand College, Aurangabad.
Kamlakar Kadam, Asst. Prof., Department of Physical Education, Nutan College, Selu, Dist.
N. Bhaskarreddy, Department of Physical Education, M.B. College, Latur. (MS)

Abstract

This study investigated the extent to which volleyball players reported a feeling of anxiety before and during the game. Three components of anxiety, that is, the relationship between cognitive, somatic and self-confidence were assessed. The subjects include 22 male and 20 female volleyball players between the ages of 17 and 22 years. The measure used was Martens, Vealey, Bump and Smith's, 1990, Competitive State Anxiety Inventory – 2 (CSAI-2). The results indicated that there was no statistical significance ($p<0.05$) between gender and anxiety levels did not change throughout the game. Implications are made for further investigation into the components of anxiety and how they differentially relate to athletic performance.

KEY WORDS: cognitive anxiety, gender differences, self-confidence, somatic anxiety.

Introduction

The purpose of this investigation is twofold: (a) to examine anxiety level differences, before and during a game. (b) to examine anxiety level differences between genders in a team sport, (i.e. volleyball) as measured by the CSAI-2 (Martens, et al., 1990), in an effort to delineate anxiety and propose its relationship upon performance.

Methods

22 male and 20 female participating in volleyball competition (42 participants), 17 to 22 years.The Competitive State Anxiety Inventory-2 (CSAI-2) developed by Martens, Vealey, Bump & Smith (1990) to assess state anxiety levels in competition. The CSAI-2 contains three subscales of cognitive, somatic anxiety and self-confidence.

Results

Table 1: Summary of Results

	BEFORE			DURING		
	Cognitive	**Somatic**	**Self Confidence**	**Cognitive**	**Somatic**	**Self Confidence**
BOYS						
Total	282	224	581	262	257	547
Mean	14.15	10.60	29.00	13.05	12.50	27.75
Standard Deviation	5.05	2.19	4.83	4.91	2.76	5.96
GIRLS						
Total	330	270	597	338	303	605
Mean	14.75	12.05	26.90	14.85	13.25	27.65
Standard Deviation	6.14	3.78	4.35	4.65	3.53	5.05

Table 2: One way ANOVA – Gender vs. anxiety

	Sum of Squares	Df	Mean Square	F	Sig
COG 1	Between groups	1	15.769	.445	.501
	Within groups	40	35.042		
	Total	41			
COG2	Between groups	1	47.001	1.942	.167
	Within groups	40	24.132		
	Total	41			
SOM1	Between groups	1	17.699	1.719	.193
	Within groups	40	10.253		
	Total	41			
SOM2	Between groups	1	15.081	1.421	.240
	Within groups	40	10.639		
	Total	41			
SELF1	Between groups	1	17.578	.768	.381
	Within groups	40	22.732		
	Total	41			
SELF2	Between groups	1	2.569	.073	.779
	Within groups	40	32.809		
	Total	41			

There is no significant difference between gender in the somatic, cognitive and self confident components before and during volleyball competition (Table 2). All values were larger than $P<0.05$ in each category (Table 2).

Table 3- Paired Samples Correlation for Anxiety Levels before and during the game.

	N	Correlation	Sig.
Pair 1 COG 1 and COG 2	42	.736	.000
Pair 2 SOM 1 and SOM 2	42	.320	.035
Pair 3 SELF 1 and SELF 2	42	.618	.000

There appears to be slight statistical significance in somatic anxiety ($p = 0.35$) when comparing pre/mid competition (Table 3). However the cognitive and self confident items showed no significance ($p = 0.00$).

Discussion

One of the main aims of the study was to describe and compare the anxiety differences before and during competition and between genders. From this investigation, results were insignificant ($p<0.05$) for cognitive and somatic anxiety as well as self confidence before and during competition.

It should be noted that there was a slight change in somatic anxiety levels from pre-competition to mid-competition (0.035 level). The results showed a slight increase in somatic anxiety during competition, this is contrary to previous research, which states that somatic anxiety peaks prior to competition and then dissipates with the onset of competition (Sewell & Edmondson, 1996; Alexander & Krane, 1996; Prapavessis et al., 1991)..

This finding could be due to the non-specificity of the questions in the CSAI-2. The cues somatic anxiety is characterized by (rapid heart rate and muscle tension) are also associated with the onset of exercise. Therefore, when subjects are asked to rate 'my heart is racing', subjects could interpret this question as exercise induced rather than anxiety induced.

As the subjects examined did not play in a threatening environment, it was expected that elevated responses of state anxiety would not exist. For cognitive anxiety and self-confidence, the results support the theory (as seen in table 3).

It was proven that self-confidence is higher in male than in their female counterparts (Meyers et al., 1987).

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A Study and Analysis of Knee-Injuries in Basketball

N. Bhaskarreddy, Department of Physical Education, M.B. College, Latur. (MS)
Dr. Govind Kadam, Head, Department of Physical Education & Sports, Vivekanand College, Aurangabad. (M.S.)
Manoj Reddy, Department of Physical Education, M.G. College, Ahmedpur, Latur.
Kamlakar Kadam, Asst. Prof., Department of Physical Education, Nutan College, Selu, Parbhani.

'Abstract

Performance of player in the game is directly related with physical fitness of concerned player and infrastructure of ground. The rehabilitation of injured player is not sufficient to improve the performance; it also needs good awareness, management and Training of players. Knee - Injuries directly affect the performance of Basketball players. The present study attempts to analyze, discuss the major causes & types of knee injuries of 100 university and National Basketball players. Out of 100 incidences of knee-Injuries, about (56%) knee-Injuries occurred due to lay up shot, followed by jump & Rebound (40%), Lack of surface (36%), Dribbling (30%), Imperfect knowledge of skill (22%), passing (16%).ACL injuries are highest (44%) among the basketball players followed by MCL & Meniscal (36%). To improve the physical fitness and performance of Basketball players, investigator recommended

Introduction

The game of Basketball was conceived in the united states of America in 1891, invented by Dr. James Naismith, an instructor in a college there. It is a high-speed ball game. Basket ball is a highly exhaustive game in which the explosive movements are required to play better competitive Basketball.

The present study attempts to analyze causes, classification and management of knee-Injuries in Basketball.

Methodology and scope of research paper

100 knee Injured university Basketball players were selected. The incidence, and causes of knee-Injuries were noted. The medical reports of injured players like X-ray, EMIR, Laparoscope, arthroscopies are considered for the study. Most of the data was collected through the oral information given by injured players and documents of medical treatments. Wherever necessary, mathematical treatments have been given to collect data, so for, the area selected for the study was Latur District.

Analysis and Findings

TABLE No. – 1-Cause wise classification of knee-Injuries In Basketball

	Lay up shot	Dribbling	Passing	Jump & rebound	Lack of surface	Imperfect knowledge of skill	Total
No. of incidence	28	15	08	20	18	11	100
% to total injuries	28%	15%	08%	20%	18%	11%	100%

Table No. – 2- Types of knee Injuries in basketball

	MCL	ACL	FP	PCL	Meniscal	Haemarthrosis	Total
Nature of knee injuries	18	22	15	12	18	15	100
% to total injuries	18%	22%	15%	12%	18%	15%	100%

MCL - Medial collateral Ligament, ACL – Anterior crucicate Ligament.
F.P. - Fracture of patella, PCL – Posterior crucicate Ligament, Haemarthrosis.

The Cause-wise classification of knee-Injuries in Basketball are shown in table no. 1 and graphically represented in figure no. 1 and types of knee injuries in basketball are shown in table no. 2 and graphically illustrated in figure no. 2. Out 100 incidences of knee-injuries about (28%) knee-injuries occurred due to lay up shots skills, followed by jump and rebound (20%), Lack of surface (18%), dribbling (15%), imperfect knowledge of various skills (11%), and passing (8%) of total injuries in basketball.

Following graph shows distribution of causes behind 100 knee-injured Basketball Players. (table no. 1)

* ACL injuries are higher (22 %) in basketball players, followed by MCL and Meniscal (18%), F.P. (18%), Haemarthrosis (15%), PCL (12%) (table no. 2)

Knee-injury Rehabilitation and management -

The science of Rehabilitation of knee-injured basketball players is different from sedentary person, since their training program is main focus & a matter of concern by the players or athlete, his coaches & physician. It also requires restricting the movement of knee. If the player is not fit to play, he should immediately be admitted in the hospital for further treatment.

Rehabititation for ACL, meniscal injuries in acute phase, the main focus is on pain relief, swelling prevention, reduction & support if needed. An additional concern in the sub acute phase is prevention of atrophy.

Conclusion & Recommendation:

* Give them proper training under trained coaches.
* Create knowledge of knee injuries, causes & types in Basketball.
* Provide them well-developed Basketball court with all infrastructures
* Encourage them for punctual exercise.
* Proper exercise, lead up exercise should be scientific based.
* Follow through of concerned skill should be imported in training.
* Proper shoes with proper grip should be used within practice as well as within competition.

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The Effect of Weight Training Programme on Blocking Skills of Kabaddi Players Age between 17 to 19 years.

Dr. Manik M. Rathod, Asst. Prof.,Department of Physical Education, M.S.M's College of Phy.edn,
Dr. Govind K. Kadam, ***M.Com., D.B.M., M.P.Ed., N.I.S. Ph.D., SET, FIVB – Level II,***
Head, Department of Physical Education & Sports, Vivekanand College, Aurangabad.
Kamlakar K. Kadam, Asst. Prof., Department of Physical Education, Nutan College, Selu, Dist.
N. Bhaskarreddy, Asst. Prof., Department of Physical Education,, M.B. College, Latur. (MS)

Abstract.

With the aim to investigate the weight training model used for the increase of blocking skills, an experimental research was carried out, drawing a sample of 30 kabaddi players at the junior. Guided by the general principles of training, individual training plans were devised. In order to evaluate the effect of the sport training on the development of the blocking skill. The experiment was carried out in the second part of the preliminary period, and it lasted for eight weeks, during which, two to three training sessions per week were held. The control group was trained using technically tactical contents. The data was processed using univariate and multivariate analyses as well as a covariance analysis. Based on the findings of the research and the discussion,

Key words: *kabaddi players, the blocking, experiment, sport training,*

Introduction:

This is the age of technology. Every movement is witnessing the rise of novel technologies. This study was limit to Dnyaneshwar Vidyalay begumpura Aurangabad in Aurangabad district. The Dnyaneshwar vidyalay has been selected here for sample because of there reasons.

1. Dnyaneshwar Vidyalaya has a rich tradition of Kabaddi game since long period.
2. The coaching and training facilities are available on large scale.
3. Dnyaneshwar vidyalaya is big and old school in Begumpura. The Number of students is more than one thousands.

METHODS OF RESEARCH: -

The researcher intends to undertake this project through experimental research, which provides a systematic and logical method for answering the questions. Such method of research can be carried out under the careful conditions.

Methodology:

Here in this study experiment of weight training was conducted on 30 Kabaddi players. Pre and post training improvement was examined by conducting experiments and records were maintained. Weight training programme was conducted through the 8 weeks on 15 players and the training was be improve through two modules i.e. (a)

Table 1- Group Statistics

	group of the participants	N	Std. Deviation	Std. Error Mean
blocking mean gain	Experimental group	15	.402	.040
	control group	15	.333	.033

Table 2- Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
experimental group	blocking pre test	4.65	15	1.162	.117
	blocking post test	4.95	15	1.411	.142

Table 3- Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
control group	blocking pre test	5.05	15	1.302	.129
	blocking post test	4.95	15	1.411	.139

Conclusions:

The investigate within the limitation of the study made the following conclusions. Selected weight training programme for 8 weeks period has improved blocking skills of the subjects of 17 – 19 years of age. Selected weight training programme for 8 weeks period has improved the blocking skills of Kabaddi Players.

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The Role of Sports in Creating World Peace

Samir Bavikar, Asst. Prof., Department of Physical Education, Venkatesh Mahajan Senior College,
Dr. Govind Kádam, Head, Department of Physical Education & Sports, Vivekanand College,
N. Bhaskarreddy, Department of Physical Education, M.B. College, Latur. (MS)
Kamlakar Kadam, Asst. Prof., Department of Physical Education, Nutan College, Selu, Dist. Parbhani.

INTRODUCTION

A sport has the power to change the face of the terrorist activities around the world, which can tackle racial discrimination. Nowadays, Soccer fever is heating up around the world. Each day, we see the drama of competition played out in the midst of upset and upheaval, joy and disappointment. In the midst of this, a celebration of friendship and excitement is unfolding that transcends race, ideology and national boundaries.

We must think deeply about how to work through sports to bring peace to all humanity.

It is well known that soccer began in England. It was developed at Eton College, a school for the sons of aristocrats, where, in addition to knowledge, physical fitness was considered an important quality for leaders. Because of the importance of teamwork in soccer, however, it did not take long for soccer's popularity to grow beyond the aristocracy and encompass the larger society.

In sports, there is the beautiful fragrance of friendship and love among like-minded people. The beauty of the players appears when they demonstrate sportsmanship. They must work hard, shed sweat and tears and achieve incredible standards of skill. They must be trained in the virtues of fairness, proper order and etiquette.

The Sun Moon Peace Cup will not only celebrate a healthy spirit of humanity. As our spiritual nature continues to develop, it will become a festival of internal and external reconciliation and harmony within the world community. It will be a place where people unite in one mind, as one family, and in one heart, to open the way toward God's ideal of creation, a world of peace, freedom and happiness. I want to inform you that Pele has already promised to work with me for this great cause. I would like to ask FIFA, Pele Promotion and everyone here to take a leading role and contribute significantly toward the development of world peace.

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MOTOR LEARNING IN ADVANCED SPORT

Suhas Yadav, Asst Prof. Department of Physical Education, Vinayakrao Patil College, Kannad. Dist
Dr. Govind Kadam, Head, Department of Physical Education & Sports, Vivekanand College,
Madhavsing Ingle, Department of Physical Education, Indraraj College,, Sillod. Dist. A'bad. (MS)
Kamlakar Kadam, Asst. Prof., Department of Physical Education, Nutan College, Selu, Dist. Parbhani.

Abstract:

Motor learning is characterized by specific features and it incorporates laws that have to be observed throughout the various manifestations of an athlete's motor activity. It is the process of acquiring, completing and using motor information, knowledge, experience and motor programs.. A precondition for efficient motor learning is an optimally accurate notion of movement which is based on the visual followed by the kinesthetic processing of information.

Key words: *motor learning, learning phases, motor programmes, motor memory, movement scheme.*

INTRODUCTION:

The official definition of learning (UNESCO/ISCED 1993) reads as follows: "Learning is any permanent change in behavior, acquaintance, knowledge, comprehension, viewpoints, skills or abilities that cannot be ascribed to physical growth or development of inherited behavioral patterns." Learning – in various forms and situations – is a part of man's everyday life. Learning changes our personality; it is a process of receiving, acquiring, recognizing, developing and expanding our horizons.

THE MOTOR LEARNING PROCESS:

Motor learning is a process of acquiring, completing and using motor information, knowledge, experience, and motor programmes (Adams, 1976).
Magill's (1993) definition of motor learning divides muscle activity into seven phases:

- The selection and innervations of those muscles necessary for the efficient execution of a movement;
- Sequencing (the correct sequence of muscle activation);
- Time structuring of the movement (the duration of the activity of an individual muscle during the entire movement);
- Gradation (varied application of the power of the engaged muscles);
- Timing (adapting the structure of the movement to external conditions);
- Alternative movements (selection of the optimal movement structure in view of the current situation);
- Movement control (movement automation and movement adaptation in non-standard circumstances).

Motor learning of a given sports technique requires a plan which Schmidt (1977) defined as a "scheme" being stored in the motor memory. The movement scheme has four elements:

- Initial conditions such as information about the environment, the position of body parts, position of the tool (e.g. club, racquet, ball), the grip and balance of the body;
- Information about the speed, amplitude and force of the swing;
- Information about movement transmitted by kinesthetic receptors;
- Information about the reaction outcome in view of the set goal.

LEARNING METHODS:

Learning methods are conventional procedures or sequences of procedures used for acquiring knowledge (Marentič Požarnik, 1980). In motor learning methodology various learning methods are used and combined, depending on the exactness and character of the motor task and on the learner's age and stage of motor learning.

CONCLUSION:

Motor learning is a complex and continuous process consisting of several phases. The margins between the phases are usually not clear. The basis of motor learning is a specific motor programme, which is created by the motor cortex based on external and internal information. The essence of efficient motor learning in sport is a correct notion of movement. In the case of beginners, the notion of movement is vague, incomplete, sometimes even wrong and not in harmony with the real dynamic and temporal parameters of movement technique. The use of motor learning methods depends on the athlete's biological and calendar age, foreknowledge, motor experience, and the information he has on movement. Attention has to be focused primarily on the causes of incorrect movement, and not their consequences. The most common causes of irrational movement are incorrect notions, a lack of motor abilities and an unfavorable morphological constitution of the athlete.

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"Importance of Injury Rehabilitation for High Level Performing Athlete"

Santosh Kamble, Nath Valley School, Aurangabad.
Dr. Govind Kadam, M.Com., D.B.M., M.P.Ed., N.I.S. Ph.D., SET, FIVB – Level II, Head, Department of Physical Education,
Kamlakar K. Kadam, Asst. Prof, Department of Physical Education, Vivekanand College,
Balasaheb Sarpate, Asst. Prof., Department of Phy.Education, Jai Bhawani College, Gadhi. Dist

Introduction:

It's a reality in sports today that despite advances in injury training techniques, coaching, facilities, physical conditioning and equipment, the incidence of athletic injuries continues to rise. Between three and five million athletic and recreational sport injuries are estimated to occur annually in the United States. Of high school-age athletes, nearly half sustained at least one injury during their athletic careers. At the elite level of sport, most athletes today have an extensive injury history.

Importance of Injury Rehabilitation for High level Athletes.

In the athletes life many times he suffer different types of injuries. Injuries cause discomfort (severe pain in many instances), disrupt training routines, negatively impact fitness level, and can take you away from an activity you enjoy. Given all this, who in their right mind wouldn't find injuries to be a drag?

Unfortunately, injuries are a relatively common occurrence in athletic. Whether you are a recreational or competitive athlete, chances are you have experienced some sort of injury – a sprained ankle, pulled hamstring, stress fracture, broken bone, torn rotator cuff, or some other injury.

Psychological Aspects of Injury Rehabilitation

Years age, injuries were strictly viewed as a physical issue; rehabilitation for used entirely on doing what was necessary to facilitate the physical recovery process, including rest, ice, muscle stimulation , physical therapy, and even surgery. The psychological aspect of injury rehabilitation was very rarely considered. Over the years, however, from talking with athletes, and from talking with athletic trainers, that psychological factor – such as motivation, attitude, goals, optimism, and imagery – play a role in the rehabilitation process. Actually, it makes intuitive sense that mental factors can influence performance in sport, exercise and other achievement endeavors, it seems reasonable to suggest that the same hold true for rehabilitation. To illustrate this point, compare the following two scenarios and identify which athlete you would guess is going to rehabilitate more successfully.

Strategies to Get You Back to your training Routine:

Education:

As the injured athlete, a critical step to help you successfully navigate through the rehabilitation process is to educate your self. Too often, athletes take a passive role and allow rehabilitation to happen to them rather that being actively involved in the process. By educating yourself, you can have more of a direct influence on the process.

Rehabilitation and return to training goals

As rehabilitation progresses, shift your goals from a focus on rehabilitation to a focus on your return to training. A common mistake made by many athletes is jumping back into training at the level they were at the level they were at prior to the injury- trying to lift the same weight, run the same distance or cycle at the same intensity.

SOCIAL SUPPORT NEEDS — FROM INJURY TO RECOVERY

Social support is important throughout the rehabilitation process, and it can be useful to consider this process as occurring in stages.

1. **Injury stage:** when athletes are first injured or, in the case of a chronic injury, decide that they cannot go any longer without treatment.
2. **Rehabilitation stage:** when athletes accept that they are injured and begin to cope with day-today rehabilitation.
3. **Recovery stage:** when athletes start to anticipate their recovery and return to competition.

Conclusion:

While it is my hope that you are injury-free in your pursuit of sport and exercise goals, this article has attempted to "arm" you with information to facilitate the rehabilitation process should you become injured-whether you strain a calf muscle, have planter fascistic, or break your leg. As a starting point, it is imperative for you to recognize that psychological factors can influence the rehabilitation process. Next, take advantage of psychological skills and strategies by implementing them in rehabilitation-optimize your rehabilitation performance by taking control of the mental aspect.

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RAJA YOGA FOR STRESS FREE LIFE

Sangram S. Deshmukh, Lecturer, M.G.M. Junior College of Education, Aurangabad (M.S.)
Dr. Govind Kadam, Head, Department of Physical Edu.& Sports, Vivekanand College, Aurangabad.
Santosh Kamble, Nath Valley School, Aurangabad.
Kamlakar Kadam, Asst. Prof., Department of Physical Education, Nutan College, Selu, Dist. Parbhani.

INTRODUCTION

Yoga means the experience of oneness or unity with inner being. It is the science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individuals' soul identifies itself with supreme soul or god.

Meaning

Uniting the individual spirit with the universal spirit or god.

According to Kathopanishad

When the senses are stilled, when the mind is at rest, when the intellect wavers not then, say the wise, is reached the highest stage this steady control of the senses and mind has been defined as yoga.

The main aim of yoga is control over mind & undoubtedly, the mind is restless and hard to control. But it can be trained by constant practice and by freedom from desire. The mind is so restless and inconsistent, then how can it the controlled?

Among the above stages the 3rd stage i.e. asana is useful for developing the physical capacities of human being in all walks of life and tanking about the psychological fitness there are different types of yoga which helps is to live a healthy and stressfree life.

They are :

1) Karm yoga
2) Jnana yog
3) Hatha yoga
4) Raja yoga
5) Mantra yoga
6) Laya yoga
7) Bhakti yoga

Conclusion

The experience of hundreds of doctors & Scientists as well as the experiments done on the students of Brahma Kumaris world Spiritual University imply that Raja yoga is the most promising technique for transforming our attitudes towards stressful situation and to elicit the relaxation response.

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